

5 Diamond Patient Safety Program

Influenza Vaccination

2008

** This presentation was collaboratively developed by the Mid-Atlantic Renal Coalition (MARC) and the ESRD Network of New England for the 5-Diamond Patient Safety Program.*

The 5-Diamond Patient Safety Program is endorsed by the Renal Physicians Association (RPA) and American Nephrology Nurses' Association (ANNA).

Flu Facts

- Influenza is a serious viral disease of the upper respiratory system that can lead to pneumonia, dehydration or death.
 - Each Year about 200,000 people in the U.S. are hospitalized and about 36,000 people die because of the flu. Most who die are 65 years or older, or children less than two years of age.
- Adults and children with high risk medical conditions like kidney disease, asthma, diabetes, and heart disease need to get a flu shot every year.
- Getting the flu vaccine protects other people; get vaccinated if you live with or care for others who are at high risk of getting complications from the flu.

Common Flu Symptoms

- Fever (usually high)
- Headache
- Tiredness (can be extreme)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Diarrhea and vomiting (more common among children than adults)

How Flu Spreads

- Influenza is an air borne virus and is spread from person to person by coughs and sneezes.
- It can also spread by droplets that fall on surfaces like counters or furniture that are touched by your hands and transferred to your nose of mouth.
- Remember that a person infected with the flu can infect others one day before and five days after getting sick.

Good Health Habits

- Cover your nose and mouth with a tissue when you cough or sneeze and throw the tissue away
- Wash your hands often with soap and water
- If you get the flu, stay home from work, school and social gatherings
- Try not to touch your eyes, nose or mouth as germs often spread this way.

Vaccination

- Flu vaccine should be given in October for ESRD patients and staff. It can be given in November or later in the flu season if increased community flu cases develop and the patient/staff member did not receive early vaccination.
- Remember to question every patient about allergies to other vaccines, eggs, chicken, and/or chicken dander before administering vaccine.

Vaccines

There are two types of vaccines

- Flu shot – inactivated vaccine (containing killed virus) given with a needle
- Nasal-spray (LAIV – live attenuated influenza vaccine) administered by nasal sprayer

Both cause antibodies to develop in the body and these provide protection

Vaccine Handling Tips

- Order vaccine carefully
- Store vaccine correctly
- Always use vaccine with the earliest expiration date first
- Stabilize temperatures
- Safeguard the electrical supply to refrigerator

Risk from Flu Shots

- Mild problems:
 - soreness, redness, or swelling where the shot was given
 - Fever
 - Aches
- Severe problems:
 - Life threatening allergic reactions are rare and if occur will be seen within a few minutes to a few hours after the shot

Reimbursement

- Medicare and most private insurances will pay for influenza vaccination
- Check Medicare's Quick Reference Information Guide for appropriate billing codes