

## AUGUST 2024 HIPC NEWSLETTER

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### Important Dates

| World Hand Hygiene Day-  
May 5th

| Global Handwashing day  
-October 15th

| AMR Awareness  
Week-18-24 November

| International Infection  
Prevention Week -Every  
3rd Week Of October

### Guideline Updates Quick Links

• <https://www.mayoclinic.org/diseases-conditions/flu/symptoms-cause/s/syc-20351719>

• Flu signs and symptoms usually come on suddenly. People who are sick with flu often feel some or all of these symptoms:

• <https://www.cdc.gov/flu/about/viruses/types.htm#pubmed.ncbi.nlm.nih.gov>

• [https://www.who.int/news-room/fact-sheets/detail/influenza-\(seasonal\)](https://www.who.int/news-room/fact-sheets/detail/influenza-(seasonal))

## INFLUENZA VIRUS



### INTRODUCTION

- Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs.
- Influenza is commonly called the flu, but it's different from the stomach "flu" viruses that cause diarrhea and vomiting.

### TYPES OF INFLUENZA VIRUSES

- TYPE A
- TYPE B
- TYPE C
- TYPE D

Influenza A & B viruses cause seasonal epidemics of disease in people (known as flu season).

Influenza C virus infections generally cause mild illness and are not thought to cause human epidemics.

Influenza D viruses primarily affect cattle.

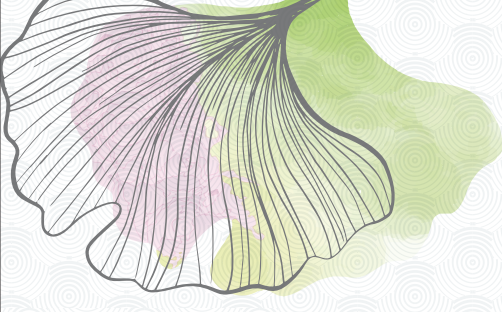
### Symptoms

- Common symptoms of the flu often include a fever as well as aching muscles, chills and sweats.

#### Other symptoms include:

- Headache.
- Severe malaise
- Dry, persistent cough.
- Shortness of breath.
- Tiredness and weakness.
- Runny or stuffy nose.
- Sore throat.
- Eye pain.

Vomiting and diarrhea also are flu symptoms. But they are more common in children than in adults.



## RISK FACTORS

- Age. Seasonal influenza tends to have worse outcomes in young children, especially those age 12 months and younger. Adults older than age 65 also tend to have worse outcomes.
- Living or working conditions. People who live or work in facilities with many other residents, such as nursing homes, are more likely to get the flu.
- Weakened immune system. Cancer treatments, anti-rejection medicines, long-term use of steroids, organ transplant, blood cancer or HIV/AIDS can weaken the immune system.
- Chronic illnesses. Chronic conditions like asthma and other lung diseases, diabetes, heart disease, nervous system diseases, previous history of stroke, metabolic disorders, problems with the airway, and kidney, liver or blood disease..
- Aspirin use under age 20. People under 20 years of age and receiving long-term aspirin therapy are at risk of developing Reye's syndrome if infected with the influenza virus.
- Pregnancy. Pregnant people are more likely to develop influenza complications,-particularly in the second and third trimesters. This risk continues up to two weeks after the baby is born.FLU early in pregnancy may be linked to birth defects, like neural tube defects.
- Obesity. People with a body mass index (BMI) of 40 or higher have an increased risk of flu complications.

## TRANSMISSION



Seasonal influenza spreads easily, with rapid transmission in crowded areas including schools and nursing homes. When an infected person coughs or sneezes, droplets containing viruses (infectious droplets) are dispersed into the air and can infect persons in close proximity.

The virus can also be spread by hands contaminated with influenza viruses. To prevent transmission, people should cover their mouth and nose with a tissue when coughing and wash their hands regularly.

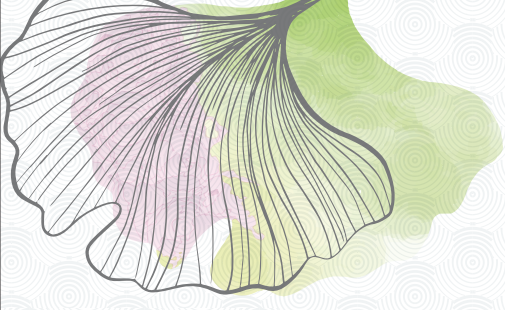
In temperate climates, seasonal epidemics occur mainly during winter, while in tropical regions, influenza may occur throughout the year, causing outbreaks more irregularly.

