

Physicians Newsletter



Fall 2023

Prenatal and Newborn Care

Did you know the Health District offers a number of free services to help new and expecting families? Our nurses visit families in the second and third trimester to provide screenings, supplies, and education to expecting families.

Continuing to prepare for that new bundle of joy, our car seat technicians can provide a free check to make sure the car seat is installed properly.

Once the baby arrives, our nurses can provide newborn home visits to complete various assessments and provide assistance to the family. For those in need of a safe sleep environment, our team can even provide cribs.

If mom or baby has concerns about lactation, we also have a team that can help mom on her breastfeeding journey.

And, whether you are a newborn or one of our older adults, vaccines are available on a sliding fee schedule.



If you would like to make referrals, you can use the emails above or call 740-203-2040.

Delaware County Healthcare Coalition Needs You!



The Delaware County Healthcare Coalition (CHC) is a multiagency, multidisciplinary group of entities and individuals working together to promote, consolidate and collaborate in a unified response to emergencies. The CHC focuses on development, implementation and enhancement of community disaster preparedness plans and protocols. Current participants include Emergency Management, EMS, long term care facilities, nursing homes, American Red Cross, hospice providers, urgent care centers, home health providers, and other healthcare partners in the community. This year the coalition will focus on:

- Information Sharing and situational awareness during a disaster
- April 2024 eclipse event preparation and execution
- County level Tabletop exercises and a statewide exercise
- Communication drills and alerts from COTS (www.cotshealth.org)
- Serving and responding to the access and functional needs population

The CHC is a member of the Central Ohio Healthcare Coalition which is coordinated by COTS. For more info, email DCRU@delawarehealth.org or call 740-203-2040.

DPHD Lactation Support

Let's talk breastfeeding! Specifically, let's talk about the 2022 Breastfeeding report card which comes out every 2 years (though updated rates can be found annually online on the CDC website). Breastfeeding is often the most overlooked and debatably the most powerful preventative health measure in the tool kit for families. What other tools can lower risks of obesity, some cancers, diabetes, SIDS, and so much more in one step? The higher the breastfeeding rates, such as initiation and duration, the greater the benefits. The benefits for lactating parents and babies last a lifetime and as healthcare professionals it is important to be talking about and prioritizing it.

The 2022 Breastfeeding national report card shows that in 2019 on average 83.2% of babies started out receiving some breastmilk, 78.6% at one month, 55.8% at 6 months, while only 24.9% were receiving exclusively breastmilk at 6 months. How did Ohio compare? Families that ever breastfeed in Ohio was 79.5%. The percentage of babies that were receiving some breastmilk by 6 months was 50.4% and by 12 months that number was 32.2%. The exclusive rate in Ohio was 23.9% at 6 months old, but 23.9% of infants received formula by 2 days of life. In Delaware County, in the 2018-2019 recording timeframe, the CDC reports a breastfeeding initiation rate of 79.7%. The report card can be found in full at cdc.gov/breastfeeding/data/reportcard.htm.

The gold standard would be all babies exclusively breastfed until 6 months of age and continued to breastfeed along with complementary food for 2 years or beyond, or as long as mutually desired. According to the World Health Organization, "Breastmilk is the ideal food for infants. It is safe, clean and contains antibodies which help protect against many common childhood illnesses. Breastmilk provides all the energy and nutrients that the infant needs for the first months of life, and it continues to provide up to half or more of a child's nutritional needs during the second half of the first year, and up to one third during the second year of life."- who.int/health-topics/breastfeeding.

What can health care providers do? There is plenty a healthcare provider can do to make a difference.

- Talking to pregnant parents about the importance of breastfeeding. Education is the most powerful tool



supporting parents. As a part of the patients trusted healthcare team, the rapport the healthcare provider has built with patients is key to having an open conversation about breastfeeding, including the benefits of breastfeeding. This will help the patient make an informed decision about how to feed their baby and is a conversation that should take place.

