Know flu, no sepsis: Prevention at the beginning

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Goals

• Discussion of sepsis reduction through Flu prevention
• What’s new with Flu 2018
• Questions
• High correlation between influenza pneumonia and sepsis
Pneumonia Risk Factors

Ages 50-64

- 9.8x Chronic pulmonary disease
- 4.9x Asthma
- 4.6x Alcoholism
- 5.8x Chronic liver disease
- 4.4x Current smokers
- 4.2x Chronic cardiovascular disease
- 3.0x Diabetes

Age over 65

- 7.7x Chronic pulmonary disease
- 5.9x Asthma
- 4.5x Alcoholism
- 4.3x Chronic liver disease
- 3.9x Current smokers
- 3.8x Chronic cardiovascular disease
- 2.8x Diabetes

What we know about Influenza Immunization

- Decreased Hospitalization
- Decreased ICU admits
- Decreased Mortality
So what to do?

- Sepsis is everyone’s problem

Causes

Effect
Flu Stats
Flu Stats

Ohio Confirmed Influenza-associated Hospitalizations by Month; 2018-19 Influenza Season (n=53);

Ohio Fever & ILI Specified ED Visits with 5 Year Baseline Average; 2018-2019
Influenza Hospitalizations By Region

Influenza-associated Hospitalizations by Public Health Region and MMWR Week, Ohio, 2018-2019 Influenza Season

![Bar chart showing influenza hospitalizations by region and week.](image-url)
Vaccines - 2018

• Flu vaccine effectiveness may “look” better than last year
• Quadrivalent and trivalent are both recommended
• Flumist making a comeback after two years (better H1N1 efficacy)
• Remember high dose flu vaccine for adults over 65
Other Flu Thoughts
Toolkits and Resources

- Flu Vaccine finder: https://www.osap.org/page/Issues_Influenza
- The Organization for Safety, Asepsis and Prevention (OSAP) https://www.osap.org/page/Issues_Influenza
- Vaccinefinder: https://vaccinefinder.org/
- CDC Sepsis Information: https://www.cdc.gov/sepsis/education/hcp-resources.html
Thoughts on patient cajoling

• Poor efficacy - “If you had a coupon for 30% off, would you use it?”

• Re: I get the flu with the shot “you likely already were exposed to the flu when you had the shot.” Recommend getting vaccine earlier

• CDC Flu Misconceptions: https://www.cdc.gov/flu/about/qa/misconceptions.htm
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