VDH VIRGINIA DEPARTMENT OF HEALTH

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Dear Clinicians,

In early spring, 1999, my public health colleague from far southwest Virginia called to inquire if I was seeing an epidemic of pneumonia accompanied by granulomatous lung legions on X-ray. This phenomenon was associated with melting oxycontin for injecting. At that time oxycontin was compounded with small amounts of beeswax which caused the lung lesions.

She recognized a new epidemic of narcotic abuse but, despite her efforts, public health officials have not claimed any part of this "mental health" problem as a public health concern until March 18, 2016. Last week the CDC's *MMWR* finally provided guidelines for prescribing opioids for chronic pain because **our** prescribing patterns contribute to the horrific epidemic of opioid abuse, dependence and addiction in southwest Virginia and the U.S. It is estimated that 20% of U.S. patients (1 in 5) who visit primary care physicians for non-cancer pain symptoms receive an opioid prescription.

These new guidelines have the potential to optimize care and improve patient safety based on evidence based practice and revere the cycle of opioid pain medication misuse that contributes to the opioid overdose epidemic. The complete document is available at: http://www.cdc.gov/mmwr/volumes/65/rr/rr6501e1.htm

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Communicable Diseases in NRV

The monthly report of diseases is attached. Widespread influenza activity continues in Virginia. Information on Zika prevention, surveillance and testing continues to be updated and some new CDC links are pasted below;

- Update: Interim Guidance for Prevention of Sexual Transmission of Zika Virus — United States, 2016 (March 25, 2016)
- Update: Interim Guidance for Health Care Providers Caring for Women of Reproductive Age with Possible Zika Virus

Connect With Us

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After hours emergency contact

(540) 585-3339

This number is monitored after hours; please leave a message and your call will be returned! Report:

- Animal bites,
- Reportable diseases within 24 hours of diagnosis and
- Exposure to chemical, biological or radiological events.

Exposure — United States, 2016 (March 25, 2016)

Pandemic: Tracking Contagions, from Cholera to Ebola and Beyond is a new book written by Sonia Shah, an American science journalist who combines history with reporting from disease hotspots around the world. She covers New York in the 1850's when nearly six times as many people were packed into one square mile as there are in Manhattan today, with sewage covered streets seeping into the water supply and contemporary slums in developing countries with appalling sanitation. She does not shy away from connecting politics to outbreaks and epidemics and although she wrote this before Zika, she offers an account of how we, humans, let microbe have such a stronghold and what might await us.

Rabies

Rabies Data to Date: As of , March 1, 2016, 3 animals have tested positive for rabies from 136 case investigations for human exposure. We have issued 14 recommendations for post exposure prophylaxis.

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Chronic Disease Self-Management Workshops

The next series of evidenced based workshops to be hosted by Warm Hearth Village Center is **FULL!!** Thanks to previous participants, the word is spreading and I urge you to consider referring your patients. Two more workshops are being planned for spring/summer and have been shown to significantly impact a patient's ability to manage their chronic condition. I have attached a brochure for you to print and distribute. For more information contact Brenda Burrus at Brenda.burrus@vdh.virginia.gov

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POST (Physician Orders for Scope of Treatment)

Have you ever had a fragile elderly patient with a signed DNR put on full scale treatment in the nursing home, ER or other location of care which was inconsistent with the patient's specific desires? In Virginia, we are one of 27 states with developing POST programs. Started in Virginia in 2012, POST is a physician signed order form which communicates and puts into action treatment preferences for patients who are nearing the end of their lives. Begun in Oregon in 1991, POST is based on the ethical principle of respect and patient autonomy and

the legal principle of patient self-determination. All competent adults have the right to make their own healthcare decisions. POST is designed to help healthcare professionals know and honor the treatment wishes of their patients.

Please check out your ability to offer POST to your patients at: www.virginiapost.org

