



Epi Update

A newsletter for healthcare professionals in Platte County, MO

VOLUME 5, ISSUE 1

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SPECIAL POINTS OF INTEREST:

- Several Platte County residents were diagnosed with vaccine-preventable diseases in 2017
- Meet Pam Elliott, a provider in PCHD's Family Healthcare clinic
- Do you know someone who might have Seasonal Affective Disorder?
- Flu cases are rising rapidly in Platte County

INSIDE THIS ISSUE:

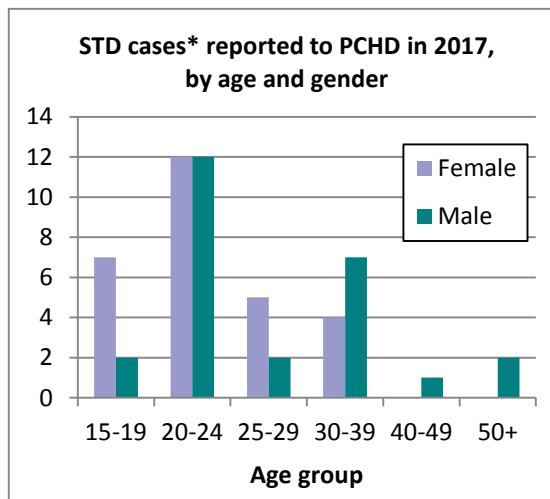
- Spotlight PCHD FHC Provider 2
- SAD—Learn More 2
- December Flu Report 2
- December CD Report 3
- References 3

For more information or questions about Epi Update, contact Erin Sanders, PCHD Epidemiology Specialist at: (816) 858-2412

Communicable Diseases in 2017

PCHD processed a total of 447 communicable disease reports, notifications, and calls/questions in 2017 (not including seasonal influenza reports). Overall, reporting was 16% higher than the average over the past 5 years. Of these reports, 194 were confirmed, probable, or suspected disease cases in residents within Platte County's jurisdiction. 94 reports investigated were determined to be not cases, not reportable, or new notifications for previously reported cases. 85 reports were outside of Platte County's jurisdiction and were forwarded to the appropriate health department, and 74 were disease-related questions or complaints reported to PCHD Epidemiology staff.

The most common disease cases* and conditions among Platte County residents that were reported to PCHD in 2017 included animal bites (42), chlamydia (40), chronic hepatitis C (14), campylobacteriosis (12), and gonorrhea (10). Several vaccine-preventable diseases were also diagnosed in Platte County residents in 2017, including mumps, pertussis, invasive *Streptococcus Pneumoniae*, and chickenpox. Other illnesses PCHD investigated in 2017 included 9 complaints of gastrointestinal illness related to facilities in PCHD's jurisdiction.



Reportable Diseases, Platte County, 2017	Cases (#)*	5 year avg [†]
Gastrointestinal diseases		
Campylobacteriosis	12	5.2
Cryptosporidiosis	2	3.2
<i>E. coli, shiga-toxin positive</i>	1	1.0
<i>E. coli O157 H7</i>	1	0.8
Salmonellosis	3	7.4
Shigellosis	0	3.2
Yersiniosis	1	0.2
Hepatitis		
Hepatitis B, chronic	2	2.0
Hepatitis C chronic	14	13.8
Tuberculosis		
Tuberculosis disease	0	0.4
Tuberculosis infection	5	9.6
Other		
<i>Ehrlichia chaffeensis</i>	1	1.8
<i>Haemophilus influenzae, invasive</i>	3	0.2
Legionellosis	1	0.8
Nontuberculosis Mycobacterium (MOTT)	2	2.0
Mumps	1	0.6
Pertussis	2	3.0
Rabies post-exposure prophylaxis	4	1.8
<i>Strep pneumoniae, invasive</i>	3	N/A
Varicella (Chickenpox)	2	1.0

[†] 5 year average is for years 2012-2016

* Cases are Confirmed or Probable cases in Platte County residents who do not live in Kansas City, MO city limits



Spotlight PCHD

Spotlight on Pam Elliott, FNP-C

Over the past few months we have been spotlighting the providers in our Family Healthcare clinic. Platte County Health Department's Family Healthcare program provides primary care to uninsured and Medicaid residents of Platte County and Clay County. This month, meet Pam Elliott, one of our Family Nurse Practitioners.

Pam earned her Bachelor of Science in Nursing from the University of Kansas and a Master of Science in Nursing with specialization in Family Practice from the University of Missouri-Kansas City. She is a board certified Family Nurse Practitioner who is active in several professional organizations.

Pam grew up in Platte County and is a graduate of Park Hill High School. She continues to live in Platte County and raised her family here. Pam loves working for PCHD and feels it is an honor to be able to provide care for the community where she lives. Pam enjoys volunteering her time providing no cost or low cost sports physicals. In her spare time, Pam loves to play with her dogs, spend time with her family and friends, and travel.



Pam sees patients by appointment Mondays, Tuesdays, and Fridays from 8:15am—3:45pm and takes patient walk-ins from 8:15am—3:30pm on Wednesdays in the Family Healthcare clinic at our Parkville location. Residents interested in making an appointment with Pam can call our Parkville office today at 816-587-5998.