- Realizing how powerful your words are in guiding parents through this decision and using this to encourage parents to learn more information about breastfeeding.
- Encouraging parents to attend a breastfeeding class such as the breastfeeding class offered through the Health District or other classes in the community. These are often offered free for anyone in the community.
- Staying up to date on the latest information. Just like other medical information, lactation guidance changes over time such as; a lactating parent should delay birth control use for the first 4 to 6 weeks or until the parent's milk supply is well established.
- Knowing when to refer. Referring is something that happens regularly in healthcare and in the world of

lactation there is a specialized group of professionals ready to help a lactating parent get through challenges and help improve breastfeeding outcomes. In Delaware County, there is a wonderful network of breastfeeding support. The number one job is to make sure that the baby is fed and understanding tools such as supplementation are sometimes needed and necessary. If a struggling breastfeeding dyad is noticed, it is important to remember to protect the parents milk supply by referring that parent and baby for further lactation help from an IBCLC or to the local WIC office. WIC parents have access to free breastfeeding support and supplies such as free hospital grade pumps.

- Learning to modernize language. Is the lactating parent

okay with the term breastfeeding or is chest feeding preferred? Is the patient more comfortable being called a breastfeeding mother or lactating parent? What about breastmilk or human milk? Making sure to use inclusive language while talking with patients about lactation is also an important step.

As such a powerful preventative health measure, it is important to talk to all parents, but especially to at-risk groups within the community.

All healthcare providers are welcomed and encouraged to attend the local Delaware County Breastfeeding Coalition lunch meetings. To help network and learn of all the support offered in Delaware County.



Free LACTATION SERVICES

PROVIDED BY THE
DELAWARE PUBLIC
HEALTH DISTRICT



SOME SERVICES WE PROVIDE:

- LACTATION CLASSES
- PRENATAL LACTATION APPOINTMENT
- POST-PARTUM LACTATION APPOINTMENT
- WEIGHT CHECKS
- PUMP GUIDANCE
- CHESTFEEDING
- MILK SUPPLY CONCERNS
- LATCH ASSISTANCE
- NURSING MULTIPLES
- SNS SYSTEMS
- BACK-TO-WORK GUIDANCE/ADVOCACY
- WEANING

EMAIL: LACTATIONCARE@DELAWAREHEALTH.ORG

Sporotrichosis

While sporotrichosis cases are rare and there are currently no human cases, the Ohio Department of Health has noticed an increase of sporotrichosis cases in cats in Ohio.

The Health District would like to share this information with local healthcare providers to increase awareness and collaboration between veterinarians, physicians, and public health.

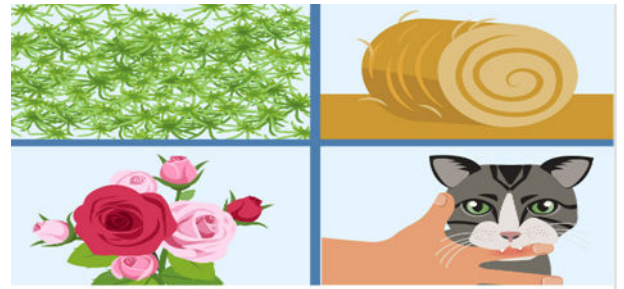
Sporotrichosis is a disease caused by a fungus called *Sporothrix*. *Sporothrix* lives in soil, and plants such as hay, rose bushes, and sphagnum moss. The fungus typically spreads from the environment through a cut or scrape in the skin, but has also been associated with scratches, or bites from animals, particularly cats. Cutaneous infection is the most common form of infection.

According to the Centers for Disease Control and Prevention (CDC), diagnosed sporotrichosis is rare, however the number of cases is difficult to determine because there is no national surveillance for sporotrichosis. In the United States, sporotrichosis outbreaks have occurred among people who touched sphagnum moss or hay and people who worked with or played on hay bales.

Sporotrichosis can impact anyone, but the people who are more at risk are those who handle plant matter (such as roses, hay, and moss) or come in contact with infected animals. People with weakened immune systems or other diseases including chronic obstructive pulmonary disease or HIV are at a higher risk for infection. Early diagnosis is key to aiding in the management and creating positive outcomes.

Sporotrichosis is a zoonotic disease and a potentially emerging pathogen. More research, proper PEP, and increased awareness in the community is needed to aid in prevention.

More information about sporotrichosis can be found at cdc.gov/fungal/diseases/sporotrichosis. For questions and recommendations please contact the Health District at 740-203-2040.



Sporotrichosis is often linked to sphagnum moss, rose bushes, hay, or animal scratches or bites.

Lyme Disease

Delaware County is an established habitat for the blacklegged tick which is an important vector for Lyme disease. These ticks are active year round, can be very small, and may be missed by patients not actively checking for ticks.

