

Influenza Vaccine Campaign 2018-2019: Fluzone HD Update

Thank you for your partnership in our annual influenza vaccine campaign. We have received a number of questions about Fluzone HD® (High Dose). Fluzone HD® is a trivalent inactivated influenza vaccine with a fourfold dose of antigen compared to standard-dose influenza vaccines, intended to generate a stronger immune response in the elderly. It is licensed for those 65 years and older, and provides superior protection for this age group against influenza and its complications. More details about the incremental benefits can be found at: <https://www.canada.ca/en/public-health/services/publications/healthy-living/canadian-immunization-guide-statement-seasonal-influenza-vaccine-2018-2019.html>

As with a number of other recommended vaccines, Fluzone HD® is not publicly funded. **However, we do recommend it be offered to those 65 years and older.** Fluzone HD® is available for purchase without prescription at select pharmacies and the VCH Travel Clinic (Appointment line 604-736-9244). For those who choose not to purchase this vaccine, we recommend they receive one of the publicly funded influenza vaccines.

Cannabis resources for health care providers

Several weeks post legalization, your patients may be seeking information about non-medical cannabis. With a wealth of resources under development, we would like to highlight some high-quality reviews.

Canadian Public Health Association has numerous resources available at: <https://www.cpha.ca/harm-reduction-health-promotion-and-cannabis-screening-tools>, including education for youth, harm reduction messaging, and dependency screening tools. The Government of Canada has also indexed cannabis resources at: <https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/resources.html?research-data>, sorting resources into ones aimed at health care professionals and ones that can be given to patients and their families.

Specifically recommended resources aimed at health care providers include:

- **Canadian Lower-Risk Cannabis Use Guidelines** (LRCUG, <http://crismonario.ca/research-projects/lower-risk-cannabis-use-guidelines>). Analogous to the Canadian Low-Risk Alcohol Drinking Guidelines, the LRCUG provide recommendations you can make to patients about reducing their harms from cannabis, including which products to avoid and when it is most important to minimize use.
- **Government of Canada evidence briefs** on risks of cannabis for teens, young adults, pregnant and breastfeeding women, as well as the evidence around cannabis addiction and risks of psychosis/schizophrenia: <https://www.cpha.ca/federal>.
- **Clearing the Smoke on Cannabis** series from the Canadian Centre on Substance Use and Addiction – additional reviews on cannabis health effects: <http://ccsa.ca/Eng/topics/Cannabis/Health-Impacts-of-Cannabis/Pages/default.aspx>.
- **Canadian Public Health Association fact sheets** - overviews of common cannabis products, methods of consumption, and consumption patterns: <https://www.cpha.ca/sites/default/files/uploads/resources/cannabis/cannabasics-2018-fact-sheets-e.pdf>.
- **Vancouver Coastal Health website** – harm reduction messages plus other resources for patients: <http://www.vch.ca/public-health/harm-reduction/cannabis-marijuana>

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