Did you know? You have probably heard of the **National Suicide Prevention Lifeline (800-273-8255)**, but there is now a crisis text line also available 24/7 to support those in any type of crisis. **Text 741741 from anywhere in the U.S. to text with a trained Crisis Counselor. Learn more at www.crisistextline.org.**

I'm not ok.

I'm here, and I'm listening.

CRISIS TEXT LINE | Text HELLO to 741741.

SAD this January? Learn More

Seasonal Affective Disorder (SAD, now identified as Major Depressive Disorder with Seasonal Pattern) is a form of depression or bipolar disorder that occurs and ends around the same time every year. SAD most frequently begins in late fall or early winter and ends in spring or summer.^{1,2}

To be diagnosed with SAD, people must meet full criteria for major depression coinciding with specific seasons for at least 2 years. People with a winter pattern of SAD may experience low energy, hypersomnia (oversleeping), overeating, weight gain, cravings for carbohydrates, and social withdraw.¹ Risk factors for SAD include a diagnosis of depression or bipolar disorder, a family history of depression, being female, living far from the equator, and younger age (SAD typically starts between ages 18-30).^{1,2}

SAD can be treated a number of ways, including light therapy, medication, and psychotherapy, or a combination. Preventative measures such as exercising more in summer/fall, starting light ther-

apy and/or psychotherapy in early fall, or planning a sunny vacation for winter can also reduce symptoms.¹⁻⁴

Whether you have SAD or not, remember to [take care of your mental health](#) this month.⁵ If you have symptoms of depression, **seek the help of a trained medical professional.**

► Local Mental Health Resource

Did you know? The Kansas City Northland has a suicide prevention website for youth, parents, educators, LGBTQ, attempt survivors, loss survivors, veterans, and community members. Visit EncourageHopeandHelp.com to find:

- Examples of high school suicide prevention and mental wellness campaigns
- Local and National Resources
- Warning Signs, Risk Factors, and How to Help
- Signs of Suicide (SOS) Program Details
- Healthy Coping Skills and Stress Management
- And more!

encourage
HOPE & HELP

Platte County Influenza Report

Platte County 2017-18 Reported Influenza Cases							
12/3/17—12/30/17		Epi Week				Total	STD*
Age Group	Type	49	50	51	52		(40-52)
0 - 1	Type A		1	4	5	10	12
	Type B					0	1
	Type A or B					0	0
2 - 4	Type A		2	5	6	13	15
	Type B		1		1	2	2
	Type A or B				1	1	1
5 - 14	Type A	1	2	7	10	20	21
	Type B				1	1	1
	Type A or B			1		1	1
15 - 24	Type A	1		6	5	12	14
	Type B		1		1	2	2
	Type A or B		2			2	2
25 - 49	Type A	2	1	9	18	30	37
	Type B	2	1		3	6	6
	Type A or B					0	0
50 - 64	Type A		3	4	5	12	14
	Type B			2	5	7	8
	Type A or B					0	0
65 +	Type A	1	3	3	6	13	14
	Type B			1		1	2
	Type A or B				1	1	1

Flu totals[†]

Weeks 49-52:

A	110
B	19
A or B	5

*Season to date:

A	127
B	22
A or B	5

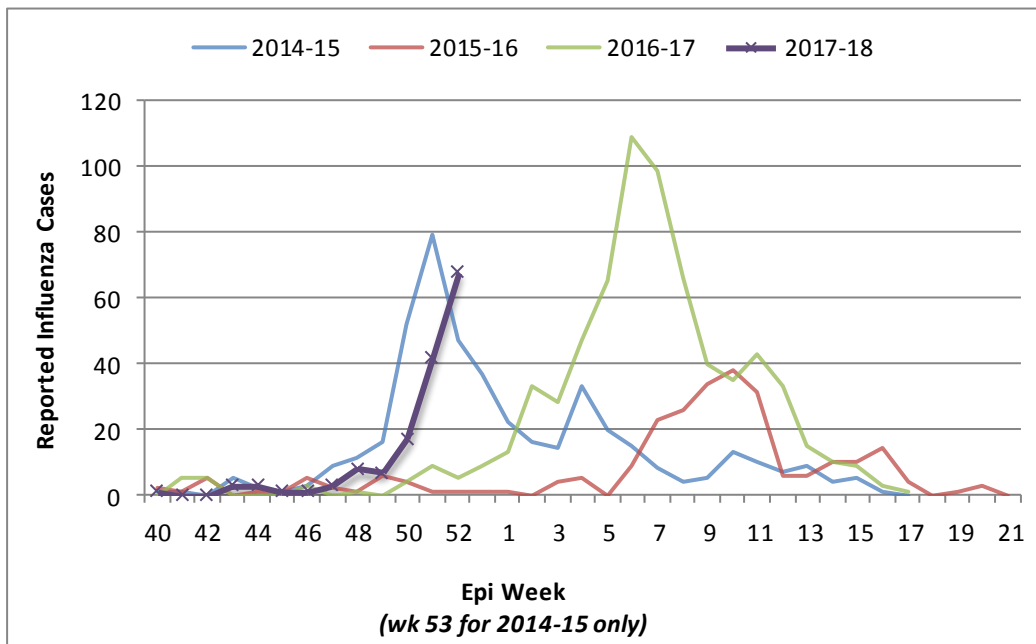
[†] Reflect total reports received as of 1/9/18

Notable this Month:

Reported flu increased rapidly during the last 2 weeks of Dec, with 68 cases reported in week 52. The majority of cases were flu A, though B began to increase slightly in week 52. Initial reporting indicates that flu season has not yet peaked, as numbers continued to increase in week 1.

