



## AADE Practice Advisory

### Influenza Vaccinations in Patients with Diabetes

Rationale: 10,000-30,000 deaths are associated with influenza and pneumonia annually.<sup>2</sup> People with diabetes are six times more likely to be hospitalized and three times more likely to die from complications of influenza or pneumonia than those in the general population.<sup>3</sup> However based on the American Association of Diabetes Educators (AADE's) National Practice Surveys in 2005 and 2006,<sup>1</sup> only ~27% of diabetes educators offer or discuss immunizations with people with diabetes.

Recommendations from the Centers for Disease Control (CDC), the American Diabetes Association (ADA), the American Heart Association (AHA), and other organizations state that the influenza vaccine should be administered annually to all persons six months of age and older with diabetes.<sup>4,5,6</sup> People with diabetes have abnormal immune function, which may lead to increased morbidity and mortality from influenza infection.<sup>7</sup> Furthermore, infections with influenza may make blood glucose management more difficult.

According to the latest Behavioral Risk Factor Surveillance Survey (BRFSS),<sup>8</sup> the median influenza vaccination rate in adults less than 65 years of age is <49 percent. Of those not vaccinated, 75 percent stated they were unaware of the need for the vaccine.<sup>9</sup> Diabetes educators need to join together to reach all of our patients/clients to help them obtain annual influenza vaccinations and maximize their protection against the influenza virus.

#### Sources of Information:

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5. American Diabetes Association. Position Statement: Influenza and pneumococcal immunization in diabetes. *Diabetes Care*. 2004;27:S111-S112.
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