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Welcome to the CanPREP Pandemic Digest, a monthly summary of key pandemic headlines, events, and learning opportunities for collaborators and students. If you have questions, comments or contributions, please contact us at canprep@gmail.com. Previous editions are available at the [CanPREP archives](#).

CanPREP NEWS AND UPDATES

Critical Care Triage for H1N1: A Symposium on Emerging Ethical Issues

The University of Toronto Joint Centre for Bioethics holds weekly bioethics seminars, and on November 25th, alongside CanPREP, this seminar will be dedicated to addressing the ethical issues arising in hospital intensive care units.

Novel ethical issues and questions arise as the demand for critical care resources increase with the prevalence of H1N1 cases. Although some guidance is offered, such as from the Ontario Health Plan for an Influenza Pandemic (OHP/IP) report, difficult questions still remain concerning priority setting of scarce resources, as well as strategies for triage and discharge in the intensive care unit.

The seminar will include a panel discussion which will help to provide current insight and discussion into the issues facing critical care during the progression of H1N1. Panelists will also explore the ethical dimensions of critical care triage.

Panelists for this symposium include **Michael D. Christian**, Infectious Diseases & Critical Care, Mt. Sinai Hospital and UHN; **Andrea Frolic**, Clinical & Organizational Ethicist, Hamilton Health Sciences; and **Gerda Kaegi**, Board Member, Canadian Pensioners Concerned, Inc. The symposium will be moderated by **Shawn Winsor**, Director, Ethics Centre, Sunnybrook Health Sciences Centre. A live webcast can be viewed at <http://epresence.ehealthinnovation.org/epresence/1.aspx>.

For information on attending the seminar please email canprep@gmail.com and visit www.canprep.ca for further details.



University of Toronto
Joint Centre for Bioethics
Innovative. Interdisciplinary. International.
Improving health care through bioethics.

CanPREP Focus Groups

The CanPREP Project will be holding focus groups with older adults in the upcoming month. In order to get a broad perspective on ethical pandemic issues these populations are facing, two focus groups will be held – one in Toronto and the other in Peterborough.

Focus group participants will be able to discuss their thoughts and ideas revolving around the areas of priority setting, vulnerability, the duty to care for health care providers, risk communication, and more. By involving a diverse set of population groups, CanPREP hopes these focus groups will bring into light specific ethical issues each group may face, or is currently facing, during an influenza pandemic.

Our next set of focus groups will revolve around priority setting in two community settings – primary family care clinics and workers in the community such as personal support workers and homecare workers. In order to gain the perspectives of the latter, CanPREP has been working with representatives from the Toronto Community Care Access Centre which has helped in setting up these focus groups.

CanPREP is always looking to engage stakeholders, policy makers, and the general public in pandemic planning and response. If you or your organization is interested in participating in these focus groups, or in setting up a focus group with us, we would like to hear from you. Please direct all inquiries to canprep@gmail.com.

Missed a CanPREP News Story?

Since CanPREP's initiation, the project has received extensive media coverage, which is greatly increasing as the project progresses. CanPREP team members have been interviewed by several major news sources such in newspapers, online, television, and radio.

A news section on the CanPREP website has been recently added which archives all our media coverage. This section is further being extended to include presentations and posters team members have given, as well as conferences which featured CanPREP.

To access the list of archived articles, visit www.canprep.ca and click 'Archived News' on the left hand menu. Note, this is not a complete list of CanPREP media and this list is continuously updated!



PANDEMIC NEWS

[WHO Disease Outbreak News: Swine influenza - Daily Situation Update](#)

World Health Organization

Daily Influenza A (H1N1) Update. Update includes worldwide confirmed cases and deaths, along with WHO travel recommendations.

[ProMED-Mail – The Program for Monitoring Emerging Diseases](#)

A global electronic reporting system for outbreaks of emerging infectious diseases & toxins, open to all sources. Subscribe to daily email updates. ProMED-mail is a program of the [International Society for Infectious Diseases](#).

[Cases of H1N1 Flu Virus in Canada](#)

Public Health Agency of Canada

A detailed daily update of swine flu cases in Canada – updated bi-weekly.

