

American Academy of Pediatrics

What's the Latest with the Flu: Information from AAP

Flu activity (<http://www.cdc.gov/flu/weekly/summary.htm>) remains low at this time in the United States, however, one pediatric death has already been reported. This first reported death serves as a reminder of how important these preparation strategies are. Vaccination remains the most important step in protecting against influenza.

Everyone needs an influenza vaccine each year. It takes about two weeks after vaccination to develop antibodies for protection against influenza. Anyone who plans to visit or travel during this holiday season should get vaccinated now. Some practices have reported delays in receiving shipment of vaccine. For more information, see the **AAP Influenza Vaccine Supply Update** (<http://www.aap.org/en-us/professional-resources/practice-support/Vaccine-Financing-Delivery/Pages/Private/Influenza-Vaccine-Supply-Update.aspx#sthash.kmK0eBWq.dpuf>). Log-in required.

Of note, flu is more likely to cause severe illness in pregnant women than in women who are not pregnant. Studies show that a confident and routine recommendation to get vaccinated from a health care provider is influential. Pediatricians play a crucial role in promoting vaccination to help keep women and their newborns healthy. Influenza vaccination is recommended in any trimester for all women who are pregnant or who plan to become pregnant during the influenza season. See the Centers for Disease Control and Prevention (CDC) **Letter to Providers: Influenza Vaccination of Pregnant Women** (<http://www.cdc.gov/flu/pdf/professionals/providers-letter-pregnant-2014.pdf>) for strategies to promote vaccination.

The United States is also currently experiencing a nationwide outbreak of enterovirus-D68 (EV-D68) associated with severe respiratory illness. For more information on EV-D68, see the **AAP enterovirus-D68 page** (<http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Children-and-Disasters/Pages/Enterovirus-D68.aspx>).

Also, be sure to check out the new **2014-2015 AAP Online Flu Courses** (<http://pedialink.aap.org/visitor>) "Influenza Office Testing and Vaccinating Egg-Allergic Children" and "Prevention and Control of Influenza: 2014-2015". These courses deliver important information for clinicians to help keep children healthy this flu season. Each brings you up to date in less than an hour and qualifies for *American Medical Association (AMA) Physician's Recognition Award (PRA) Category 1 Credit(s)TM*.

For more detailed influenza information, see the **AAP Red Book Online Influenza Resource page** (<http://aapredbook.aapublications.org/site/flu/>) or the **CDC FluView** (<http://www.cdc.gov/flu/weekly/>). All What's the Latest with the Flu messages will be **archived** (www.aap.org/disasters/flu).

Chapter News

Vote for APP President Elect

The link to the online ballot is posted on the AAP Web site along with information on all of the candidates

www.aap.org/vote

Idaho Disaster Preparedness: Update on Initiatives

The Idaho Chapter of the AAP continues to provide input and assistance with pediatric disaster preparedness planning and response to local hospitals, healthcare centers, medical providers, emergency medical services agencies, health departments, and various community partners. They monitor, educate, and prepare for pandemics and outbreaks, such as enterovirus-D68 and Ebola. The chapter has representation in the Idaho Emergency Medical Services for Children program; Southwest Hospital Coalition; Eastern Idaho Healthcare Coalition; Regional Healthcare Planning Group; Pediatric Trauma; Environment of Care; Emergency Management Committees; and the new Mountain States Pediatric Disaster Surge Coalition. The chapter participated in a mass fatality community wide exercise, the 2014 Alaska Shield FEMA exercise, as well as several local hospital emergency drills. Future initiatives include a full-scale pediatric disaster exercise in Southeast Idaho, additional planning and development of mass casualty protocols and educational support for special needs/technology dependent patients, and day care preparedness.

Aaron Gardner, MD, MS, FAAP, Pediatric Intensivist at Eastern Idaho Regional Medical Center, has recently joined Katherine Stevens, MD, FAAP, as an AAP Disaster Preparedness Chapter Contact. He serves as a Regional Deputy Chief Medical Officer for the National Disaster Medical System and has a master's degree in disaster medicine. Dr Gardner has extensive experience in disaster planning and response, and he reports that he is excited to help advance pediatric emergency preparedness in Idaho.

Dear Health care providers

I would like to take a moment to introduce myself. My name is Omair Shamim M.D. and I am the new Idaho State Head Start Collaboration Director. I am physician from Pakistan with the master's degree in Public Health and Exercise Sciences, worked in Head Start for last 10 years. I bring a lot of Clinical and Public Health knowledge to my new role in Early Childhood. I have great passion for protecting children from the harmful effects of Lead and other environmental hazards. I worked closely with the Idaho State Immunization Board to boost the immunization rate in the state of Idaho. Please feel free to contact me if you have any questions regarding Head Start and its Health and other requirements. Looking forward working with you in the future.

Let me know whether it is fine, and can you put me in the list of receiving that newsletter, or is it specifically for the providers/AAP members?

Thanks Sherry

Omair Shamim, M.D. MHS MK
Head Start Collaboration Director
Idaho Dept of Health & Welfare
Head Start Collaboration Office

Bone Health in Children and Adolescents

The American Academy of Pediatrics (AAP) has released its updated clinical report, "Optimizing Bone Health in Children and Adolescents" in the October *Pediatrics* journal. The report, which offers guidance for pediatricians on how to promote bone health in children, is positive for dairy in that it emphasizes the importance of foods rich in calcium and vitamin D, as well as the importance of activity.