

City Health Information

Volume 37 (2018) | No 8; 70-73

New York City Department of Health and Mental Hygiene

CITY HEALTH INFORMATION: 2018 IN REVIEW

- In 2018, *City Health Information* (CHI) brought you evidence-based up-to-date information on topics central to the health of our community.
- Issues planned for 2019 include perinatal depression, emergency preparedness, and age-friendly primary care.
- We look forward to providing practical guidance and we thank you for your continuing efforts to improve the health of all New Yorkers.

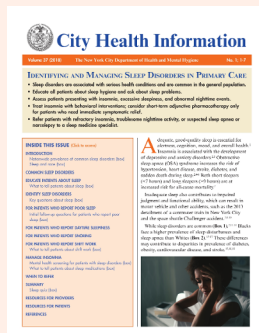
In 2018, *City Health Information* (CHI) published clinical guidance on important health issues that we face as a community. Here, we provide a summary of the year's key messages and a look ahead to CHI in 2019.

SUMMARY OF GUIDANCE FROM 2018

JANUARY

Identifying and Managing Sleep Disorders in Primary Care

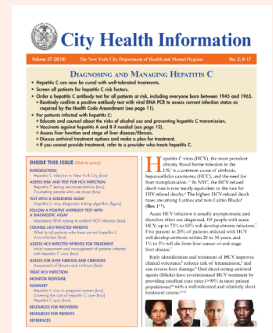
- Sleep disorders are associated with serious health conditions and are common in the general population.
- Educate all patients about sleep hygiene and ask about sleep problems.
- Assess patients presenting with insomnia, excessive sleepiness, and abnormal nighttime events.
- Treat insomnia with behavioral interventions; consider short-term adjunctive pharmacotherapy only for patients who need immediate symptomatic relief.
- Refer patients with refractory insomnia, troublesome nighttime activity, or suspected sleep apnea or narcolepsy to a sleep medicine specialist.



FEBRUARY

Diagnosing and Managing Hepatitis C

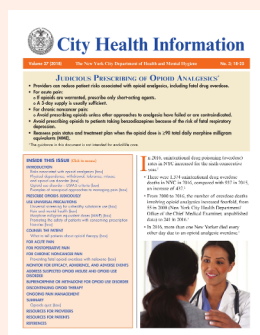
- Hepatitis C can now be cured with well-tolerated treatments.
- Screen all patients for hepatitis C risk factors.
- Order a hepatitis C antibody test for all patients at risk, including everyone born between 1945 and 1965.
- Routinely confirm a positive antibody test with viral RNA PCR to assess current infection status as required by the Health Code Amendment.
- For patients infected with hepatitis C:
 - Educate and counsel about the risks of alcohol use and preventing hepatitis C transmission.
 - Vaccinate against hepatitis A and B if needed.
 - Assess liver function and stage of liver disease/fibrosis.
 - Discuss antiviral treatment options and make a plan for treatment.
 - If you cannot provide treatment, refer to a provider who treats hepatitis C.



MARCH

Judicious Prescribing of Opioid Analgesics*

- Providers can reduce patient risks associated with opioid analgesics, including fatal drug overdose.
- For acute pain:
 - If opioids are warranted, prescribe only short-acting agents.
 - A 3-day supply is usually sufficient.
- For chronic noncancer pain:
 - Avoid prescribing opioids unless other approaches to analgesia have failed or are contraindicated.
- Avoid prescribing opioids to patients taking benzodiazepines because of the risk of fatal respiratory depression.
- Reassess pain status and treatment plan when the opioid dose is ≥ 90 total daily morphine milligram equivalents (MME).

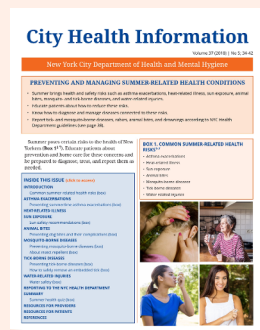


*The guidance in this document is not intended for end-of-life care.

