

Please review the following questions with your patient. Check the box if information is confirmed or task performed.

How long has the patient been ill? _____

- High-risk population (see Section E)

Section A: Does the patient have the flu?

Symptoms of influenza:

- Symptoms come on suddenly?
- Feeling feverish or chills, or having a fever of greater than 100.04°F/37.8°C?
- Coughing?
- Fatigue or tired?
- Chest discomfort from coughing?
- Severe muscle aches?
- Headache?

Section B: Is the patient critically ill?

- Difficulty breathing?
- Pain or pressure in the chest or abdomen?
- Sudden dizziness?
- Confusion?
- Severe or persistent vomiting?
- Unable to drink enough fluids? Decreased urine output?
- Worsening fever?

If the patient has any of the above symptoms, after discussing with _____, recommend the patient be seen in the office, urgent care center, ER.

Section C: Treatment:

If the patient is not critically ill, consider antiviral treatment if symptoms have been present for less than 48 hours or the patient belongs in a high-risk group.

- Newborn or older: Oseltamivir (Tamiflu®), sent to the pharmacy.
- Age 7 or older: Zanamivir (Relenza®) – Avoid in patients with chronic lung disease. Two inhalations twice daily for five days, sent to the pharmacy.
- Adult:
 - Oseltamivir (Tamiflu®)
75 mg every 12 hours for five days, sent to the pharmacy. Dosage adjusted for renal impairment.
 - Zanamivir (Relenza®) – Avoid in patients with chronic lung disease. Two inhalations twice daily for five days, sent to the pharmacy.

Section D: Education:

Antiviral treatment:

- The patient was informed antiviral treatment could improve symptoms, shorten the duration of illness by one to two days, and may reduce the risk of complications.
- Side effects of treatment (nausea, vomiting, headache) discussed. GI side effects decrease when taken with food.
- Patient instructed to call if symptoms worsen.
- Patient desires to be seen and has made an appointment for the following date and time: _____

If the patient does not need or want to be seen, provide the following information. The patient is advised to do the following:

- Stay home and rest.
- Drink water and fluids.
- Take fever reducers as directed.
- Call if symptoms have not improved or worsened within 48 hours.
- Watch for warning symptoms such as the following: Difficulty breathing. Pain or pressure in the chest or abdomen. Sudden dizziness. Confusion. Severe or persistent vomiting. Unable to drink enough fluids. Decreased urine output. Worsening fever.

Patient has a concern about influenza and is informed:

- There are many different types of viruses that cause influenza such as H1N1/swine flu.
- It typically takes one to four days after exposure to become sick.
- The infected person is usually contagious from one day before the onset of illness to seven days after. Younger children may be contagious for a longer period.
- Fever usually declines after two to three days and disappears by the sixth day.
- Cough, weakness, and fatigue can persist for one to two weeks and up to six weeks.
- Anti-influenza treatments are effective only if started early, within 48 hours after the onset of symptoms. They can prevent serious complications from influenza.
- Antibiotics do not benefit most people with influenza but are sometimes needed to treat secondary infections.
- Patients with complications from influenza may get hospitalized, and sometime die. The risk of complication increases for those at high risk.

Criteria for returning to work or school:

- Non-health-care workers must remain isolated until 24 hours after fever is gone and they are no longer on any treatment that can reduce fever (acetaminophen, ibuprofen).
- Health care workers must remain isolated for seven days from onset of symptoms or until the resolution of symptoms, whichever is longer.
- Patient agrees with the above and expresses understanding.

Section E: Groups at high risk for influenza

(This can be done during chart review before talking to the patient):

- Age 5 or younger?
- Age 19 or younger and taking aspirin?
- Age 65 or older?
- Pregnant or two weeks after pregnancy?
- Breastfeeding?
- Using home oxygen?
- Native American?
- Alaska Native?
- Mentally challenged?
- History of an organ transplant?
- Taking antirejection treatment?
- Taking prednisone/steroid/immunosuppressive treatment?

Is the patient living in a:

- Nursing home/assisted living facility/group home?
- Rehabilitation facility?

Does the patient have any of these chronic conditions?

- Cancer
- Diabetes
- Heart disease/congenital heart disease/congestive heart failure/coronary artery disease
- Hematological disorder/sickle cell disease
- HIV/AIDS
- Kidney failure/dialysis patient
- Liver disease/cirrhosis
- Lung disease/asthma/COPD/cystic fibrosis/emphysema/
- Metabolic disorders/inherited metabolic disorders/mitochondrial disorders
- Neurological disorder/neurodevelopmental conditions/seizure/stroke
- Obesity, morbid/BMI 40 or higher