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Sincerely,

Molly O'Dell, MD, MFA
Medical Director

To subscribe, please email us

		MMWR Year																					
County	**Condition**	**2016**	**2015**	**2014**	**2013**	**2012**	**2011**	**2010**	**2009**	**2008**	**2007**	**2006**	**2005**	**2004**	**2003**	**2002**	**2001**	**2000**	**1999**	**1998**	**1997**	**1996**	**1995**
Floyd County	Campylobacteriosis	0	2	3	2	2	2	1	3	1	5	0	2	0	2	3	2	0	2	0	2	0	1
	Cryptosporidiosis	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0
	E. coli infection, shiga toxin producing	0	1	1	1	0	0	2	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0
	Giardiasis	0	0	1	1	0	0	0	0	0	0	1	0	0	1	0	0	0	0	1	1	1	0
	Haemophilus influenzae, invasive	0	0	0	1	0	0	0	2	1	2	0	0	1	0	0	0	0	0	0	1	0	0
	Hepatitis A, acute	0	0	0	0	0	0	0	0	0	0	0	0	1	1	0	0	0	0	0	0	0	0
	Hepatitis B, acute	0	0	0	0	0	0	0	1	1	1	1	0	0	0	0	0	0	0	0	0	0	0
	Hepatitis C, acute	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Kawasaki syndrome	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	1	0	0	1
	Lead - elevated blood levels in children	0	2	1	0	0	0	0	0	0	0	0	0	1	0	1	2	1	1	0	0	0	0
	Legionellosis	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	1	0
	Listeriosis	0	0	1	0	0	0	0	0	0	0	0	1	1	0	0	0	0	0	0	0	0	0
	Lyme disease	1	53	48	53	33	8	15	13	5	2	0	0	0	0	0	0	0	0	0	2	0	1
	Malaria	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0
	Other	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	4	0
	Pertussis	0	0	10	3	4	69	0	0	1	1	3	5	0	0	1	1	0	0	0	0	0	0
	Salmonellosis	0	4	5	3	3	2	2	1	2	1	2	7	3	0	0	1	3	1	3	3	1	2
	Shigellosis	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0
	Spotted Fever Rickettsiosis (including RMSF)	0	3	0	0	1	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
	Staph aureus, methicillin resistant (MRSA)	0	6	3	2	2	2	0	1	2	1	0	0	0	0	0	0	0	0	0	0	0	0
	Streptococcal infection, Group A, invasive	0	0	1	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Streptococcus pneumoniae, invasive (age lt 5)	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Toxic Substance	0	0	0	1	1	0	0	6	0	2	0	0	0	0	1	0	0	0	0	0	0	0

	Exposure																							
	Varicella (Chickenpox)	0	0	1	0	0	0	1	1	1	5	1	3	0	0	0	0	0	0	0	0	0	0	
Giles County	Arboviral Infection - Other Than WNV	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
	Campylobacteriosis	1	2	4	1	4	4	3	4	1	3	0	0	1	4	1	3	2	1	1	2	1	4	
	Cryptosporidiosis	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	E. coli infection, shiga toxin producing	0	0	0	1	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	
	Giardiasis	0	0	0	0	0	0	1	1	0	0	2	0	1	0	2	0	0	1	1	1	2	0	
	Haemophilus influenzae, invasive	0	2	2	1	0	0	2	1	1	1	0	0	0	0	0	0	0	0	0	0	0	0	
	Hepatitis A, acute	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	1	
	Hepatitis B, acute	0	0	0	2	1	1	0	0	0	1	0	1	0	1	1	0	0	0	1	0	0	0	
	Hepatitis C, acute	0	1	1	1	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	
	Kawasaki syndrome	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	
	Lead - elevated blood levels in children	0	0	0	0	1	0	0	0	0	1	0	0	1	0	0	1	0	0	0	0	0	0	
	Legionellosis	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	2	0	
	Lyme disease	0	12	16	6	10	0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Meningococcal disease (Neisseria meningitidis)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	
	Other	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	1	
	Pertussis	0	1	3	2	1	0	1	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0	
	Salmonellosis	0	1	3	4	1	3	1	2	2	5	1	2	3	4	2	3	0	1	0	2	2	5	
	Shigellosis	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	
	Spotted Fever Rickettsiosis (including RMSF)	0	2	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Staph aureus, methicillin resistant (MRSA)	2	5	10	7	9	2	3	1	2	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Streptococcal infection, Group A, invasive	0	0	0	2	0	0	0	0	0	2	1	0	1	0	0	2	0	0	0	0	0	0	
	Toxic Substance Exposure	0	2	0	0	0	2	0	0	1	1	0	1	0	0	0	0	0	0	0	0	0	0	
	Varicella (Chickenpox)	0	0	0	0	1	0	0	1	2	1	6	0	1	0	0	0	0	0	0	0	0	0	
	Vibrio infection - non-cholera	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

