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In each issue of **Diabetes Resources** we have provided specific information about management for diabetes, including important tests and resources to help reduce complications associated with the disease. Information is included about the ABCs of diabetes: **A1C testing 2-4 times per year, Blood pressure screening at every visit, and annual Cholesterol testing. Additional clinical information is also provided. A dilated eye exam, sensory foot exam and screening for kidney disease are each recommended annually. Attention to these risk factors reduces the chance for cardiac, renal, eye and vascular disease secondary to diabetes.**

In support of the **New Mexico Adult Diabetes Practice Guideline 2010**, please see the reverse side of **Diabetes Resources** for recommendations for care including resources and tools that can help in your efforts to provide education and support among your patients with diabetes.

Check www.nmtod.org for organizations that have graciously provided funding for **Diabetes Resources**.

New Mexico Health Care Takes On Diabetes, a New Mexico non-profit corporation, is a broad coalition of New Mexico's diabetes care professionals, New Mexico Health Plans, the New Mexico Department of Health, and the New Mexico Medical Review Association, with technical and administrative support from the American Diabetes Association.

Diabetes Resources

Practical Information for New Mexico Health Care Professionals



A quarterly publication for clinicians caring for people with diabetes - Vol. 13 No. 10, 2010

Diabetes: Influenza and Pneumococcal Pneumonia Risks

Diabetes is one disease with many risks including acute complications from infections. For people with diabetes, influenza and pneumococcal vaccines can reduce the number of respiratory infections, the number and length of hospitalizations for respiratory infections, the number of deaths from these infections, and medical expenses associated with influenza and pneumonia¹.

The Issues:

- ❖ Influenza vaccination rates in diabetes patients remain low. Only 40 to 50% of people with diabetes get vaccinated each year.²
- ❖ Influenza and invasive pneumococcal disease can be deadly for people with diabetes who may have abnormal immune function and comorbid conditions, e.g., renal and heart disease.
- ❖ Prevention is critical in reducing morbidity and mortality from complications of influenza in patients with diabetes.³
- ❖ Common acute complications include secondary bacterial pneumonia, pneumococcal sepsis, meningitis, sinusitis, and bronchitis.²
- ❖ Pneumococcal vaccine is also recommended for all adults with diabetes. Pneumococcal pneumonia causes approximately 50% of community acquired pneumonias.⁴
- ❖ Influenza can exacerbate underlying diabetes, asthma, chronic obstructive pulmonary disease (COPD), and cardiovascular conditions.
- ❖ Evidence found more than 70% reduction in hospitalizations and death among adults with diabetes receiving influenza vaccinations.⁵

Key Recommendations:

Influenza Vaccine

- ❖ Centers for Disease Control and Prevention (CDC) encourages all adults with diabetes to receive the inactivated influenza vaccine given as an injection starting between October and November, as the influenza season usually starts in December and peaks in January. Vaccination may continue through March for patients who have not received the vaccine earlier. The flu vaccine becomes effective 2 to 4 weeks after the injection.⁶
- ❖ Close household contacts, including children older than 6 months, and all caregivers of anyone with diabetes should be vaccinated.
- ❖ Vaccination of health care workers (HCWs) are also strongly recommended to reduce virus transmission from HCWs to their patients.
- ❖ The live, attenuated vaccine (FluMist) is not indicated for people with diabetes.²

Pneumococcal Vaccine

- ❖ All persons with diabetes age 2 years and older should be vaccinated - any time of the year.
- ❖ Pneumococcal and influenza vaccines can be given at the same visit in separate arms/sites.
- ❖ One revaccination is indicated for two populations with diabetes^{3,6}:
 - ❖ Patients with HIV, hematologic malignancy, chronic renal failure, organ transplant, and on chronic corticosteroid treatment: after 3 years if age less than 10, after 5 years if age 10 and up.
 - ❖ If first dose was received before age 65 and it has been five or more years since first dose.

¹ Nichol KL, Lind A, Margolis KL, et al. The effectiveness of vaccination against influenza in healthy, working adults. *N Engl J Med* 1995;333:889-93.

² National Foundation for Infection Diseases. Improving influenza vaccination rates in adults and children with diabetes. In: Call to Action. Bethesda, MD: NFID; 2007.

³ Influenza and Pneumococcal Immunization in Diabetes. *Diabetes Care* 2004;27(90001):111S-3.

