

**PRACTICAL PEARLS: Diagnosis and Management of the Flu**

<b>INTRODUCTION</b>	<ul style="list-style-type: none"> <li>• Febrile, systemic respiratory viral illnesses peak in mid to late winter</li> <li>• Vaccine composition of strains may change from year to year predicted by experts worldwide</li> <li>• Promote influenza vaccination for patients, families, and health care workers in your offices: <a href="http://www.cdc.gov/flu/about/season/flu-season-2015-2016.htm">http://www.cdc.gov/flu/about/season/flu-season-2015-2016.htm</a></li> </ul>
<b>INITIAL EVALUATION AND MANAGEMENT BY PRIMARY CARE</b>	<ul style="list-style-type: none"> <li>• Diagnosis is based on clinical symptoms during the late fall-winter and can be confirmed by rapid nasal swab PCR testing</li> <li>• Assess for dehydration, secondary bacterial infections such as pneumonias</li> <li>• Youngest and oldest ages susceptible to more severe disease, hospitalizations and complications, therefore oseltamivir treatment should be considered for those at high risk (e.g., &lt;2 years, 65 and older, pregnant women, and certain medical conditions) and those who are very sick (e.g. hospitalization)</li> </ul>
<b>WHEN TO REFER</b>	<ul style="list-style-type: none"> <li>• Questions about who should receive influenza antivirals for treatment or seasonal prophylaxis</li> <li>• Concern for severe infection or bacterial superinfection, especially in immunocompromised patients</li> </ul>
<b>HOW TO REFER</b>	<ul style="list-style-type: none"> <li>• 794-KIDS – Request Pediatric Infectious Diseases appointments</li> <li>• For more urgent access, please call the Pedi ID doctor on call</li> </ul>
<b>WHAT TO EXPECT FROM BAYSTATE CHILDREN'S HOSPITAL VISIT</b>	<ul style="list-style-type: none"> <li>• Current patient information and pertinent medical records from the primary care office will be requested prior to the visit for review</li> <li>• Due to the nature of some patients' symptoms, other referrals or possible inpatient admission for additional evaluation and treatment may be recommended</li> </ul>

Author: **Donna Fisher, MD**  
**Pediatric Infectious Disease**  
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Contact: [Baystatechildrenshospital@baystatehealth.org](mailto:Baystatechildrenshospital@baystatehealth.org)