[First 2 million swine flu vaccines shipped](#)

The Toronto Star

Chief Public Health Officer Dr. David Butler-Jones told a news conference today that clinical trials are underway and approval of the vaccine, followed by authorization from the federal health minister, is coming shortly.

[Fewer Canadians interested in getting H1N1 shot, poll shows](#)

The Globe and Mail

The growing opposition highlights the difficulty public health officials will have in convincing Canadians they need the shots, and reflects doubts among a significant part of the population that the vaccines have been fully tested and the influenza outbreak isn't much more of a health problem than the common cold, according to the poll.

[Canada enters 2nd wave of H1N1](#)

CBC News

"We are starting to see an increase in the number of people who are getting sick from H1N1," said Health Minister Leona Aglukkaq in declaring the start of the second wave.

[What, me panic? H1N1 could get the better of me](#)

The Times Colonist

Mostly, just practice common sense and good hygiene: Wash your hands. Stay home when sick. Sneeze into your elbow. Keep your fingers out of your nose, or the noses of others. And let your family back inside.

[Worst Case: Choosing Who Survives in a Flu Epidemic](#)

The New York Times

Dr. Sheri Fink, a staff reporter at ProPublica, discusses the harsh realities of the current H1N1 pandemic.

[Immunization Gate Opens \(video link\)](#)

CBC News

H1N1 influenza vaccine now available to healthcare workers across most of Canada.

NEW PUBLICATIONS (via .PDF links)

Goodwin R, Haque S, Neto F, Myers LB. [Initial psychological responses to Influenza A, H1N1 \("Swine flu"\)](#). BMC Infectious Diseases. 2009 Oct;9(166).

Kumar A, Zarychanski R, Pinto R, et al. [Critically Ill Patients With 2009 Influenza A\(H1N1\) Infection in Canada](#). JAMA. 2009 Oct; [Epub ahead of print].

White DB, Angus DC. [Preparing for the Sickest Patients With 2009 Influenza A \(H1N1\)](#). JAMA. 2009 Oct; [Epub ahead of print].

Fink S. [Preparing for a Pandemic, State Health Departments Struggle With Rationing Decisions](#). ProPublica. 2009 Oct.

Hébert PC, MacDonald N. [The H1N1 vaccine race: Can we beat the pandemic?](#) CMAJ 2009 Oct;181(8): E125.

Collier R. [Flu vaccination campaign poses monitoring difficulties](#). CMAJ 2009 Oct;181(8):E163.

Chen H, Cheung CL, Tai H, Zhao P, Chan JFW, Cheng VCC, et al. [Oseltamivir-resistant influenza A pandemic \(H1N1\) 2009 virus, Hong Kong, China](#). Emerg Infect Dis. 2009 Dec; [Epub ahead of print].

Zala C, Gonzalez R. [Respiratory disease in adults during pandemic \(H1N1\) 2009 outbreak, Argentina](#). Emerg Infect Dis. 2009 Dec; [Epub ahead of print]

Zhu FC, Wang H, Fang HH, et al. [A Novel Influenza A \(H1N1\) Vaccine in Various Age Groups](#). NEJM. 2009 Oct;361.

The 2009 Pandemic Influenza A (H1N1) Virus Hospitalizations Investigation Team. [Hospitalized Patients with 2009 H1N1 Influenza in the United States, April–June 2009](#). NEJM. 2009 Oct;361.

Collier R. [Flu pandemic prompts other vaccination delays](#). CMAJ. Oct 2009;181(8):E169.

Talbird SE, Brogan AJ, Winiarski AP. [Oseltamivir for Influenza Postexposure Prophylaxis](#). American Journal of Preventive Medicine. 2009;37(5):381-88.

Fink S. [In Flu Pandemic, Florida's Hospitals May Exclude Certain Patients](#). ProPublica. 2009 Oct.