The time from infection to illness, known as the incubation period, is about 2 days, but ranges from 1–4 days.

## DIAGNOSIS

- Most cases of human influenza are clinically diagnosed.
- Collection of appropriate respiratory samples and the application of a laboratory diagnostic test is required to establish a definitive diagnosis.





## COMPLICATIONS

- Pneumonia.
  - Bronchitis.
  - Asthma flare-ups.
  - Heart problems.
  - Ear infections.
  - Acute respiratory distress syndrome.
- Pneumonia is one of the most serious complications. For older adults and people with chronic illnesses, pneumonia can be deadly.

## TREATMENT

Most people will recover from influenza on their own. People with mild symptoms should:

- stay home to avoid infecting other people
- rest
- drink plenty of fluids
- treat other symptoms such as fever
- seek medical care if symptoms get worse.

People at high risk or with severe symptoms should be treated with antiviral medications as soon as possible.

They include people who are:

- pregnant
- children under 59 months of age
- aged 65 years and older
- living with other chronic illnesses
- receiving chemotherapy
- living with suppressed immune systems due to HIV or other conditions.

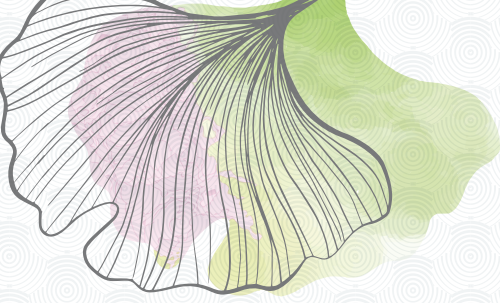


The WHO Global Influenza Surveillance and Response System (GISRS) monitors resistance to anti virals among circulating influenza viruses to provide timely evidence for national policies related to antiviral use.

## PREVENTION

Age group	Vaccination status	Dosing schedule
Children 2 through 8 years of age	Not previously vaccinated with influenza vaccine	2 doses (0.2 mL* each, at least 1 month apart)
Children 2 through 8 years of age	Previously vaccinated with at least 2 doses of influenza vaccine	1 dose (0.2 mL*)
Children, adolescents, and adults 9 through 49 years of age	Not applicable	1 dose (0.2 mL*)

Vaccination is the best way to prevent influenza. Safe and effective vaccines have been used for more than 60 years. Immunity from vaccination goes away over time so annual vaccination is recommended to protect against influenza.



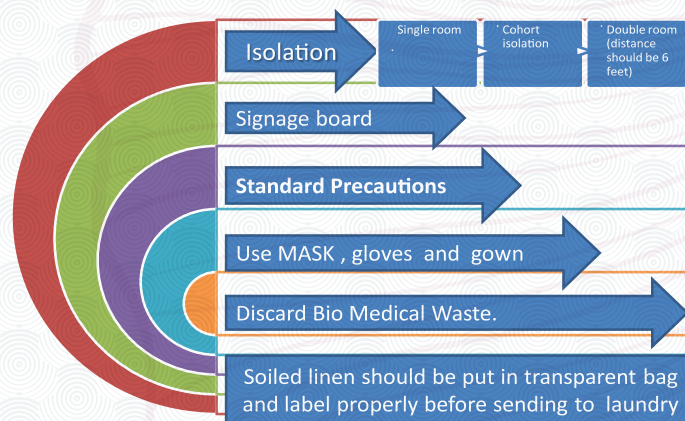
Annual vaccination is recommended for:

- pregnant women
- children aged 6 months to 5 years
- people over age 65
- people with chronic medical conditions
- health workers.

Other ways to prevent influenza:

- wash and dry your hands regularly
- cover your mouth and nose when coughing or sneezing
- dispose of tissues correctly
- stay home when feeling unwell
- avoid close contact with sick people
- avoid touching your eyes, nose or mouth.
- Droplet precautions to be followed by the hospital staff
- Signage board for droplet precautions to be placed