As the number of cases of Lyme disease climb in Ohio and the United States, it is important to watch for patients who may present with symptoms. Providers should be on the lookout for erythema migrans, which appears in 70-80% of patients, but remember it does not always present in the classical bullseye. Other symptoms include fever, chills, headache, fatigue, muscle and joint aches, and swollen lymph nodes. Later patients may have severe headache or neck stiffness, facial palsy, arthritis with severe joint pain and swelling, intermittent pain in tendons, muscles, joints, and bones, heart palpitations or irregular hear beat, dizziness or shortness of breath, inflammation of the brain and spinal cord, nerve pain, and shooting pains, numbness, or tingling in the hands or feet.

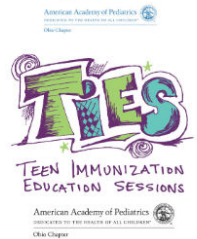
To help rule out Lyme disease, pictures of ticks can be submitted to the Health District at DelawareHealth.org/pest-disease-control. Health District staff will respond with the tick species which can help determine the patient's risk for disease.

If Lyme disease is diagnosed, please remember to report these to the Health District as a Class B reportable condition by fax (740-203-2044) or email (DCRU@delawarehealth.org).

The following services are available to help ensure all of your pediatric patients are fully vaccinated.

MOBI/TIES TRAINING

- FREE in-person office training for staff from vaccine expert at DPHD
- 1 hour CME credit
- Supply your practice with the most up-to-date vaccine information and Ohio school requirements
- Latest copy of CDC's Pink Book
- Resource packet full of information for your office staff and parents from American Academy of Pediatrics



IQIP: IMMUNIZATION QUALITY IMPROVEMENT FOR PROVIDERS



CDC's Immunization Quality Improvement for Providers (IQIP) program can help make your practice more efficient and ensure children and adolescents in your practice are getting the vaccines they need when they need them.

Benefits include:

- Saving your practice time by ensuring children and adolescents are vaccinated on time so more visits do not have to be scheduled for catch-up vaccinations
- Saving your practice money because staff resources are not devoted to catch-up and follow-up activities
- Allowing your practice to tailor quality improvement strategies that best meet your needs and workflow
- Using IIS or EHR data to better assess on-time vaccination coverage and individual patient vaccination needs
- Assisting in meeting your HEDIS measures for children and adolescents

Only 66%

of Ohio children are fully vaccinated

TO SCHEDULE A TRAINING CONTACT:

Clinic Services Unit
470 S. Sandusky Street, Delaware OH 43015
Phone: 740-203-2040

DelawareHealth.org

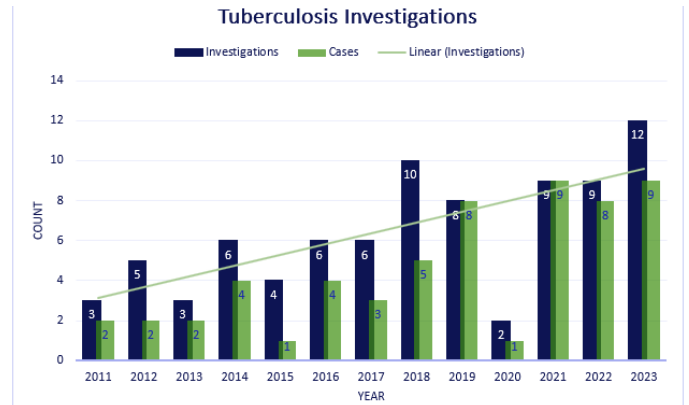


Tuberculosis

The Health District has seen an increase in tuberculosis activity in Delaware County compared to previous years. It is estimated that 13 million people globally are infected with latent tuberculosis ([cdc.gov/tb/statistics](https://www.cdc.gov/tb/statistics)). Timely diagnosis and treatment of TB disease and latent tuberculosis infections are key steps in controlling Tuberculosis rates in Delaware County.

Early symptoms of tuberculosis infections are unexplained weight loss, fatigue, fever, loss of appetite, and night sweats. Pulmonary tuberculosis cases may also complain of persistent cough, hemoptysis, or chest pain. Tuberculosis should be considered in patients who have been exposed to confirmed tuberculosis, immigrate from or have spent time in countries where tuberculosis is endemic, or work or have worked in high-risk settings such as healthcare, correctional facilities, homeless shelters, or nursing homes.

If tuberculosis is suspected, an initial test with TST or IGRA should be performed. IGRA testing is the preferred method of screening for tuberculosis for patients who have been vaccinated with the BCG vaccine. Further testing with physical examination of the patient, radiography, or diagnostic microbiology testing will also help in determining the patient's diagnosis of TB disease or LTBI.



