

City Health Information

Volume 39 (2020) | No 4; 35-37

New York City Department of Health and Mental Hygiene

SUMMARY OF GUIDANCE AND RESOURCES FROM *CITY HEALTH INFORMATION, 2020*

In 2020, *City Health Information* (CHI) published clinical guidance on coronavirus 2019 (COVID-19) as the pandemic unfolded in New York City (NYC) and on other important health issues that we continue to face as a community.

Here, we provide a summary of the year's key messages and resources on topics not directly related to COVID-19. For the latest guidance on COVID-19, see [COVID-19: Information for Providers](#).

OLDER ADULTS

Patients aged 65 years and older have unique health care needs that can be met in primary care. Assess older patients for depression, functional and cognitive status, fall risk, and polypharmacy at baseline and then periodically or as indicated by a change in status. Communicate with appropriate caregivers when indicated, especially if patients have cognitive impairments or other conditions that could potentially result in harm. Be familiar with local services and benefits, and refer older adults to resources that can address their specific needs. Refer to geriatric centers when necessary and coordinate care with other providers wherever possible.

See [Providing Comprehensive Care to Older Adults](#) for detailed guidance and resources. This CHI includes free [continuing medical education \(CME\) credit](#) until February 2, 2021.

HIV

There are 2 medications that you can prescribe as pre-exposure prophylaxis (PrEP) to prevent HIV: tenofovir disoproxil fumarate/emtricitabine (TDF/FTC, available as [Truvada](#)® and a generic version), and the newer tenofovir alafenamide (TAF/FTC, or [Descovy](#)®). Numerous studies have established the safety and efficacy of TDF/FTC, and the generic version will allow

INSIDE THIS ISSUE [\(click to access\)](#)

INTRODUCTION

OLDER ADULTS (FREE CME)

HIV

HEPATITIS B AND C

TICK-BORNE DISEASES (FREE CME)

LEAD EXPOSURE

COLORECTAL CANCER

INFLUENZA (FREE CME)

health care systems to expand PrEP use. The Health Department recommends providers continue to prescribe TDF/FTC as the first-line formulation for PrEP in all populations at risk of HIV exposure.

See [TDF-FTC is Still the First-Line Regimen for PrEP](#) for details.

HEPATITIS B AND C

An estimated 230,000 New Yorkers are living with chronic hepatitis B, and 116,000 are living with chronic hepatitis C. Many remain undiagnosed and at risk for cirrhosis and liver cancer. To improve health outcomes of New Yorkers at risk for hepatitis B or C:

- Test all persons at risk for hepatitis B at intake into care, including people who were born in [countries with high prevalence of hepatitis B](#), family members and close contacts of people living with hepatitis B, and people who use drugs. Vaccinate people who are not immune.
- Test all people aged 18 to 79 years for hepatitis C at intake into care, including people who are pregnant. Re-test people with ongoing risk factors (ie, current drug use) at least annually.
- Treat people with chronic hepatitis B with antivirals according to professional guidelines. See the [simplified treatment guidance](#).

- Cure all people with chronic hepatitis C with direct-acting antiviral therapy, including people who use drugs and alcohol. See the [simplified treatment guidance](#).

For details and resources, see [New Hepatitis B and C Screening and Treatment Guidance](#).

TICK-BORNE DISEASES

Tick-borne diseases among New Yorkers have been trending upward since 2000 with fluctuations from year to year. Most New Yorkers become infected with a tick-borne disease during travel to endemic areas in upstate New York, Long Island, and surrounding states. Locally acquired cases of Lyme disease and babesiosis continue to be reported from Staten Island, and smaller numbers have been reported from the Bronx. Be aware of the types of ticks and tick-borne diseases present in and around NYC, how to diagnose tick-borne diseases, and where to find guidance on treatment.

See [Preventing, Diagnosing, and Managing Tick-borne Diseases](#) for detailed guidance and resources. This CHI includes free [CME credit](#) until June 7, 2021.

