



A Public Entity

INLAND EMPIRE HEALTH PLAN



To: PCP Providers
From: IEHP - Provider Relations
Date: September 2, 2009
Subject: Treatment Guidance on Tamiflu

As school starts, we are entering into a flu season that could be challenging. IEHP is monitoring the development of 2009 Seasonal Flu and H1N1 Flu closely. We will post the latest information regarding clinical and treatment guidance, or any other new development on our website at www.iehp.org. We encourage you to monitor the latest guidance from Centers for Disease Control (CDC), and World Health Organization (WHO) periodically. The guidance is expected to change frequently depending on the development.

The following is the latest information regarding the H1N1 Antiviral Treatment guidance from WHO on August 20, 2009.

http://www.who.int/csr/resources/publications/swineflu/h1n1_use_antivirals_20090820/en/index.html

Google Keyword: WHO H1N1

1. 12 countries have reported cases of resistance to Tamiflu (oseltamivir). Physicians should use the antiviral drugs appropriately according to the guidance.
2. The World Health Organization advised doctors that even those who are sickened with swine flu do not need to be given Tamiflu or Relenza if they are only mildly or moderately sick and are not in a high-risk group. **(High-risk group is defined as children under 5, pregnant women and those with an underlying health condition such as asthma, diabetes, or those with reduced immunity such as people with HIV).**
3. Oseltamivir, when properly prescribed, can significantly reduce the risk of pneumonia (a leading cause of death for both pandemic and seasonal influenza) and the need for hospitalization). The drug treatment should be used for patients who initially present with severe illness or whose condition begins to deteriorate.

If you have any questions and comments, please feel free to contact Chris Chan, Pharm.D. at 909-890-2067.



IEHP Interim Guidance on Tamiflu (oseltamivir) (adopted from WHO guidance)

Table R1: Use of antivirals for treatment of influenza

Population	Pandemic (H1N1) influenza virus 2009	Multiple co-circulating influenza A sub-types or viruses with different antiviral susceptibilities	Sporadic zoonotic influenza A viruses including H5N1
Mild to moderate uncomplicated clinical presentation			
At-risk ^a population	oseltamivir or zanamivir (04)	Zanamivir, or oseltamivir plus M2 inhibitor ^b (10)	oseltamivir or zanamivir
Otherwise healthy ^c	Need not treat (03)	Need not treat (09)	oseltamivir
a	Infants and children aged less than 5, the elderly (>65 years), nursing home residents, pregnant women, patients with chronic co-morbid conditions such as cardiovascular, respiratory or liver disease, diabetes, and those with immunosuppression related to malignancy, HIV infection or other diseases.		
b	Amantadine should not be used in pregnant women (recommendation 12).		
c	All those not covered by the at-risk definition above.		
Severe or progressive clinical presentation^d			
At-risk ^a population	Osetamivir (01) (zanamivir should be used where virus is known to be resistant to oseltamivir, or if oseltamivir unavailable) (02)	oseltamivir plus M2 inhibitor ^b , or zanamivir (05, 06, 07)	oseltamivir plus M2 inhibitor
Otherwise healthy ^c			
d	See section 2 Case Description. Would include all patients requiring hospitalization.		

1. Members with H1N1 clinical presentation **AND**
 - a. children under 5
 - b. pregnant women
 - c. with an underlying health condition such as asthma, diabetes, or those with reduced immunity such as people with HIV)

2. Members with **Severe or Progressive** H1N1 clinical presentation
 Signs and Symptoms of Severe and Progressive disease include, but not limited to:
 - Shortness of breath, dyspnea, tachypnea, hypoxia and /or radiological signs of lower respiratory tract disease (pneumonia)
 - Exacerbation of underlying chronic disease
 - Symptoms and signs suggesting oxygen impairment or cardiopulmonary insufficiency
 - Altered mental status, unconscious, drowsiness, or difficult to awaken, seizures, confusion, severe weakness or paralysis
 - Severe dehydration