	Yersiniosis	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Montgomery County	Amebiasis	0	1	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	1	0
	Arboviral Infection - Other Than WNV	0	0	1	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0
	Arboviral Infection - West Nile Virus	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Campylobacteriosis	1	7	11	9	8	11	2	6	5	8	11	11	15	7	13	12	20	6	10	3	12	12
	Cryptosporidiosis	0	2	3	0	1	0	1	0	3	1	0	0	0	2	1	1	0	0	0	0	1	0
	E. coli infection, shiga toxin producing	0	3	1	2	0	0	5	3	3	3	0	1	1	2	2	1	1	1	0	0	0	0
	Ehrlichiosis/anaplasmosis	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Giardiasis	0	6	3	4	0	4	2	3	4	3	1	3	5	3	2	0	2	1	2	1	5	6
	Haemophilus influenzae, invasive	1	4	1	0	1	0	1	1	1	4	2	0	1	0	1	0	0	0	0	0	0	0
	Hemolytic uremic syndrome	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0
	Hepatitis A, acute	0	0	0	0	1	0	0	0	2	1	0	0	0	1	0	2	1	0	0	0	0	1
	Hepatitis B, acute	0	0	2	0	1	4	1	2	3	2	1	1	5	2	2	3	1	1	0	0	0	1
	Hepatitis C, acute	0	2	1	2	3	3	1	1	0	0	0	0	1	0	0	0	0	0	0	0	0	1
	Kawasaki syndrome	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	2	1	0	0
	Lead - elevated blood levels in children	0	0	1	0	0	0	1	1	1	0	3	0	1	3	1	2	2	0	1	0	1	0
	Legionellosis	0	0	1	0	1	1	0	0	1	0	0	0	0	0	1	0	0	0	0	2	16	1
	Listeriosis	0	0	0	1	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	1
	Lyme disease	3	93	72	57	44	13	39	18	24	4	1	2	0	0	2	1	3	2	1	1	1	1
	Malaria	0	0	0	0	0	0	0	0	0	0	0	1	0	1	0	0	0	0	0	0	0	0
	Meningococcal disease (Neisseria meningitidis)	0	0	0	0	0	1	0	0	0	0	0	1	0	1	1	1	1	1	0	1	0	0
	Mumps	0	0	0	1	0	0	0	1	2	0	0	0	0	0	0	0	0	0	0	0	0	0
	Other	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	1	1	1	5
	Pertussis	1	4	9	7	2	3	3	3	1	2	2	10	2	0	0	1	0	0	1	0	0	0
	Rubella (including cogenital)	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Salmonellosis	5	6	6	8	11	7	17	12	15	11	6	11	8	9	13	12	9	12	9	17	7	4
	Shigellosis	0	0	0	0	0	0	1	1	0	1	0	0	0	0	2	7	0	1	0	0	5	0

	Spotted Fever Rickettsiosis (including RMSF)	0	1	1	1	1	0	1	0	0	0	0	1	0	0	0	2	0	0	0	0	0	0
	Staph aureus, methicillin resistant (MRSA)	0	10	14	18	12	9	6	17	6	1	0	0	0	0	0	0	0	0	0	0	0	0
	Streptococcal infection, Group A, invasive	0	2	1	0	0	1	3	1	1	0	1	0	1	0	0	0	0	0	0	0	0	0
	Streptococcus pneumoniae, invasive (age lt 5)	0	0	0	1	1	0	0	1	0	0	1	0	0	1	0	0	0	0	0	0	0	0
	Toxic Substance Exposure	0	4	4	5	0	3	4	1	7	7	0	0	4	2	1	4	0	2	1	0	0	0
	Tuberculosis	0	0	1	1	2	1	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Typhoid fever (Salmonella typhi)	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Varicella (Chickenpox)	0	7	3	0	14	2	2	5	13	11	36	5	2	0	0	0	0	0	0	0	0	0
	Vibrio infection - non-cholera	0	0	0	0	1	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	1	0
	Yersiniosis	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Pulaski County	Arboviral Infection - Other Than WNV	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	1	1
	Campylobacteriosis	3	9	7	1	4	2	1	2	2	1	1	2	0	1	3	2	4	0	14	5	5	7
	Cryptosporidiosis	0	1	1	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0
	E. coli infection, shiga toxin producing	0	0	0	0	0	0	1	0	0	0	2	1	1	0	1	0	0	2	0	0	0	0
	Ehrlichiosis/anaplasmosis	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Giardiasis	0	0	0	1	2	0	0	0	0	2	2	1	1	1	1	0	0	0	0	1	1	0
	Haemophilus influenzae, invasive	0	1	1	3	1	0	1	0	0	1	0	0	0	0	0	1	0	0	0	0	1	0
	Hemolytic uremic syndrome	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Hepatitis A, acute	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	2	0	2	0	1	1
	Hepatitis B, acute	0	1	0	2	5	1	5	4	16	7	0	2	12	6	4	4	1	1	0	0	2	1
	Hepatitis C, acute	0	1	4	8	12	2	2	1	0	0	0	0	0	1	0	0	0	0	0	0	1	0
	Influenza-associated mortality (less than age 18)	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Kawasaki syndrome	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0