The 0-4 year old age group had the highest incidence of reported flu in Dec and season to date.

Reported Influenza Cases in Platte County residents, by Epidemiological week, past 3 influenza seasons and 2017-18 season-to-date[†]



Providers:

Don't forget to fax your flu reports **weekly** to PCHD at 816-858-2087. Click [HERE](#) or call 816-858-2412 for a copy of the reporting form.

Reported flu cases are increasing rapidly in Platte County but had not yet peaked as of week 52.

Communicable Disease Report

Notable this month:

Reporting was average for the month of December. Diseases reported in December included 1 chronic hepatitis C, 1 invasive *Streptococcus pneumoniae*, 1 latent TB infection, and 1 suspect case of mumps (no confirmatory laboratory testing). PCHD also received calls with questions about HFMD, mononucleosis, viral hepatitis, and a complaint of gastrointestinal illness related to a facility in PCHD's jurisdiction.

Overall in 2017, reporting was above average. This was largely due to above average reporting for animal bites, and slightly (but not significantly) above average reporting of STDs. The large majority of animal bites reported to PCHD were dog bites, and PCHD received 4 reports of Platte County residents beginning rabies post-exposure prophylaxis in 2017. Reporting related to tuberculosis was below average in 2017, while all other reporting was average.

Reportable Diseases December 2017		YTD*						5 YR AVG†
		2017	2016	2015	2014	2013	2012	
Animal Bites	3	78	57	60	27	33	32	42
Gastrointestinal Diseases	2	41	63	61	20	41	29	43
Hepatitis	10	91	83	101	62	79	82	81
STD	5	94	87	55	67	26	104	68
Tuberculosis	3	30	48	30	38	63	54	47
Other	6	113	131	70	114	86	122	105
TOTAL	29	447	469	377	328	328	423	385

*Year-to-date (counts reflect total cases January through December of the given year)

† Five year average is of YTD counts for years 2012-2016.

Please note that categories are grouped communicable diseases or conditions, most of which are mandatory by law to report (see links below). Totals reported for each category represent total number of reports and inquiries to the health department, not total number of cases.

Categories: Animal bites category includes any type of bite. Gastrointestinal Disease category includes all reportable GI diseases. Hepatitis category could include chronic or acute infections of Hepatitis A, B or C. Sexually Transmitted Disease category includes all reportable STDs other than Hepatitis. Tuberculosis category includes all reports, calls/inquiries, requests for previous records, etc., regarding active or latent cases of TB. Other category includes reports or inquiries regarding individual diseases that do not fit previous categories.

List of Reportable Diseases & Conditions: <http://health.mo.gov/living/healthcondiseases/communicable/communicabledisease/pdf/reportablediseaselist2.pdf>

Rules of Department of Health and Senior Services - Division 20—Division of Community and Public Health Chapter 20—Communicable Diseases: <http://s1.sos.mo.gov/cmsimages/adrules/csr/current/19csr/19c20-20.pdf>

References

1. NIMH. Seasonal Affective Disorder. Mar 2016. Retrieved 2018, Jan 9 from <https://www.nimh.nih.gov/health/topics/seasonal-affective-disorder/index.shtml>
2. American Psychiatric Association. Jan 2017. Retrieved 2018, Jan 9 from <https://www.psychiatry.org/patients-families/depression/seasonal-affective-disorder>
3. NAMI. Major Depressive Disorder with a Seasonal Pattern. Aug 2017. Retrieved 2018, Jan 9 from <https://www.nami.org/Learn-More/Mental-Health-Conditions/Depression/Major-Depressive-Disorder-with-a-Seasonal-Pattern>
4. Mental Health America. Seasonal Depression. Retrieved 2018, Jan 9 from <http://www.mentalhealthamerica.net/conditions/sad>
5. Encourage Hope and Help. Healthy Coping Skills. Retrieved 2018, Jan 9 from <https://encouragehopeandhelp.com/coping-skills/>

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South

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Services Provided

- Disease Surveillance
- Emergency Preparedness
- Environmental Health
 - *Restaurant & Septic Inspections*
- Health Education
- Special Deliveries Program
- Women, Infants & Children (WIC)
- Vital Records
 - *Birth & Death Certificates*
- Family Healthcare Clinic
 - *Physician*
 - *Nurse Practitioner*
- Walk-In Clinic
 - *Adult/Child /Travel Vaccinations*
 - *HIV/STD Testing*
 - *Pregnancy Testing*

Find us online at:

plattecountyhealthdept.com

Follow us: @plattehealth

