

ISDH Long Term Care
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Women's Health Week

INDIANAPOLIS — Yesterday was Mother's Day, the popular holiday that honors motherhood. It is also the perfect time to kickoff and celebrate the 12th annual National Women's Health Week from May 8-14, 2011.

National Women's Health Week is a nationwide weeklong health observance coordinated by the United States Department of Health and Human Services' Office on Women's Health. The theme for 2011, "It's Your Time," aims at encouraging women to make their health a top priority. It also encourages women to get regular check-ups and to improve their physical and mental health, lowering their risk of disease.

"National Women's Health week is an important observance because it reminds women that they too need to visit the doctor for regular check-ups and screenings, eat a balanced diet and schedule enough time each week for physical activity," said First Lady Cheri Daniels.

Initiatives such as INShape Indiana, as well as Heart to Heart, the First Lady's heart health initiative, further promote the importance of health for Hoosiers.

The WOMAN Challenge program, an eight-week online physical activity initiative, will again be launched in celebration of the week's activities and will link this year to the Million Presidential Lifestyle Award Challenge, a program of the President's Council on Fitness, Sports, and Nutrition, that encourages participants to be physically active on a regular basis. Additionally, National Women's Checkup Day –a day where women across the country are urged to visit their doctor –will be held on May 9, 2011.

"During National Women's Health Week we encourage women to make their health a top priority," said Morgan E. McGill, Director of the Office of Women's Health. "Women are the caregivers for their families, yet often times they forget or are simply too busy to take care of themselves. With National Women's Health Week, we remind women they need to stop just for a minute to think about what steps they are taking to better their health."

The Office of Women's Health at the Indiana State Department of Health continues to help Indiana women achieve optimal health and a high quality of life in every stage of life.

Below are some steps women can take to improve their health:

- Get at least two-and-a-half hours of moderate physical activity, an hour and 15 minutes of vigorous physical activity, or a combination of both, each week.
- Eat a nutritious diet of foods including vegetables and fruit.
- Visit a health care professional to receive regular checkups and preventive screenings.
- Avoid risky behaviors, such as smoking and not wearing a seatbelt.

- Pay attention to mental health, including getting enough sleep and managing stress.

Governor Daniels has issued a proclamation stating that May 10-16, 2011, is Women's Health Week throughout Indiana. Many groups across the state will be hosting National Women's Health Week events in Indianapolis, Carmel, Bloomington, Evansville, South Bend, Valparaiso, Plymouth and Muncie. To view the proclamation, or for more information about these health happenings and for resources related to women's health, please visit: www.womenshealth.isdh.in.gov.

Measles Awareness

Indiana Health Alert Network Advisory Message
May 2, 2011

The Kentucky Department of Public Health has notified the Indiana State Department of Health (ISDH) of a confirmed case of measles in Louisville. Community exposures may have occurred and Indiana residents may have been exposed. It is important for health care providers to be aware of the symptoms and appropriate laboratory testing for suspect measles cases.

If additional cases occur related to the Louisville case, the expected onset dates range from May 1 - May 15. Individuals who have received two doses of measles, mumps, and rubella (MMR) vaccine are unlikely to be infected.

In addition to the case in Kentucky, cases have been identified in 2011 in Michigan and Illinois. Minnesota is currently experiencing an outbreak, with 23 confirmed cases as of 5/2/11. All healthcare workers should consider measles in patients with a febrile rash, particularly if the patient has a history of international travel or contact with international visitors.

Measles is a highly infectious viral illness, transmitted by respiratory droplets, with a secondary attack rate of up to 90% in susceptible persons. Individuals with measles are considered to be infectious from 4 days before through 4 days after rash onset. The infectious period ranges from 7-21 days (average of 10-14 days) following exposure. Measles virus can persist for up to two hours in the environment.

The clinical case definition for measles includes a prodromal period of 3-4 days with cough, coryza, and/or conjunctivitis. Fever of $<101^{\circ}\text{F}$ is present during this time, often reaching as high as 104°F after rash onset. The rash typically begins on day four at the hairline and spreads downward over the body, lasting at least three days. The measles rash is a bright red maculopapular rash, becoming confluent in blotches first on the face and then on the trunk. It may turn brownish in color and fades in the same order that it appeared. Koplik spots (bluish-white dots on a reddish base on the buccal mucosa) may be present. Individuals with measles generally appear very ill.

If you suspect measles in a patient:

1. The patient must be moved swiftly to a closed room and respiratory isolation precautions should be used. The exam room should not be used for at least two hours after the patient departs. Notify your infection preventionist.
2. Contact your local health department or the ISDH immediately. An investigation and contact tracing will be conducted. The ISDH can be reached at (317) 233-7125 during business hours (8:15 a.m.-4:45 p.m. Monday-Friday). After business hours, call the ISDH Duty Officer at (317) 233-1325.
3. Order appropriate laboratory testing for suspect measles cases: a serum specimen for IgM and IgG antibody testing and a specimen for viral culture (nasopharyngeal swab, throat swab, or urine specimen) should be collected immediately. Arrangements should be made to ship or transport the specimens to the ISDH Laboratory.
4. Patients suspected of having measles should be isolated until the 4th day after rash onset.

Most individuals who have received two doses of MMR vaccine are considered immune to measles. All health care workers should have evidence of immunity to measles (documentation of two MMR vaccines or positive antibody titer (IgG) for measles). Individuals who are not health care workers born before 1957 are presumed to be immune to measles.

For more information about measles, visit <http://www.cdc.gov/vaccines/vpd-vac/measles/default.htm>.

Recall Information

Coumadin (warfarin sodium) Crystalline 5 mg Tablets: Recall - Tablets May Have Higher than Expected Potency

May 5, 2011

ISSUE: Bristol-Myers Squibb initiated a voluntary recall of one lot of 1,000-count bottles of Coumadin (warfarin sodium) Crystalline 5 mg tablets. Company testing of tablets from a returned bottle found a tablet to be higher in potency than expected. The lot number affected in the U.S. is 9H49374A with an expiry date of September 30, 2012. A decrease of active ingredient may increase the risk of clots which could lead to heart attack or stroke, and if there is too much active ingredient, there is an increased risk of bleeding.

BACKGROUND: Coumadin is prescribed to treat or prevent blood clots.

RECOMMENDATION: Patients who may have 5 mg tablets should not interrupt their therapy but should seek advice from their pharmacist to see if they have tablets originating from the affected lot and if so, should consult their physician for appropriate medical advice.

That is all for today. Have a good week.

Terry Whitson
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