

IDA's Advice

Infectious Disease Associates

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IDA's Advice for June 2011 includes:

National Home Safety Month
National MRSA Educational Initiative – Prevention of MRSA
Physician Spotlight- Waleed Javaid, MD
Specialized Care Spotlight- IV Antibiotic Therapy

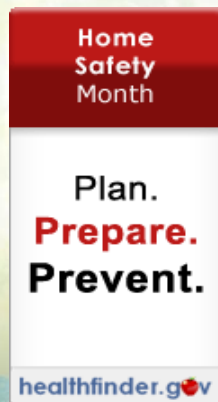
Emergency Preparedness and You

June is National Home Safety Month

Home Safety Month is a perfect time to prepare yourself and your family for an emergency. Planning ahead can keep you and your family safe if a flood, fire, flu pandemic, terrorist attack, or other public health emergency strikes.

Take these steps to prepare for an emergency:

- Do a walk-through of your home. Check your smoke alarms, child safety locks, and first aid supplies.
- Get an emergency supply kit.
- Make a family emergency plan.
- Stay informed.



The possibility of public health emergencies arising in the United States concerns many people in the wake of recent hurricanes, tsunamis, acts of terrorism, and the threat of pandemic influenza. Though some people feel it is impossible to be prepared for unexpected events, the truth is that taking preparedness actions helps people deal with disasters of all sorts much more effectively when they do occur.

To help, Centers for Disease Control and Prevention (CDC) and the American Red Cross have teamed up to answer common questions and provide step by step guidance you can take now to protect you and your loved ones.

For more information about emergency preparedness please visit, www.cdc.gov/preparedness



About MRSA

MRSA is methicillin-resistant *Staphylococcus aureus*, a potentially dangerous type of staph bacteria that is resistant to certain antibiotics and may cause skin and other infections. You can get MRSA through direct contact with an infected person or by sharing personal items, such as towels or razors that have touched infected skin.

If you or someone in your family experiences these signs and symptoms, cover the area with a bandage and contact your healthcare professional. It is especially important to contact your healthcare professional if signs and symptoms of an MRSA skin infection are accompanied by a fever.

What are the signs and symptoms of MRSA skin infections? Most staph skin infections, including MRSA, appear as a bump or infected area on the skin that may be:

- Red
- Swollen
- Painful
- Warm to the touch
- Full of pus or other drainage
- Accompanied by a fever

National MRSA Education Initiative:

Preventing MRSA Skin Infections

The goal of the National MRSA Education Initiative is to help Americans better recognize and prevent MRSA skin infections.

Why is this important? Recent data show that Americans visit the doctor approximately 12 million times each year to get checked for suspected Staph or MRSA skin infection.

The good news is that a few simple steps can prevent and reduce the spread of MRSA.

Personal Prevention of MRSA Skin Infections

Protect yourself through good hygiene.

The key to preventing MRSA infections is for everyone to practice good hygiene:

1. **Keep your hands clean by washing thoroughly with soap and water or using an alcohol-based hand rub.**
2. Keep cuts and scrapes clean and covered with a bandage until healed.
3. Avoid contact with other people's wounds or bandages.
4. Avoid sharing personal items such as towels or razors.

Prevent the spread of MRSA if you have it.

Prevent spreading MRSA skin infections to others by following these steps:

1. **Cover your wound.**

Keep wounds that are draining, or have pus, covered with clean, dry bandages until healed. Follow your healthcare provider's instructions on proper care of the wound. Pus from infected wounds can contain staph, including MRSA, so keeping the infection covered will help prevent the spread to others. Bandages and tape can be discarded with the regular trash.

2. **Clean your hands.**

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You, your family, and others in close contact should wash their hands frequently with soap and water or use an alcohol-based hand rub, especially after changing the bandage or touching the infected wound.

3. **Do not share personal items.**

Avoid sharing personal items, such as towels, washcloths, razors, clothing, or uniforms, that may have had contact with the infected wound or bandage. Wash sheets, towels, and clothes that become soiled with water and laundry detergent. Use a dryer to dry clothes completely.

4. **Maintain a clean environment**

Establish cleaning procedures for frequently touched surfaces and surfaces that come into direct contact with your skin.

5. **Talk to your doctor.**

Tell any healthcare providers who treat you that you have or had a staph or MRSA skin infection. There are things that can be done to protect people that carry staph/MRSA from getting an infection or spreading it to others when they are in the hospital or have surgery.

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Physician Spotlight:



Waleed Javaid, MD

Assistant Professor

Director, Infectious Disease Associates

Associate Program Director – Infectious Disease Fellowship Program

Education and Clinical Training

MBBS: Allama Iqbal Medical College, University of Punjab, Pakistan

Additional Training: 1998, Post Graduate Medical Institute, Services Hospital

Additional Training: 2003, Javaid Medical Complex

Residency: Internal Medicine, 2006, SUNY Upstate Medical University

Fellowship: Infectious Diseases, 2008, SUNY Upstate Medical University

Dr. Javaid brings with him a dedication to Infection Control, Practice Management, excellence in patient care, balanced with a dedication to teaching. His clinical interests are Antimicrobial Resistance, Influenza, Syndromic Surveillance, Fever Physiology and Cytokines.

Specialized Care Spotlight -IV Antibiotic Therapy

Patients with complex infections, requiring long-term anti-infective therapies need close clinical monitoring by experienced clinicians to achieve positive outcomes. A team approach including, an Infectious Disease Physician, Infectious Disease Office Staff including, Nurses, Physician Assistant and Clerical Staff. Homecare Staff: to include, Nurse, Pharmacist, and patient representative. This team works closely with the patient to ensure the best quality of care.

Patients and their family members can easily learn to administer home IV antibiotics with training from skilled home infusion registered nurses, provide one-on-one training.

Benefits of home infusion of IV antibiotics include:

- Hospital avoidance and positive outcomes
- Therapies managed by experienced clinicians in the home
- PICC line and IV access management
- Therapeutic drug monitoring and pharmacokinetic drug dosing
- Trended lab results

Learn more about Infectious Disease Associates at www.upstate.edu/id/healthcare/ida/

What is home Antibiotic infusion therapy?

Home infusion therapy is the administration of medications by IV using intravenous and subcutaneous routes (into the bloodstream and under the skin). One of the most common drug therapies that can be administered at home is antibiotic therapy. Common diagnoses that require IV therapy include infections that do not get better with oral antibiotics, (infections of the bone, abscesses, skin including MRSA, as well as many other infections).

What benefits does home infusion offer?

Home Infusion is more cost-effective than an in-patient hospital stay. In addition to this, it decreases the length of a hospital stay, which therefore reduces the risk of opportunistic infection. Returning to one's home and family can promote quicker recovery and improve the quality of life for both patient and family or caregiver. Most patients like receiving IV therapy in the privacy and comfort of their own home and around their schedules.

Is home infusion safe?

Infectious Disease Associates- Physicians have been treating patients with home IV therapy since 1995 at our current location. All patients are carefully screened to determine if home administration is safe and appropriate for their individual needs. A nurse, physician assistant and physician monitor all home treatments continuously. In most cases a first dose of IV antibiotic is administered in a controlled setting such as a hospital or infusion suite. It is imperative that while receiving IV antibiotic therapy in the home (outpatient setting), that you follow our recommendations for lab work, follow up appointments, and any other suggested testing or care, to insure the best outcome.