



## Best Practice: Immunization

# Home Health Aide Track



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# Home Health Aide Track



This Best Practice Intervention Package is designed to educate and support home health aides in the components necessary for a home health immunization program that will support reducing avoidable acute care hospitalizations.

## Objectives

After completing the activities included in the Home Health Aide Track of this **Best Practice Intervention Package – Immunization**, the learner will be able to:

1. Define a home health immunization program.
2. Describe how immunization will support the reduction of avoidable acute care hospitalizations.
3. Describe two home health aide actions that will ensure optimal immunization status for staff, patients and caregivers.

Complete the following activities:

	<b>Activity</b>	<b>Location</b>	<b>Estimated Time</b>
<input type="checkbox"/>	Review “Immunize Rather than Hospitalize” & the Home Health Aide’s Guide to Practical Application	Page 67	10 minutes
<input type="checkbox"/>	Listen to: Immunization Podcast and use discussion questions for group interaction	Page 69	20 minutes
<input type="checkbox"/>	Immunization Game Show	Page 70	20 minutes
<input type="checkbox"/>	Complete the home health aide post test and give to your clinical manager	Page 72	10 minutes
	<b>Total Time</b>		60 minutes



# Immunize Rather than Hospitalize!



## Influenza Facts & Stats

Every year in the United States, on average more than **200,000 people are hospitalized** from flu complications.

For those aged 65 and older (especially home health patients who have conditions that put them at high risk for complications), influenza can be a serious and potentially life-threatening disease.

(CDC - [www.cdc.gov/flu/keyfacts.htm](http://www.cdc.gov/flu/keyfacts.htm))

## Pneumonia Facts & Stats

Pneumococcal infection causes an estimated **1.4 million hospitalizations** for pneumonia annually in the U.S.

Whereas flu immunization occurs primarily in the fall, pneumococcal immunization status should be assessed and immunizations updated throughout the year.

All adults aged 65 and over should receive the pneumococcal vaccine unless the vaccine has been administered within the last five years (and there is documentation for such), or the vaccine is contraindicated for that patient.

Immunize if patient's immunization status is unknown or cannot be verified.

(CDC - [www.cdc.gov/nchs/fastats/pneumonia.htm](http://www.cdc.gov/nchs/fastats/pneumonia.htm))

## YOUR Responsibility



As a health care provider, you have an **ethical obligation** to protect your patients and their caregivers from the consequences of influenza. Getting immunized demonstrates your **professional commitment** to preserving the health of your co-workers, patients and their caregivers.




The "Healthy People 2010" goal is for 90 percent of health care workers to be immunized.

**Immunize rather than hospitalize: Get your flu shot this season!**



## Immunization

### Home Health Aide's Guide to Practical Application

<p style="font-size: 2em; color: green; font-weight: bold;">ASSESS</p> 	<p>Be aware of immunization status of all patients for BOTH influenza and pneumonia.</p>
	<p>Reinforce to patients/caregivers the importance of receiving immunizations and how they may reduce hospitalizations.</p>
	<p>Remind family/caregivers of their need to be immunized against flu and pneumonia.</p>
	<p>Observe and report signs and symptoms of influenza to clinical manager such as sore throat, sudden onset of headache, stuffy nose, fatigue, body aches, dry cough, fever, stomach symptoms.</p>
	<p>Assess your own immunization status!</p>
<p style="font-size: 2em; color: orange; font-weight: bold;">ACCESS</p> 	<p>Remind patients/caregivers of scheduled appointments to receive influenza and/or pneumonia vaccine.</p>
	<p>Inform patients/caregivers that you are current with your influenza immunizations!</p>
<p style="font-size: 2em; color: red; font-weight: bold;">ADMINISTERed</p> 	<p>Assist with verification that the patient received immunizations as planned.</p>
	<p>Inform patients that the influenza and pneumococcal vaccines can be safely given at the same time.</p>
	<p>Encourage patients/caregivers to carry an updated immunization record card.</p>



## Immunization Multi-Media Activities Podcast\* (Audio Recording)

### **Immunization Podcast (Audio Recording) Instructions:**

Listen to the podcast (audio recording) to learn more about reducing avoidable acute care hospitalizations with immunization.

