

Department of Health/DDSD

# Developmental Disability News New Mexico

## Department of Health/DDSD to provide vaccine

- Centers for Disease Control & Prevention:
- 1-800-CDC-INFO (232-4636)
- 1-888-232-6348 TTY
- E-mail: [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)
- You can also visit the following
- Web sites for the latest information on pandemic H1N1 flu:
- Centers for Disease Control and Prevention <http://www.cdc.gov/h1n1flu/update>.
- U.S. Department of Health and Human Services: <http://www.flu.gov>
- World Health Organization: <http://who.int/csr/disease/swineflu/en/>

The DOH/DDSD are working in a collaborative effort to vaccinate both Direct Care Staff and Consumers. Agency nurses can register with the DOH as volunteers to provide the shots at their agencies. DDSD's regional office nurses will be working directly with Public Health offices to obtain the vaccine as it arrives. The first shipment to NM will be the 'Mist' which is the live virus and will be limited to previously identified populations. Shipments of the "seasonal flu vaccine" should arrive mid-October. H1N1 Vaccine will arrive in late October to early November. Public Health is also making available pneumonia vaccine to direct care staff.

Direct Care Staff, Consumers and/or their guardians must sign a release acknowledging the potential side effects and giving permission. It is the desire of DDSD to go to major areas in the regions to provide the vaccines. Direct Care Staff with health insurance are encouraged to get their shots at their PCP office or local shot clinics. Consumer should, of course, receive their vaccines from their PCP as well.

More information will be available at the Statewide Directors Meeting being held in Albuquerque Oct 14-15, 2009. At that time packets will be distributed that will include the release form, Agency Roster tracking sheet for DCS, and Consumer roster. We will need to track whether Staff and consumer receive the vaccine or opt out. If you are not planning on attending the Conference/Meeting please contact your Regional Office to obtain more information.

[www.nmhealth.org](http://www.nmhealth.org)

### *Promote universal Precautions*

*Establish an emergency plan for care of consumer and coverage for sick staff.*

*Establish communications with your Regional Offices for updates and notifications of issues.*

## Recommendations for People Sick with Flu Symptoms

“We’re seeing widespread flu activity in the state and it is important for people to follow our recommendations for seeking medical attention and staying home when sick,” said Health Secretary Alfredo Vigil, MD. “We have to all work together to minimize the spread of the disease and manage our medical resources in the best way possible so we can care for those most at risk for serious complications.”

The Department of Health is recommending the following:

- People who are experiencing typical, mild symptoms of influenza and are not at higher risk for flu complications should stay home and avoid public places until they are well. Typical, mild symptoms include fever, sore throat, and cough.
- People who are experiencing typical, mild symptoms of influenza and are at higher risk for complications should call their healthcare provider or the nurse advice line for consideration for treatment with antiviral medications.

People who develop severe symptoms of influenza should seek care immediately from their healthcare provider or the emergency room. Severe symptoms include shortness of breath, rapid breathing, dehydration, or decreased responsiveness.

People who are at higher risk for developing complications from H1N1 and seasonal flu are:

- Children younger than 2 years of age
  - Adults 65 years of age and older, and
  - Persons with the following conditions:
    - Chronic pulmonary (including asthma), cardiovascular (except hypertension), renal, hepatic, hematological (including sickle cell disease), neurologic, neuromuscular, or metabolic disorders (including diabetes mellitus)
    - Immunosuppression, including that caused by medications or by HIV
    - Pregnant women
    - Persons younger than 19 years of age who are receiving long-term aspirin therapy
- Residents of nursing homes and other chronic-care facilities

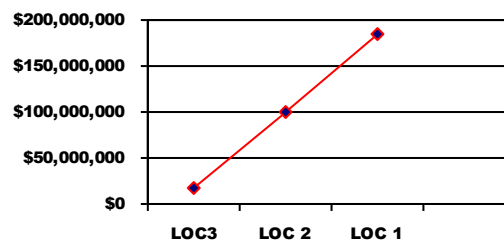
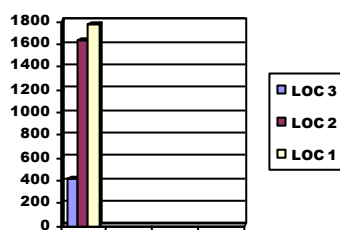
People with influenza in a higher risk group should be treated with antiviral medications ideally within 48 hours after developing symptoms.