As tuberculosis is considered a Class B reportable disease in Ohio, it must be reported to the local health district within 1 business day. The Health District's Tuberculosis Control Services can assist providers with patients who are suspected to have tuberculosis.

The Health District can assist with providing TST screening, collecting and testing sputum samples for AFB smear/ culture and MDDR susceptibility testing, as well as referrals for specialty care. The Health District will also coordinate and conduct Directly Observed Therapy and will assist patients under isolation with telehealth visits to bridge gaps in therapy and ensure necessities of life are being met. The Health District can also assist providers by facilitating provider-to-provider consults with the Tuberculosis Control Unit at the Ohio Department of Health.

Updated Flu Vaccine 2023-2024

The single most effective way to prevent flu is by getting vaccinated yearly. As flu season approaches, it is a good time to look at the updates to the 2023-2024 flu vaccines and recommendations. Because flu viruses are continually mutating, the FDA's Vaccines and Related Biological Products Advisory Committee updates the flu vaccine annually to match the anticipated viruses for the upcoming season. The updated 2023-2024 flu vaccines will contain A/Victoria/4897/2022 (H1N1)pdm09-like virus for egg-based vaccines and A/Wisconsin/67/2022 (H1N1)pdm09-like virus for cell-based or recombinant vaccines.

One of the most important factors to consider when determining vaccination recommendations for patients is timing.

1. September and October are the peak times for most people to get vaccinated.

2. Those with special considerations, such as pregnant people in their third trimester, should be immunized in July or August to ensure their babies are protected from flu at birth.

3. Children who are receiving their first-time flu vaccine should get their first dose as soon as the vaccine becomes available, followed by a second dose at least four weeks after. Another important component to consider is individuals with egg allergies.

If a patient has a severe allergy (angioedema, respiratory distress) to eggs, there are two vaccine types that can be used alternatively that are manufactured without the use of eggs; cell-based and recombinant flu vaccines. For individuals that have only experienced hives post-exposure to eggs can receive any licensed flu vaccine.

Medical Reserve Corps

In an effort to foster stronger community bonds and encourage active participation, the Health District is making strides towards expanding its Medical Reserve Corps (MRC) involvement. As a passionate advocate for the well-being of our local communities, the agency is preparing to broaden its scope, offering more opportunities for volunteering and learning that will empower individuals to make a positive impact.

Whether you specialize in primary care, emergency medicine, pediatrics, or any other field, your contribution can address a wide range of health-related challenges, from community health fairs to disaster response. We value your opinions and ideas to better serve the community.

Over the last three years, the MRC has been a cornerstone to allowing the operations of the Health District to continue during some of the most stressful times. From healthcare professionals and first responders to community members with a passion for service, the MRC has united a powerful force of volunteers committed to supporting public health initiatives, disaster response, and community outreach.

Recognizing the immense potential for growth and impact, the Health District is committed to expanding the MRC's footprint in the community. By recruiting and training more volunteers, the agency aims to magnify the positive influence of the MRC, reaching even more individuals in need of assistance and care.

For more information on MRC, contact DCRU@delawarehealth.org or visit Delawarehealth.org/emergency-preparedness.



What is the Medical Reserve Corps?

The Medical Reserve Corps (MRC) is a national network of volunteers who help make their communities stronger and healthier during disasters and every day. Volunteers are organized into community-based units that work to improve local emergency response capabilities, reduce potential public health risks and vulnerabilities, and build community preparedness and resilience. They prepare for and respond to natural disasters, such as wildfires, hurricanes, blizzards, and floods, as well as other emergencies affecting public health, such as disease outbreaks. MRC volunteers also regularly contribute to community preparedness—engaging in activities like CPR/AED training and assisting with community vaccination clinics.

Who Volunteers for the MRC?

MRC volunteers include medical and public health professionals as well as other community members without healthcare backgrounds who wish to donate their time and expertise. The specific role that you will play, and the activities in which you will participate, will depend upon your background, interests, and skills, as well as the needs of the MRC unit and the community.

We're looking for medical & non-medical volunteers to help provide support during public health responses!

**Interested in volunteering?
Scan QR code for more info!**



DelawareHealth.org/Emergency-Preparedness
(740) 368-1700

 **Delaware Public Health District**
Dedicated to your health



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