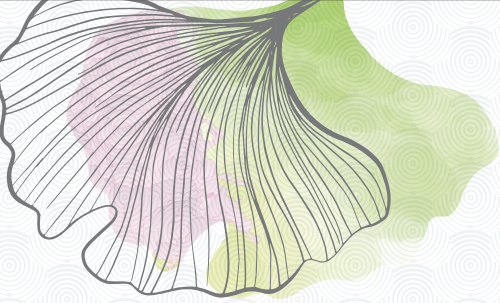
## DROPLET ISOLATIONS



### KEY FACTS

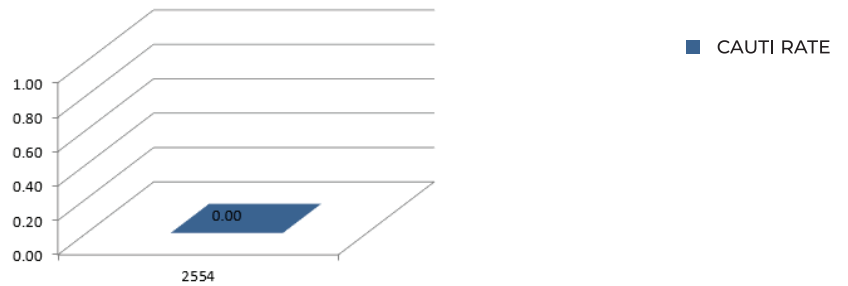
- There are around a billion cases of seasonal influenza annually, including 3–5 million cases of severe illness.
- It causes 290 000 to 650 000 respiratory deaths annually.
- Ninety-nine percent of deaths in children under 5 years of age with influenza-related lower respiratory tract infections are in developing countries.
- Treatment should aim to relieve symptoms
- Symptoms begin 1–4 days after infection and usually last around a week
- People with the flu should rest and drink plenty of liquids.



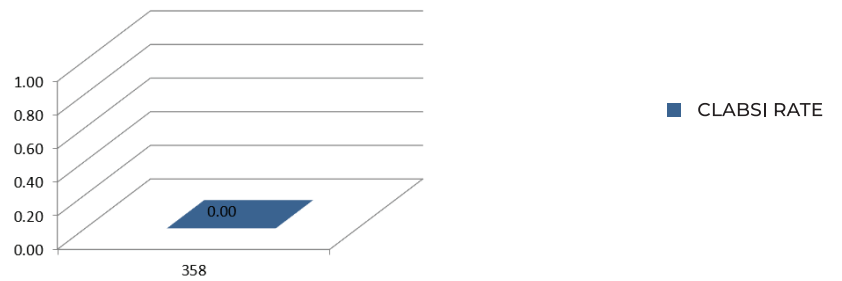


### HAI DATA - JUNE, 2024

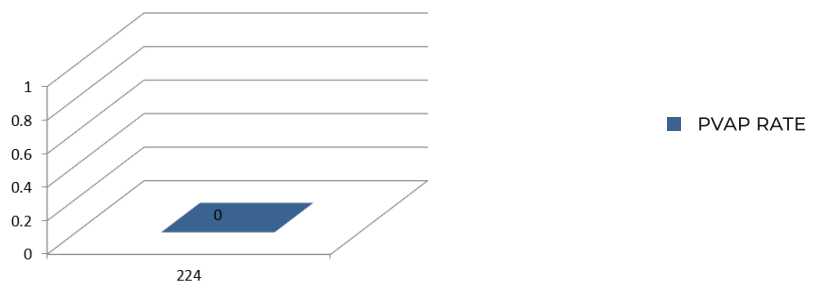
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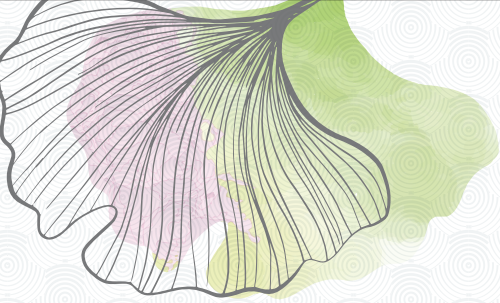


#### CLABSI RATE

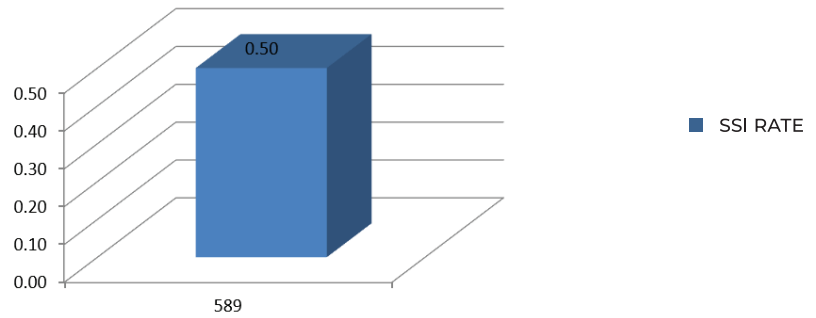


#### PVAP RATE





### SSI RATE



### PERCENTAGE OF HAND HYGIENE COMPLIANCE