To prevent the spread of the flu everyone should wash their hands frequently and cover their mouth and nose when sneezing and coughing. Stay home if you are ill and keep your kids home when they’re sick until 24 hours after the fever is gone.

## **DD Waiver: Cost of services** **Rising costs (reasons)**

### What is driving this?

- Challenging and complex people served in the community setting,
- The assessment process is no longer effective in identifying level of care linked to actual need (too many people are determined to be a level of care 1 – the highest level)



- High utilization of residential services ( Supported Living, Family Living) – 82% of persons served get a residential service
  - Services funded outside the Annual Resource Allotment
    - Residential – as noted above
    - Family Living Substitute Care
    - Therapy Exceptions
- Over-dependence on paid supports – minimal use of natural/generic supports

## **Waiting List**

Information on the current waiting list. We are currently trending the information and breaking it down. I can say at this point that 66.7% of the individuals are minors. Minors should be receiving supports through the public education system (all therapies, etc) as well as if they are Medicaid eligible they have access to Medicaid therapy services. 500 individuals are pending further information (some of whom are below the age of 5 when determination of the disability is finalized). Of the remaining people: 100 people have put themselves on hold when offered the waiver. These people we have to ask anytime there is an allocation. There are some individuals on the D & E Waiver (plus on our wait list), some are receiving services through the PCO option of Medicaid (plus are on our wait list), some are in ICF/MR's (plus on our wait list). We are pulling all of the numbers and I will share that information when available (within the next 2 weeks) I bring this up to show that not all individuals on the waiting list are sitting around without any supports. They just do not receive the Cadillac services they desire of the DD Waiver or Mi Via Waiver.

We are truly looking at a thorough redesign of the system. We started looking at the re-design in an effort to bring more people onto the waiver, by controlling and decreasing the costs. However, in the current financial times within the State, we are looking at the redesign to maintain current service levels.

## Choking Warning

Bulk-forming laxative pills must be taken with enough water to prevent choking. These pills can get caught in your throat or esophagus and swell. If you have problems swallowing, opt for a liquid version of bulk-forming laxative (powder or granules dissolved in water or another drink) instead. Follow the label directions carefully. If you have any chest pain, vomiting, or problems breathing or swallowing after taking the product, get medical help right away. Bulk Laxatives must be taken with a minimum of 8 oz of water. Do Not mix in yogurt, pudding or other food forms. Failure to mix powder according to directions can result in the bulk laxative/fiber solidifying and may cause blockage of the airway or other obstruction.

[nmhealth.org/ddsd/index.htm](http://nmhealth.org/ddsd/index.htm)

**Join us at the Statewide Director's Meeting**

*Oct 14-15, 2009*

**Secretary Vigil will be in attendance  
National Speakers will present  
Main Themes are System Change and Pan-**

[www.nmhealth.org](http://www.nmhealth.org)

## TWO TYPES OF FLU SHOTS THIS YEAR

Seasonal flu vaccine. This vaccine will target the anticipated strains of flu that usually circulate. Distribution will likely be through the usual manner (local doctor offices, flu clinics in stores, etc.) but may be available early. Because absenteeism could be very high with the H1N1 virus, it is especially important that staff are encouraged to get their seasonal flu shots. People should be especially diligent this year in obtaining vaccinations for the people served by your agency. If seasonal flu vaccine is available early, it would be good to immunize early. It will protect the person throughout the entire year for the seasonal flu.

Novel H1N1 vaccine. This vaccine will only target the H1N1 virus. The priority populations for this new vaccine and the distribution system are being planned now. Because this virus appears to infect children and young adults at such high rates, it is likely that the priority population for vaccine will be different than usual. It will also likely be distributed in a different manner.