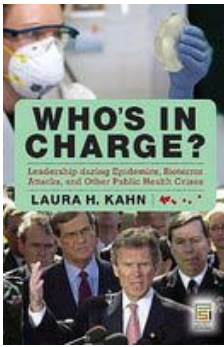
BOOKS



SARS UNMASKED: RISK COMMUNICATION OF PANDEMICS AND INFLUENZA IN CANADA

Michael G. Tyshenko

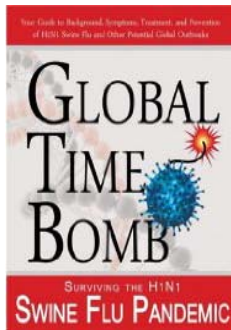
Severe Acute Respiratory Syndrome (SARS) was the first global pandemic of the twenty-first century, spreading within weeks from southern China to over thirty-seven countries around the world. In Canada intense news media coverage had a profound impact on how the disease was perceived, with frontline health care workers, despite their heroic efforts, stigmatized due to their contact with patients. Will SARS or another pandemic influenza reoccur and, if it does, have we learned how to manage pandemics more effectively? In *SARS Unmasked* risk communication expert Michael Tyshenko offers answers to this and other questions.



WHO'S IN CHARGE?

Laura H. Kahn

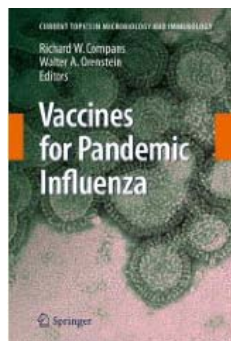
An imminent threat to the public health, such as the swine flu outbreak, is no time for a muddled chain of command and contradictory decision making. *Who's In Charge? Leadership during Epidemics, Bioterror Attacks, and Other Public Health Crises* explores the crucial relationships between political leaders, public health officials, journalists, and others to see why leadership confusion develops. *Who's In Charge?* examines five recent emergencies—the 2001 anthrax attacks and 1993 cryptosporidium outbreak in the United States, the 2003 SARS outbreak in Toronto, the 2001 foot-and-mouth disease crisis, and the decade-long battle against Mad Cow Disease in the U.K.



GLOBAL TIME BOMB: SURVIVING THE H1N1 SWINE FLU PANDEMIC

John M. Dorrance

How might a global flu pandemic affect you and your family? How can you avoid it, and what will you do if someone in your household contracts it? Here you will learn how to identify, prevent, and treat H1N1 swine flu. Information for individuals, caregivers, as well as medical professionals is provided in this complete guide. In addition to swine flu facts, information on other potential global health threats is included.



VACCINES FOR PANDEMIC INFLUENZA

Richard W. Compans and Walter A. Orenstein

The recent outbreak of disease caused by a novel H1N1 virus has focused global attention on the threat of a new influenza pandemic. Recent years have also seen unprecedented outbreaks of avian influenza A viruses. In particular, highly pathogenic H5N1 viruses have not only resulted in widespread outbreaks in domestic poultry, but have been transmitted to humans resulting in numerous fatalities. The rapid expansion in the geographic distribution of these novel viruses raises the risk that such a virus could cause a global pandemic with high morbidity and mortality..

FEATURE: Pandemic Influenza Stress Vaccine

Online training resource for hospital workers, designed to enhance resilience in the face of a pandemic influenza

As the second wave of the H1N1 pandemic hits the northern hemisphere, an innovative new free resource to help healthcare workers to build resilience and reduce the stress of working in a hospital during a pandemic is being made available. The Pandemic Stress Vaccine is an online training program for hospital based healthcare workers. Taking the online course requires about 30 to 45 minutes a week for 8 weeks and teaches skills that are valuable in high stress hospital interactions.

Healthcare workers who participated in a pilot version of the Pandemic Stress Vaccine prior to the current pandemic found that the course reduced interpersonal problems, improved their confidence that they were well-trained and supported and enhanced self-efficacy – their belief that they would be able to handle the stresses of the pandemic. Two versions of the course are now being tested, in a head-to-head comparison, to determine if the Pandemic Stress Vaccine is also able to reduce the stress that healthcare workers feel during a pandemic and reduce absenteeism.