⁴ Shorr A. Preventing Pneumonia: The Role for Pneumococcal and Influenza Vaccines. *Clinics. Chest Medicine* 2005;26:123-34.

⁵ National Foundation for Infection Diseases (NFID). NFID urges increased influenza vaccination rates for persons with diabetes. Bethesda, MD; 2007 Feb 21, 2007.

⁶ Prevention and Control of Influenza: Recommendations of the Advisory Committee on Immunization Practices (ACIP). July 28, 2006/55(RR10);1-42.

www.cdc.gov/flu/professionals/vaccination.

Resources for Clinicians

The following resources are FREE and can be downloaded from the New Mexico Health Care Takes On Diabetes website at www.nmtod.org. For further information contact Charm Lindblad, Executive Director, at 505.796.9121 or toll-free 1.866.796.9121.

Vaccination Benefits and Risks for Adults with Diabetes: A Provider Resource—This provider tool is a summary of the precautions and side effects for recommending both the influenza and pneumococcal vaccines.

Adult Immunization Resources—The Clinical Prevention Initiative (CPI), a collaboration of the New Mexico Medical Society and the New Mexico Department of Health, provides current information about influenza and pneumococcal vaccines. http://nmms.org/subpages/NMMS_Immunization.htm. Or visit the Centers for Disease Control and Prevention at www.cdc.gov/vaccines/pubs/vis/downloads/vis-flu.pdf.

Influenza Immunization Materials and Tools: Provider and Patient Resources—The New Mexico Medical Review Association offers materials and tools to help providers and organizations facilitate adult immunizations. Materials include campaign tool kits, sample forms, shot tracking posters, chart flags, vaccine stickers, updates on Medicare payment rates for adult immunizations and more. Many tools are specifically designed to reach patients and health care workers in nursing homes, home health agencies, hospitals and physician offices. For more information, visit www.nmmra.org/resources/?for=p (scroll down to “Flu”).

The New Mexico Department of Health - Immunizations: A Provider and Patient Tool—The New Mexico Department of Health’s Public Health and County Health Offices provide child and adult immunizations. Call your local Public or County Health Offices for times and locations. A list of phone numbers for the health offices is provided at www.nmtod.org.

Nurse Advice New Mexico: A Patient Tool—Nurse Advice New Mexico is a 24-hour phone line available to all New Mexicans. New Mexico nurses staff a line specific to flu questions and shot clinics, answering questions and directing callers to local community resources. Access this line, which is free to New Mexico residents, by calling 1-866-681-5872.

Websites—The editorial committee has identified websites that you may find informative:

- ❖ Centers for Disease Control and Prevention Influenza and Vaccine Key Facts: www.cdc.gov/flu/keyfacts.htm; CDC Diabetes and Flu/Pneumococcal Campaign: www.cdc.gov/diabetes/projects/cdc-flu.htm
- ❖ American Diabetes Association Diabetes and Annual Flu Vaccination: www.diabetes.org/diabetes-research/summaries/Looijmans-Van-den-Akker-get-annual-flu-vaccination.jsp%20; ADA general website: www.diabetes.org
- ❖ National Foundation for Infectious Diseases - Call to Action - Influenza Vaccination and Diabetes: www.nfid.org/pdf/publications/calltoactiondiabetes.pdf
- ❖ New Mexico Department of Health Diabetes Prevention and Control Program - Flu and Pneumonia Shots: www.diabetesnm.org/programs/flu.htm; NMDOH general website: www.diabetesnm.org
- ❖ New Mexico Department of Health Immunizations Program: www.health.state.nm.us/immunize/flu.html and www.health.state.nm.us/flu/
- ❖ Immunization Action Coalition: www.immunize.org
- ❖ National Network for Immunization Information: www.immunizationinfo.org
- ❖ For American Indian/Alaskan Native Vaccination Protect the Circle of Life: Immunize Our Nations www.cdc.gov/vaccines/spec-grps/ai-an.htm
- ❖ National Diabetes Education Program: www.ndep.nih.gov
- ❖ National Institute of Health: www.niddk.nih.gov/health/diabetes/diabetes.htm

These websites may be accessed directly or through the New Mexico Health Care Takes On Diabetes website* www.nmtod.org.

*Please note that these websites do not necessarily represent the views of NMHTOD. They are listed for your reference and convenience. NMHTOD does not evaluate websites for content accuracy or application to any clinical situation.

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