

# Adfinitas Health Rehabilitative Services Clinical Guidelines

Guideline Title: Influenza Diagnosis and Treatment

Purpose: To assist with the diagnosis and treatment of influenza.

Guideline is intended to help inform clinical practice and is not intended nor should it be utilized to establish a standard of care. In addition, it is understood that every patient and every clinical circumstance is unique and individualized. Therefore, the provider should apply their own clinical judgment to the specific factors presented in determining the most appropriate care to be delivered to any particular patient.

Scope: Post-Acute Clinicians

# Adfinitas Health Rehabilitative Services

## Clinical Guidelines

### INFLUENZA DIAGNOSIS and TREATMENT

Influenza is now widespread in most regions of the state.

Review of common presentation of influenza:

**Sudden onset** of symptoms, **fever**, sore throat, stuffy head/runny nose, headache, muscle aches and fatigue. Vomiting and diarrhea are more common in children than adults.

Medications are most effective if started within 48 hours of symptom onset.

Decisions about starting antiviral treatment should not wait for laboratory confirmation of influenza.

Once influenza is identified in a nursing facility, prophylactic treatment of other residents at risk is generally recommended.

Medications:

Oseteltamivir (Tamiflu) 75 mg – oral medication, most commonly prescribed

Zanamivir (Relenza) – inhaled medication

The dosage recommendations for Tamiflu are as follows:

For **treatment** of active influenza Tamiflu 75 mg BID for 5 day course, IF GFR est  $\geq 60$ .

For est GFR 31 – 60, the recommended dose is 30 mg capsule BID for 5 days

For est GFR 10 – 30, the recommended dose is 30 mg once daily for total 5 days

For renal dialysis patients, 30 mg after each dialysis session for total of 5 days.

The dosage recommendations for **prophylaxis** are as follows for institutionalized patients:

If GFR  $> 60$ , then Tamiflu 75 mg once daily for 14 days

If GFR 30 – 60, then Tamiflu 30 mg once daily for 14 days

If GFR 10 – 30, then Tamiflu 30 mg once every other day for total of 14 days.

For renal dialysis patients, 30 mg after each dialysis session for total of 14 days (Canadian recommendation).

If the patient is a GT feeder, order the suspension which is 6 mg per mL. so the 75 mg dosage requires 12.5 mg BID for treatment or 75 mg once daily per GT for prophylaxis for those with est GFR  $> 60$ . The 30 mg dosage requires 5 mL of the suspension.