The Pandemic Stress Vaccine is available for any English-speaking hospital worker in the world at no cost by participating in an online randomized controlled trial. The trial (available at www.msh-healthyinds.com/stressvaccine) is being conducted by the course's developers, Dr. Bill Lancee and Dr. Bob Maunder, of Mount Sinai Hospital at the University of Toronto.



Since Toronto was hit by SARS in 2003, Drs Maunder and Lancee have been studying the effects of the stress of extraordinary infectious disease on healthcare workers. Their research, which formed an evidence base for lessons learned from the SARS experience, led directly to the Pandemic Stress Vaccine. Maunder and Lancee found that SARS had a long-term impact on Toronto hospital workers, who were still showing signs of that stress 1 to 2 years after the outbreak had ended. That work identified the need for interventions to build resilience to deal with pandemic influenza and other even less predictable outbreaks. Their research also identified the targets of such interventions – the aspects of coping, confidence and interpersonal problems which lead to difficulties bouncing back from extraordinary stress.

The Pandemic Stress Vaccine is designed to overcome some major obstacles to providing effective professional education. Continuing professional education that succeeds in changing attitudes and behavior is usually designed for individual or small groups teaching. It is expensive to provide training that includes the necessary ingredients: interactivity, opportunities for practice, self-assessment, and attention to individual learning needs. The Pandemic Stress Vaccine was designed to incorporate these elements in a computerized course that can be taken individually at the learner's own pace and that can be provided at low cost to a very large number of people.

Two versions of the course are available in the current research study. The first is a knowledge-based course, which provides instruction in many topics relevant to stress, coping, helping others and the ethical, family and interpersonal challenges of working in a hospital during an infectious outbreak and provides training in relaxation skills. The second version is an experiential course which addresses a similar knowledge base but emphasizes virtual interaction in simulations of stressful situations. Participants are randomly assigned to the knowledge based or the experiential course. One participant out of ten is assigned to a waiting condition and starts the course after 8 weeks.

Paradoxically, coping with “extraordinary” stresses is a normal part of work in a healthcare setting for many professionals and hospital staff. In that sense, the skills and attitudes that are taught in the Pandemic Stress Vaccine may be valuable far beyond the specific pandemic context for which the course was designed. Resilience – the ability to be prepared for and bounce back from extraordinary stress – is never wasted. Maunder and Lancee are hoping that the Pandemic Stress Vaccine will turn out to be a useful resource for hospital-based healthcare workers regardless of how severe or how mild the influenza pandemic turns out to be.

The Pandemic Stress Vaccine can be found at www.msh-healthyinds.com/stressvaccine.

UPCOMING EVENTS AND CONFERENCES

• **137th American Public Health Association: Annual Meeting & Exposition** in Philadelphia, PA, November 7-11, 2009. [<http://www.apha.org/meetings/>]

• **21st Canadian Bioethics Society Annual Conference** in Kelowna, BC, June 9-12, 2010. [<http://en.cbskelowna2010.ca>]

The theme of the 2010 Canadian Bioethics Society Conference is “Voices of Communities” focusing on voices of patients and families, voices of professionals and voices of the vulnerable.

• **Public Health in Canada: Shaping the Future** in Toronto, ON, June 13-16, 2010. [<http://www.cpha.ca/en/conferences/conf2010.aspx>]

On the occasion of the 100th anniversary of the founding of the Canadian Public Health Association (CPHA), public health practitioners from across the country and around the world will meet in Toronto to celebrate a century of achievements and to shape the future of public health.

• **9th Canadian Immunization Conference, Immunization: A Global Challenge for the 21st Century** in Québec City, QC, December 5-8, 2010. [<http://www.phac-aspc.gc.ca/cnic-ccni/2010/index-eng.php>]

Every two years, the Conference brings together researchers and scientists; physicians; nurses; pharmacists; vaccine experts; health promoters; and health policy makers to expand knowledge on immunization and learn about the latest developments in immunization research, innovation and practice.

FEEDBACK

Questions or comments? Interested in submitting something to the Digest? Looking to highlight your organization/institution’s current pandemic influenza ethics work? [Contact us at canprep@gmail.com](mailto:canprep@gmail.com)