	Lead - elevated blood levels in children	0	0	1	0	0	2	0	1	0	0	2	0	1	4	1	1	1	0	0	0	1	2
	Legionellosis	0	0	1	1	1	0	0	0	0	0	2	0	0	1	1	0	0	0	0	0	2	0
	Listeriosis	0	1	0	0	0	0	0	0	1	0	0	0	1	1	0	0	0	0	0	0	0	0
	Lyme disease	1	62	42	29	21	3	24	6	2	3	0	0	0	1	0	0	0	0	0	0	0	0
	Meningococcal disease (Neisseria meningitidis)	0	0	0	0	0	0	0	0	0	0	0	1	0	0	1	0	1	0	0	1	1	0
	Mumps	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0
	Other	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	2	4
	Pertussis	0	4	2	2	5	0	0	2	0	0	0	0	1	0	0	0	0	0	0	0	0	0
	Salmonellosis	0	3	4	2	8	6	2	6	4	7	2	3	4	4	3	2	3	5	7	4	7	5
	Shigellosis	0	0	0	0	1	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	1	1
	Spotted Fever Rickettsiosis (including RMSF)	0	3	0	0	1	1	2	0	0	0	0	0	0	0	0	0	0	0	0	0	1	1
	Staph aureus, methicillin resistant (MRSA)	1	15	12	13	15	4	6	5	7	1	0	0	0	0	0	0	0	0	0	0	0	0
	Streptococcal infection, Group A, invasive	0	0	2	0	0	1	1	2	1	2	1	1	0	1	1	0	0	0	0	0	0	0
	Toxic Substance Exposure	0	2	1	1	3	0	1	0	1	1	1	0	1	0	0	0	3	1	0	0	0	0
	Tuberculosis	0	0	0	0	3	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Varicella (Chickenpox)	0	1	0	0	0	0	0	3	0	2	2	1	6	0	0	0	0	0	0	0	0	0
	Yersiniosis	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0
Radford City	Campylobacteriosis	0	1	2	0	1	2	0	4	0	0	3	1	1	2	5	2	1	5	4	6	4	1
	E. coli infection, shiga toxin producing	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	1	0	0	0	0	0
	Giardiasis	0	0	0	0	0	0	0	1	0	0	1	0	3	2	1	0	0	0	0	2	1	0
	Haemophilus influenzae, invasive	0	1	0	0	0	0	0	0	1	0	0	0	0	0	1	0	0	0	0	0	1	0
	Hepatitis A, acute	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	1	0	0	0
	Hepatitis B, acute	0	0	0	0	2	2	0	1	4	1	0	1	1	0	1	2	1	0	1	0	0	0
	Hepatitis C, acute	0	0	2	1	1	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Lead - elevated blood levels in children	0	0	0	0	0	0	0	0	1	0	0	0	0	1	2	2	0	0	1	0	0	0
	Legionellosis	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2	0

Listeriosis	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Lyme disease	1	13	9	8	9	1	15	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Malaria	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0
Meningococcal disease (Neisseria meningitidis)	0	0	0	0	0	0	0	0	0	0	0	0	1	1	0	0	2	0	1	0	1	1
Mumps	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0
Other	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2
Pertussis	0	2	3	4	2	6	1	1	0	0	1	1	0	0	0	0	0	0	0	0	0	0
Salmonellosis	0	1	7	4	2	6	1	0	1	3	0	4	3	3	2	1	2	3	3	3	4	3
Shigellosis	0	0	0	0	0	0	0	1	0	1	0	0	0	0	0	2	1	0	2	0	0	0
Spotted Fever Rickettsiosis (including RMSF)	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
Staph aureus, methicillin resistant (MRSA)	0	6	3	8	5	1	1	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0
Streptococcal infection, Group A, invasive	0	1	1	1	3	0	0	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0
Toxic Substance Exposure	0	1	2	0	0	1	3	0	0	0	0	1	5	2	3	0	0	0	0	1	0	0
Toxic-shock syndrome, staphylococcal	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Varicella (Chickenpox)	0	0	1	0	1	1	1	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0
Vibrio infection - non-cholera	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

This report was built using the following criteria:
Data refreshed on: 03/30/2016
Counties: Floyd County Giles County Montgomery County Pulaski County Radford City
States: Virginia

Report run on: 03/30/2016