### **Immunization Audio Recording**

- 10-minute podcast (audio recording) related to immunization
- Podcast (audio recording) link is located at <http://www.homehealthquality.org/hh/hha/interventionpackages/immunization.aspx>

There are several ways to listen to the podcast (audio recording):

- Visit the link above and listen directly through the Web site
- Download the podcast (audio recording) by right clicking on the audio file and selecting “Save Target As . . .” This will save the file to your hard drive. Once you have saved the file, you can listen to it on your computer or can burn the audio file to a CD or MP3 player.

\*A podcast is a digital media file, often an audio recording, placed on the Internet and made available to the listener on their home computer or personal digital recording device for convenience. There is no change from previous references to “audio recordings” except the name. You may continue to download and listen to recordings as you have in previous months.

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## Discussion Questions

You may complete these discussion questions together in a group setting (monthly team meeting) or just think about them if you are doing this as a self-study.

### Home Health Aide Podcast (audio recording) Discussion Questions

1. Review Immunization Facts
  - a. Approximately 200,000 people are hospitalized annually in US
  - b. Approximately 36,000 people die annually in US
2. Review Pneumonia Facts
  - a. Approximately 1.4 million hospitalizations occur annually in US
  - b. Approximately 65,000 deaths annually in US
3. Were the influenza and pneumonia statistics surprising to you?
4. What are some of the benefits of immunization for patients?
5. Discuss why it is important for home health aides to be immunized.
  - a. How does it affect patients?
  - b. How does it affect other staff?

## Immunization Game Show



**This can be completed as a group or individual activity.**

### **Individual Activity:**

- Fold the Q & A table (located on the next page) so that the questions are on one side and the answers on the other side
- Read each question and circle your answer by the question
- When all questions are completed, check answers and read the responses with the answers
- Continue to complete the Immunization Home Health Aide Track, including the post-test
- Ask your manager or Quality Improvement leader any questions you may have related to immunizations

### **Group Activity:**

- Create a game show title (Truth or Consequences, Myth Busters, Name That Microorganism, Name That Bug, Truth or Dare ...)
- Create some atmosphere for the game (decorations, buzzers/bells, prizes, token for 'call a friend' if help is needed, costumes ...)
- Decide on the rules (ideas below)
  - Establish the value of each question (e.g. 20 points)
  - Determine if you want additional questions
  - Decide on amount of time a contestant will have to answer
  - Read one question to each aide or have buzzers for the contestants to buzz in or use round robin approach (read 1 question aloud to contestant one and then proceeds to contestant two, etc.)
  - Provide tokens to phone a friend (to ask another aide in the room)
- Start the education portion of the home health aide meeting with this game
- Select different aides to be the game show host, 2 – 5 contestants, a score keeper
- Review rules
- Game Show host will read the questions and validate the answers
- When all questions have been answered have scorekeeper announce the winner(s)
- Award prize(s)
- Follow with education from the Immunization Best Practice Intervention Package – Home Health Aide Track

