



# The Virginia Department of Health Resources for Health Care Professionals

December 2012

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## News and Updates

### World AIDS Day

World's AIDS Day was celebrated on December 1, 2012 and the theme of "Getting to Zero: Zero New HIV Infections, Zero Discrimination, and Zero AIDS-Related Deaths" will continue through 2015. Although World AIDS Day is a great opportunity to get the public talking about HIV, it is important to continue to raise awareness of HIV all year round. On September 30, 2012 the Virginia Department of Health was awarded a grant from the Centers for Disease Control and Prevention to reduce HIV and AIDS-related morbidity and mortality. For the next three years, VDH will receive an annual award of 1,897,500 to improve linkages to care, retention in care, care engagement through patient navigation, and in the Northern, Northwest, and Eastern health regions. This award from the Minority AIDS Initiative Funding for Care and Prevention in the United States (CAPUS) Demonstration Project compliments a Health Resources and Services Administration Special Projects of National Significance initiative underway in the Central and Southwest. To learn more about CAPUS click [here](#).

### Chronic Disease Prevention and Health Promotion

The VDH Department of Disease Prevention has finalized the *Virginia Chronic Disease Prevention and Health Promotion Shared Agenda*, which provides tools that will assist communities and health professionals in preparing interventions. This agenda is based on the [National Prevention Strategy](#), a compilation of principles put forth by the National Prevention Council to create healthier individuals, families and communities. Similar to the national agenda, *Virginia Chronic Disease Prevention and Health Promotion Shared Agenda* encourages active lifestyles, healthy eating, tobacco free living, and providing access to clinical preventive services. A copy of the agenda is available by contacting, Kathy Rocco, Chronic Disease Programs Manager, at [kathy.rocco@vdh.virginia.gov](mailto:kathy.rocco@vdh.virginia.gov).

### The Physician's Guide to Helicopter EMS Use in Virginia

The Physician's Guide to Helicopter EMS Use in Virginia was a project tasked to the State Medevac Committee by VDH administration in 2011. The project was completed by representatives from agencies that utilize the Medevac system in Virginia. Physicians, as well as other health care professionals, who may need the activation of a Medevac service for patient transport may view and download the guidelines, [here](#).

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## Recent Clinicians' Letters

- [Virginia Clinicians' Letter: Update on Fungal Meningitis Associated with Contaminated Product](#) (Nov 28, 2012)
- [Epidemiology Update: Fungal Meningitis](#) (Nov 28, 2012)
- [Influenza Season 2012 - 2013](#) (Nov 29, 2012)

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## Monthly Healthcare-Associated Infection Updates

Healthcare-Associated Infections (HAI) Program Update, [November Newsletter](#), topics include:

- VHQC/VDH C. diff Collaborative and Webinar
- SSI Surveillance Changes for 2013
- New Resident Safety Tool for Nursing Homes
- Bed Bugs in Healthcare

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## Did You Know?

### HIV/AIDS in Virginia

- About 1,000 Virginians are newly diagnosed with HIV infection each year.
- For every 5 Virginians diagnosed with HIV disease, approximately:
  - 4 are men,
  - 3 are Black,
  - 3 are men who have sex with men (MSM) or MSM and an injection drug user,
  - 2 are aged 20-34 at diagnosis.
- Advances in medical therapies have resulted in people living longer with HIV disease. Current national HIV treatment guidelines are available at <http://www.aidsinfo.nih.gov/guidelines/>.
- In Virginia, 24,378 individuals (one in every 332) were living with HIV disease at the end of 2011.
- Half of these individuals had progressed to AIDS by the end of 2011.
- In Virginia, the epidemiology of TB-HIV coinfection is similar to that of tuberculosis itself, primarily affecting US-born African Americans and foreign-born residents from countries with high prevalence of TB or high prevalence of TB and HIV. From 2001 to 2010, 164 TB cases were reported with HIV coinfection. All HIV patients should be screened for latent TB infection and active tuberculosis disease; all TB patients should be tested for HIV disease.
- In Virginia the epidemiology of sexually transmitted diseases (STDs) and HIV is closely linked. HIV testing is recommended for individuals diagnosed with or suspected to have a STD. Regular STD screening is recommended for individuals with HIV infection.
  - Persons living with HIV disease are 5 times more likely to be diagnosed with gonorrhea than the general population.
  - 1 in 3 total early syphilis (TES) diagnoses occur among persons living with HIV disease.
  - 1 in 121 persons living with HIV disease are diagnosed with TES each year.

