Immunization Education: Turning a No into a Yes

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- Notice of Requirements For Successful Completion
  - Please refer to learning goals and objectives
  - Learners must attend the full activity and complete the evaluation in order to claim continuing education credit/hours

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Learning Objectives

• Recognize immunization education as part of the Diabetes Self-Management Education and Support (DSMES) curriculum and know where to find resources

• Summarize published data showing certain vaccinations can prevent serious illness in persons with diabetes (PWD)

• Apply strategies for addressing hesitancy for recommended vaccinations

Overview

• Vaccines: Population Health Strategy
• Immunizations and DSMES
• Vaccine Recommendations
• Influenza Vaccination: Call to Action
• Tools for Diabetes Educators

Vaccines: Population Health Strategy

For each birth cohort vaccinated, Society,

• Saves 33,000 lives
• Prevents 14 million cases of disease
• Saves $9.9 billion in direct health care costs
• Offsets $33.4 billion indirect costs

Vaccines: Population Health Strategy

Continuing Challenge:

>42,000 deaths/yr. in the U.S. due to vaccine-preventable diseases

IMMUNIZATION AND DIABETES SELF-MANAGEMENT EDUCATION AND SUPPORT (DSMES)

Immunization and DSMES

2017 Diabetes Educator National Practice Survey

– “31% of diabetes educators offer information or discuss immunizations with people with diabetes”
Immunization and DSMES

2017 National Standards for DSMES: Standard 6 (Curriculum)
Core Content Areas (Type 1 & 2, GDM, secondary, pregnancy complicated by diabetes) in the following topic areas:
• Pathophysiology and treatment options
• Healthy eating
• Physical activity
• Medication usage
• Monitoring, including pattern management
• Preventing, detecting and treating acute (hyper/hypo, DKA, sick days, severe weather or crisis supply management) and chronic complications (Immunizations, eye, foot, dental, exams and kidney function testing as indicated)
• Healthy coping
• Problem solving


AADE 2019 Practice Paper

VACCINE RECOMMENDATIONS
Five Important Vaccines for PWD

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>Protects Against</th>
<th>CDC Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Influenza (Flu)</td>
<td>Seasonal flu virus</td>
<td>Everyone age 6 months and older needs a flu vaccine, every year</td>
</tr>
<tr>
<td>Td or Tdap*</td>
<td>Tetanus, diphtheria, and whooping cough</td>
<td>Recommended for all infants and children, teenagers, and adults</td>
</tr>
<tr>
<td>Zoster</td>
<td>Protects against shingles</td>
<td>Recommended for adults age 50+ years</td>
</tr>
<tr>
<td>Pneumococcal</td>
<td>Protects against serious pneumococcal diseases</td>
<td>PCV13: Infants, young children, adults age 65+ years; PPSV23: Adults age 65+ years and children age 2+ years who are at increased risk</td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>Hepatitis B</td>
<td>In PWD, recommended for ages 19-59 years; 60+, give at discretion of the healthcare provider</td>
</tr>
</tbody>
</table>

*Infants and children younger than 7 years old receive DTaP or DT


Influenza (Flu) is a Serious Disease

- >80,000 deaths from flu and related complications during 2017-2018 season
- Overall hospitalization rates during 2017-2018 were the highest ever recorded in our surveillance system
  - Individuals 65+ years accounted for ~58% of reported influenza-associated hospitalizations


People at High Risk for Flu Complications

- Heart disease
- Endocrine disorders, such as diabetes mellitus (DM)
- Obesity
- Chronic lung disease (COPD, cystic fibrosis)
- Asthma
- Metabolic disorders
- Weakened immune system

CDC: www.cdc.gov/flu/about/disease/high_risk.htm
Note this may change based on June 2019 ACIP meeting outcomes
Marla Dalton, 6/6/2019
Influenza and Chronic Health Conditions

Influenza infection is often just the beginning for individuals with chronic diseases, such as diabetes.

Influenza Infographic

Infographic developed by the National Foundation for Infectious Diseases (NFID): www.nfid.org/flu-
chronic-health-
conditions

Influenza Fact Sheet

fact sheet developed by the National Foundation for Infectious Diseases (NFID): www.nfid.org/flu-
chronic-health-
conditions
Influenza and Diabetes

- Influenza (flu) can cause significant and severe health complications for people with diabetes
- Interaction of flu/diabetes linked to significant morbidity and mortality, attributed to metabolic complications
- Comorbid conditions (e.g., renal and heart disease) complicate impact of flu in people with diabetes, and can result in long-term disability beyond acute flu infection