## Immunization Questions and Answers

QUESTION	ANSWER
<p>1. People typically get the flu after getting the flu shot. <b>True or False</b></p>	<p>1. <b>False:</b> The flu and pneumonia vaccines are usually made from inactivated virus and bacteria and <u>do not typically</u> cause illness</p>
<p>2. The flu is not a serious disease, so I don't need to worry about being immunized. <b>True or False</b></p>	<p>2. <b>False:</b> Influenza, the flu, is the most frequent cause of death from a vaccine-preventable disease in the country. Each year, an average of 36,000 deaths and 200,000 hospitalizations are attributed to the flu.</p>
<p>3. Patients can receive the flu and pneumonia vaccines at the same time. <b>True or False</b></p>	<p>3. <b>True:</b> Both vaccines can be given at the same time, just in two different areas without increasing the risk of side effects.</p>
<p>4. Signs and symptoms of the flu can include: High fever, stomach symptoms (nausea, vomiting diarrhea), sore throat, headache, stuffy or runny nose, fatigue, body/muscle aches or dry cough. <b>True or False</b></p>	<p>4. <b>True:</b> All of the signs and symptoms listed are associated with the flu. The stomach symptoms are more common in children than in adults.</p>
<p>5. Home Health Aides should receive the flu vaccine because they give direct care. <b>True or False</b></p>	<p>5. <b>True:</b> Employees have an ethical obligation to protect themselves and their patients, including home health aides. Very few people are truly contraindicated (not allowed) to receive the flu vaccine.</p>
<p>6. Pneumonia immunizations are only for patients over 65 years of age. <b>True or False</b></p>	<p>6. <b>False:</b> All people over 65 years old should receive a pneumonia immunization, unless they have had the vaccine within the last 5 years. In addition, people who are at high-risk such as patients with long-term heart problems such as heart disease, diabetes, lung disease, sickle cell anemia and/or lower body immune system such as Hodgkin's disease, leukemia, lymphomas, HIV/AIDs, bone marrow transplants should receive the pneumococcal immunization regardless of age.</p>
<p>7. Pneumonia immunization can be administered anytime of the year. <b>True or False</b></p>	<p>7. <b>True:</b> Pneumonia is not seasonal and the immunization can be given any time of the year.</p>
<p>8. You must have your flu shot by the end of December. <b>True or False</b></p>	<p>8. <b>False:</b> Flu immunizations can be given from October – March and be effective. Typically, most people are immunized in the Fall.</p>
<p>9. There are approximately 1.4 million hospitalizations each year in the U.S. for pneumonia. <b>True or False</b></p>	<p>9. <b>True:</b> The majority of the hospitalizations related to pneumonia (about 90%) are for people over 65 years of age.</p>
<p>10. More than 200,000 people are hospitalized and about 36,000 people die from the influenza in the U.S. every year. <b>True or False</b></p>	<p>10. <b>True:</b> Older people, young children and people with certain health conditions, are at high risk for serious flu complications, even death.</p>



## Home Health Aide Post-Test Immunization

Clinician name: \_\_\_\_\_

Date: \_\_\_\_\_

**Directions: Choose the ONE BEST response to the following questions. Circle your answer that identifies the ONE BEST response.**

### HOME HEALTH AIDE

1. The purpose of improving immunizations (influenza and pneumonia) is to assist with all of the following **except**:
  - A. Reducing acute care hospitalizations
  - B. Increasing pharmaceutical profits
  - C. Preventing some deaths associated with the infections
  - D. Decreasing the risk of spreading the influenza virus and developing complications from the pneumococcal bacteria
2. Assessing patients for their pneumonia status should occur year round. Pneumonia is not seasonal.
  - A. True
  - B. False
3. Pneumonia causes an estimated \_\_\_\_\_ number of hospitalizations annually in the U.S.
  - A. 14 hundred
  - B. 14 thousand
  - C. 140 thousand
  - D. 1.4 million
  - E. 140 million
4. The following people should be a priority in immunizing for influenza, **except**:
  - A. Patient
  - B. Caregivers
  - C. Health care workers
  - D. Immediate family
  - E. Out-of-state family who visits each summer
5. Home Health Aides may assist patients' immunization status by all of the following **except**:
  - A. Encouraging patient and caregiver immunization
  - B. Administering immunization
  - C. Getting self- immunized
  - D. Reminding patients/caregivers of scheduled appointments to receive influenza and/or pneumonia vaccine
  - E. Encouraging patient/caregivers to carry an updated Immunization Record Card

**Answers to post-test are located in the Leadership Section page 34.**