LEAD EXPOSURE

The COVID-19 public health emergency has resulted in significant disruptions to patient care, including lead exposure assessments and blood lead testing. The Health Department encourages providers to resume testing and prioritize appointments for those patients for whom testing is overdue. Guidance on screening for lead exposure and on chelation is available at [Lead Exposure in Children](#), [Lead Exposure in Pregnant Women](#), [Lead Exposure in Adults](#), and [Recommended Chelation Protocol for Children with BLLs \$\geq\$ 45 \$\mu\$ g/dL](#).

Use the [Online Registry](#) to view and submit children's blood lead levels (BLLs), find management recommendations, and access the Health Department's home inspection results. Fax adult reports to 347-396-8883. To report a hospital admission for lead poisoning or to discuss a case, call 646-632-6002 and ask for the Care Coordination Unit.

For more information, see [Lead Exposure Prevention, Detection, and Management Recommendations](#), or call 311 and ask for the Healthy Homes Program.

COLORECTAL CANCER

Every year, approximately 1,200 adults in NYC die from colorectal cancer (CRC), and about one third of these deaths occur before age 65 years. To help reduce

the risk of CRC incidence and mortality, the Health Department recommends that providers:

- Assess risk of CRC among patients, including taking a personal and family history.
- Discuss CRC screening test options for joint decision making.
- Consider age 45 years to begin screening for individuals at average risk for CRC.
- Be aware that individuals at familial or other increased risk may have different screening needs, such as earlier screening or stronger recommendation for colonoscopy. When needed, consult a specialist for screening recommendations.

For details and resources, see [NYC Health Department Updates CRC Screening Recommendations, 2020 Update: NYC Recommendations to Reduce Morbidity and Mortality from Colorectal Cancer](#), and the NYC Vital Signs, [Colorectal Cancer Prevention and Detection: Timely Screening Among New Yorkers Ages 50 and Older](#).

INFLUENZA

During this influenza season, which coincides with the COVID-19 pandemic, use every opportunity to administer flu vaccines to reduce the burden of respiratory illnesses and protect vulnerable populations at risk for severe illness. Provider recommendation is the strongest predictor of vaccination. Ensure that you and your entire staff receive flu vaccine and that all staff counsel patients and caregivers on the benefits of flu vaccine. Vaccinate all patients aged 6 months and older as soon as flu vaccine is available. Be aware that the New York City (NYC) Board of Health requires all children aged 6 through 59 months attending city-licensed and regulated child care to receive the flu vaccine by December 31 of each year. Give inactivated flu vaccine to all pregnant persons in any trimester to prevent influenza infection and complications in both the patient and infant. For patients aged 65 years and older, the Health Department recommends high-dose or adjuvanted flu vaccine.

See [Influenza Information and Influenza Prevention and Control, 2020-2021](#) for detailed guidance and resources. The CHI includes free [CME credit](#) until October 4, 2021.

City Health Information



nyc.gov/health

42-09 28th Street, Long Island City, NY 11101

Bill de Blasio
Mayor

Dave A. Chokshi, MD, MSc
Commissioner of Health and Mental Hygiene

Division of Epidemiology
R. Charon Gwynn, PhD, Deputy Commissioner

Bureau of Public Health Training and Information Dissemination
Calaine Hemans-Henry, MPH, CHES, Assistant Commissioner
Joanna Osolnik, MPH, CHES, Senior Director, Office of Information Dissemination
Peggy Millstone, Former Director, Scientific Education Unit
Sandhya George, Medical Editor
Liz Selkove, Medical Editor
Melissa Donze, MPH, Program Manager

Copyright ©2020 The New York City Department of Health and Mental Hygiene
E-mail *City Health Information* at: nycdohrp@health.nyc.gov
New York City Department of Health and Mental Hygiene.
Summary of guidance and resources from *City Health Information*, 2020.
City Health Information. 2020;39(4):35-37.



FREE CONTINUING MEDICAL EDUCATION (CME) CREDITS

Starting in 2020, most CHIs will include free CME credits. CME activities are open for the following CHIs:

- Providing Comprehensive Care to Older Adults
CME activity available until February 2, 2021
- Preventing, Diagnosing, and Managing Tick-borne Diseases
CME activity available until June 7, 2021
- Influenza Prevention and Control, 2020-2021
CME activity available until October 4, 2021