Influenza Vaccine Effectiveness

- Vaccine updated annually to better match circulating viruses
  - In some years, there is more drift than others
  - Vaccine reduces the risk of flu illness by about 40% to 60% among the overall population
    - ~40% during 2018-2019 season
- Some protection is ALWAYS better than no protection against flu

https://www.cdc.gov/flu/vaccines-work/vaccineeffect.htm

Influenza Vaccine Effectiveness

- We focus on infection rates, but even if you do get the flu, vaccination can:
  - Decrease the duration and severity of illness
    - Less days off work or school
  - Reduce hospitalization rates
  - Limit spread of infection to close contacts
**Influenza Vaccine Part of Preventive Care**

- ADA Position Statement: Influenza (and pneumococcal) vaccination is an important part of preventive care¹
- Seasonal influenza vaccination significantly reduced admission rates for stroke, heart failure, and all-cause death in elderly patients with Type 2 DM over flu seasons²

1. Diabetes Care Jan 2003, 26 (suppl 1) s126-s128

**Critical Need to Increase Influenza Vaccination Rates in PWD**

- Annual flu vaccine reminders are common; yet vaccination rates remain low for people with diabetes
- Educators should emphasize annual flu vaccination as the most effective way to prevent flu-related complications

**Vaccine Uptake**

- In 2014, 69% of PWD age 65+ years received influenza vaccine³
- Type 2 diabetes cohort study in Spain: 65.7% vaccine uptake²
  - Barriers to uptake:
    - Men: Belief they were not at risk
    - Women: Fear of adverse reactions
    - 90% agreed to vaccine after recommendation by physician, based on age or health condition

3. National Immunization Survey-Flu (NIS-Flu) and Behavioral Risk Factor Surveillance System (BRFSS) CDC Flu Vaccination Coverage, United States, 2016-17 Influenza Season
Influenza Vaccination: Call to Action

- Supported by AADE and 17 other organizations
- Goal to increase awareness of:
  - The dangers of influenza infection among adults with chronic health conditions
  - The benefits of annual vaccination, to ultimately improve public health and patient outcomes

Improving Influenza Vaccination Rates: Challenges

- Accountability/Ownership
- Limited time and resources
- False notions about the burden of flu
- Myths and misperceptions about vaccination
- Lack of awareness
Strategies to Improve Influenza Vaccination Rates

- Insist upon annual flu vaccination
- Incorporate into fall visits
- Assign a vaccine champion
- Set a targeted goal of 90% vaccination coverage
- Highlight benefits of flu vaccination for individuals and the community
- Set clinical reminders in EMR

HOW TO TURN A NO INTO A YES

TALKING POINTS:

1. Provide a Strong, Clear Recommendation
2. Communicate about Potential Worsening of Chronic Condition (and chronic complications)
3. Explain Risk of Post-Infection Frailty
4. Emphasize Benefits of Disease Mitigation
5. Stress that Vaccination is a Social Responsibility
Strategies for Diabetes Educators to Increase Vaccination Rates (continued)

- Include influenza vaccine in annual diabetes care checklist next to the A1C lab
- Include vaccine education and/or administration in performance measures
- Add vaccination history questions to patient intake questionnaires
- Educate other health care professionals about vaccine-preventable diseases and available resources

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Strategies for Diabetes Educators to Increase Vaccination Rates

- Give talks about vaccinations/diabetes at community centers, church groups, health fairs
- Enlist peer educators/health aides to discuss increased risks for infections, in particular the risk of influenza/diabetes interactions
- Present information in support groups within larger discussion about sick days and prevention; time with the start of flu season
- Advocate for increased vaccine access through pharmacy-based immunization programs

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AADE Campaign to Promote Annual Influenza Vaccine

- Previous promotion of National Council on Aging Flu & You Campaign
- Current promotion of CDC campaign Staying Healthy with Diabetes: Why Vaccines Are Essential
  - Promotion on website
  - Multiple AADE blog posts
  - Social media and member newsletter
- Recommendation to receive annual flu vaccination in AADE7 Self-Care Behavior™ framework

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Immunization Education

- CDC animated vaccination guide
- Designed to help your patients living with diabetes stay healthy from vaccine-preventable diseases

https://www.diabeteseducator.org/living-with-diabetes/vaccine-resources

NFID Resources

- Educational information/tools: nfid.org/flu-chronic-health-conditions
  - Infographics for healthcare professionals and patients
  - Fact Sheets by condition (diabetes, heart disease, lung disease)
  - Call to Action (September 2018)
  - Toolkit with sample social posts, graphics, newsletter/email, and website content
- Free CE webinar: nfid.org/webinars
- Infectious Diseases in Clinical Practice (IDCP) CME journal article (November 2018)