JULY

Preventing and Managing Summer-related Health Conditions

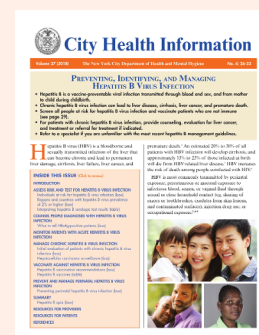
- Summer brings health and safety risks such as asthma exacerbations, heat-related illness, sun exposure, animal bites, mosquito- and tick-borne diseases, and water-related injuries.
- Educate patients about how to reduce these risks.
- Know how to diagnose and manage diseases connected to these risks.
- Report tick- and mosquito-borne diseases, rabies, animal bites, and drownings according to NYC Health Department guidelines.



JUNE

Preventing, Identifying, and Managing Hepatitis B Virus Infection

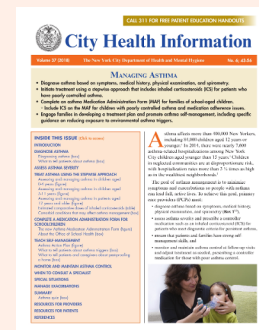
- Hepatitis B is a vaccine-preventable viral infection transmitted through blood and sex, and from mother to child during childbirth.
- Chronic hepatitis B virus infection can lead to liver disease, cirrhosis, liver cancer, and premature death.
- Screen all people at risk for hepatitis B virus infection and vaccinate patients who are not immune.
- For patients with chronic hepatitis B virus infection, provide counseling, evaluation for liver cancer, and treatment or referral for treatment if indicated.
- Refer to a specialist if you are unfamiliar with the most recent hepatitis B management guidelines.



AUGUST

Managing Asthma

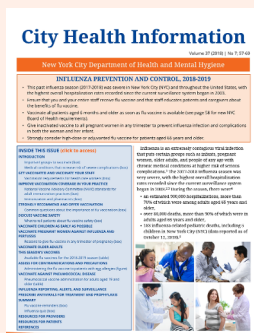
- Diagnose asthma based on symptoms, medical history, physical examination, and spirometry.
- Initiate treatment using a stepwise approach that includes inhaled corticosteroids (ICS) for patients who have poorly controlled asthma.
- Complete an asthma Medication Administration Form (MAF) for families of school-aged children.
- Include ICS on the MAF for children with poorly controlled asthma and medication adherence issues.
- Engage families in developing a treatment plan and promote asthma self-management, including specific guidance on reducing exposure to environmental asthma triggers.



NOVEMBER

Influenza Prevention and Control, 2018-2019

- This past influenza season (2017-2018) was severe in New York City (NYC) and throughout the United States, with the highest overall hospitalization rates recorded since the current surveillance system began in 2003.
- Ensure that you and your entire staff receive flu vaccine and that staff educates patients and caregivers about the benefits of flu vaccine.
- Vaccinate all patients aged 6 months and older as soon as flu vaccine is available (see new NYC Board of Health requirements).
- Give inactivated vaccine to all pregnant women in any trimester to prevent influenza infection and complications in both the woman and her infant.
- Strongly consider high-dose or adjuvanted flu vaccine for patients aged 65 years and older.



Looking for the Health Department's clinical guidelines on a particular subject?

Past issues of the CHI are easy to find. Just type in a keyword or topic and click Search.

LOOK AHEAD TO 2019

CHI issues planned for 2019 include

- Managing perinatal depression to benefit mothers and their babies
- Emergency preparedness for health care providers and their patients
- Providing comprehensive care to older adults
- Providing comprehensive care to men who have sex with men
- Encouraging and supporting breastfeeding
- Talking with parents about childhood vaccination
- Providing primary care to patients with a history of criminal justice system involvement

**THANK YOU FOR WORKING TO IMPROVE
THE HEALTH OF ALL NEW YORKERS IN 2018.**

Best wishes for 2019!

City Health Information



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City Health Information: 2018 in review.
City Health Information. 2018;37(8):70-73.

Have feedback or
suggestions for CHI?

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