For more information, please visit the VDH Division of Disease Prevention, [here](#).

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## Influenza Surveillance

Seasonal flu guidance for 2012-2013 is available on the [VDH website](#). This year's guidance also includes a shareable video addressing the importance of receiving a flu vaccination.

- [Weekly Influenza Surveillance Report \(VDH\)](#)
- [Weekly Influenza Surveillance Report \(CDC\)](#)

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## Virginia Monthly Morbidity Surveillance Report by District and Region

[November 2012](#) update

View previous reports, [Morbidity Surveillance Reports](#).

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## Disease Updates

### New recommendations on HIV testing

New U.S. Preventive Services Task Force (USPSTF) draft recommendations call for HIV screening for all U.S. residents ages 15 to 65. This release follows an [article](#) in the Annals of Internal Medicine which concluded that “previous studies have shown that HIV screening is accurate, targeted screening misses a substantial proportion of cases, and treatments are effective in patients with advanced immunodeficiency. New evidence indicates that ART (antiretroviral therapy) reduces risk for AIDS-defining events and death in persons with less advanced immunodeficiency and reduces sexual transmission of HIV.” The recommendations were released November 19, 2012, and are currently open for public comment. Additional information is available at <http://www.uspreventiveservicestaskforce.org/uspstf/uspshivi.htm>. The Centers for Disease Control and Prevention issued a [similar recommendation](#) in 2006, but finalized rules by USPSTF would pave the way for broader impact because the Affordable Care Act requires insurers to cover preventive services that the panel recommends.

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## Chronic Disease

### Chronic Disease Self-Management Program (CDSMP)

From September 2010 through April 2012, 1,068 adults participated in a chronic disease self-management program offered by the Diabetes Prevention and Control Program at VDH. This *Chronic Disease Self-Management Program (CDSMP)* is designed to educate patients about managing chronic disease, as well as, share chronic disease management resources with the patients' loved ones.

Of the individuals that participated, 55% had more than one chronic condition (i.e., diabetes, heart disease, arthritis). By the end of the program, participants showed:

- Decreased health-related mental stress (distress)
- Reduced levels of pain, fatigue, and shortness of breath
- More frequent use of cognitive techniques for coping with emotional and physical symptoms

- More frequent use of mental relaxation techniques to manage their stress
- Increased amount of aerobic and non-aerobic physical activity

To read the report or discuss how CDSMP could be implemented in your community, please contact Tiara Green, Diabetes Prevention and Control Program Consultant, at [tiara.green@vdh.virginia.gov](mailto:tiara.green@vdh.virginia.gov).

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## MMWR

**MMWR publications are prepared by the CDC**

### December 7, 2012

- [Chlorine Gas Release Associated with Employee Language Barrier — Arkansas, 2011](#)
- [Mumps Outbreak on a University Campus — California, 2011](#)
- [Update: Influenza Activity — United States, September 30–November 24, 2012](#)

### December 14, 2012

- [Buprenorphine Prescribing Practices and Exposures Reported to a Poison Center — Utah, 2002–2011](#)
- [Early Warning Disease Surveillance After a Flood Emergency — Pakistan, 2010](#)
- [Expanding Poliomyelitis and Measles Surveillance Networks to Establish Surveillance for Acute Meningitis and Encephalitis Syndromes — Bangladesh, China, and India, 2006–2008](#)

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## “Did You Know” Articles by the CDC

These [“Did You Know” topics were prepared by the CDC](#)

### December 7, 2012

- Antibiotics do not help fight viral infections, such as colds or flu, even though 36% of Americans believe otherwise.
- Overuse or misuse of antibiotics increases the development of drug-resistant germs.
- CDC offers a variety of education campaigns to promote proper use of antibiotics.

### December 14, 2012

- Global Disease Detection (GDD) Regional Centers help host countries build on-the-ground capacity to detect deadly outbreaks in accordance with International Health Regulations.
- GDD Regional Centers supported 242 outbreak responses across 20 countries in five continents last year, most within a span of 24 hours.
- CDC’s global health videos highlight our work with partners around the world to control health threats and protect the health of Americans at home and abroad.

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