School Based Flu Clinics

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School Flu Based Clinics
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Department of Health Human Services and Public Policy
California State University, Monterey Bay
November 7, 2018
Abstract

The Visiting Nurse Association & Hospice provides health care in an ethically responsible, affordable, caring, and professional manner. The department of Community Services, focuses on providing traveling clinics to maintain a community healthy. School Based Flu Clinics were implemented under the Community Services department. These clinics address the excessive number of Monterey County residents becoming ill from influenza (flu) each flu season. The project was an event that immunized the community as well as provided education, about the importance of the flu shot. The four clinics, were open to the public, targeting students, parents, friends, and district employees. Flu vaccine was administered by a nurse at no cost. There were volunteers and nurses answering questions. Outcomes were measured through the number of consent forms collected; this identified about 1,350 Monterey County residents who received protection from the flu. One hundred twenty questionnaires showed that about 40% learned something new about the flu, 100% were satisfied with the service, were extremely important barriers to receiving the influenza vaccine were: cost, location, and time, and 57% learned about the flu clinics through school marketing and 43% learned about them through the VNA flyer. Based on results, it is recommended to continue implementing School Based Flu Clinics in Monterey County.

Keywords: Influenza, clinics, community, consequences, protect
Agency and Community Served

The Visiting Nurse Association & Hospice (VNA) is a non-profit local community organization that has been trusted by physicians since 1951. They serve the central coast with a wide range of home health and hospice services. The mission is to provide the community with health care services in an affordable, ethically responsible, caring, and professional manner. Home health provides skilled nurses to assist clients with the recovery after surgery, illness, and the management of chronic diseases, all in the comfort of the patient’s home. The hospice program provides a team of knowledgeable professionals to ensure a positive and supportive journey for the patient and their family through their life-limiting illness. The VNA also has a Community Service Department that provides a wide range of programs. The programs provided include the wellness at work program, this program partners with local businesses to provide wellness coaches and registered nurses at work sites to perform health risk appraisals, biometric screenings, programs/activities, and health coaching to improve health status of employees. The goal is to reduce employee absenteeism, increase productivity, and enhance the well-being of the workforce. The travel immunization program, which allows clients to consult with a travel health registered nurse, who offers recommendations for vaccinations based on destination and duration of stay (VNA, 2017). The School Based Flu Clinics, are also implemented under the Community Service Department, serving individuals ages 2 to 49.
Problem, Issue or Need

There is an excessive amount of Monterey County residents becoming ill from the flu, leading to hospitalization and even fatalities each year. According to Monterey County Health Department, “An estimated 22,500 to 90,000 Monterey County residents become ill from influenza each flu season” (2017). Currently, California law only requires medical providers to report suspected and confirmed cases of seasonal flu amongst individuals younger than 65 years. The elderly are more susceptible to complications from influenza infection, making death much more common within this population. Deaths caused by the flu in the population under 65 help determine potential changes in the strain or severity of the flu virus each season. It can also identify if a particular population (age group) such as children that are being disproportionately affected by flu during the current season (Monterey County Department of Health, 2018).

Influenza (flu) is a highly contagious respiratory illness caused by flu virus. It causes mild to severe illness, and can even lead to death. The flu is vastly different from the cold because it can strike suddenly and can last several days (CDC, 2018). Seasonal influenza outbreaks can happen as early as October, most of the time influenza activity peaks in January or later. It can take about two weeks after a vaccination for antibodies to develop in the body. It is best to be vaccinated before influenza begins spreading in the community. Immunity from vaccine can last around 6 months. The best time to be vaccinated is October. August is too early (VNA, 2017). Symptoms vary by age but can include: fever/chills, sore throat, muscle aches, fatigue, cough, headache, and runny or stuffy nose. It can also lead to pneumonia and blood infections, and cause diarrhea and seizures in children. Infants and younger children, people over 65 years of age and older, pregnant women, and people with certain health conditions or a weakened immune system are at a greater risk (CDC, 2018). Contributing factors for high flu rates in
Monterey County may be access to flu immunization, lack of knowledge, age, and highly contagiousness. Many people may not have health insurance, or money to pay for the vaccine out of pocket which is leading them to not getting vaccinated. The lack of knowledge about the flu, is another common cause for many individuals not getting vaccinated. Many either believe misconceptions or do not understand the serious consequences the flu can have. Lastly, age plays a role because often children do not practice good hygiene and are in an enclosed classroom for a majority of the day, making it easy for the flu to spread especially with it being highly contagious. Some individuals also suspect the flu shot is ineffective. Unvaccinated/unprotected individuals cause flu rates in Monterey County to increase, consequently ending in an epidemic, hospitalization, and death. Table 1 demonstrates, the 6 ICU admissions and 7 fatalities caused by the flu in the 2017-2018 flu season. This is an enormous problem because it is a preventable illness. According to the California Department of Public Health (2018), “There were 327 deaths due to the flu with 647 outbreaks since October 2017 in the 2017-2018 flu Season.” It is obvious that the flu is greatly impacting not only the county but also the population as a state. Not to mention, the nation, “CDC estimates that influenza has resulted in between 9.2 million and 35.6 million illnesses, between 140,000 and 710,000 hospitalizations and between 12,000 and 56,000 deaths annually since 2010. This places a substantial burden on the health of people in the US each year” (CDC, 2018) (See Table 2). These are extremely high numbers of people becoming ill, being hospitalized, and dying from an illness that is preventable.

Table 1: Monterey County 2009-2018 Flu Related ICU Admissions and Fatalities (Monterey County Health Department)
Table 2: Estimated Range of Annual Burden in the U.S. Since 2010 (CDC 2018)

![Table 2: Estimated Range of Annual Burden in the U.S. Since 2010 (CDC 2018)](image)

Figure 1: Problem Model

![Figure 1: Problem Model](image)

**Capstone Project Description and Justification**

The project implemented, with the Visiting Nurse Association (VNA) Community Service Department, are School Based Clinics. These clinics were held at four schools; Seaside High School, Soledad Unified School District, Carmel Unified School District, and North Monterey County High School. These clinics served the targeted population; children, parents/guardians, friends, district employees, and neighbors. Though flu vaccines are not 100 percent effective, they are the best way to prevent from the misery of the flu and its complications (Mayo Clinic, 2018). The flu does not discriminate against gender, ethnicity, or socioeconomic status, but it does target age (UW Health, 2015). Flu vaccine can keep individuals from getting the flu, make the flu less severe if a person contracts it, and keeps the virus from spreading to families and other people. During the 2016-2017 flu season, the flu
vaccine prevented an estimated 5.3 million illnesses, 2.6 million medical visits, and 85,000 influenza associated hospitalizations (CDC, 2018). This program will engage the community as well as increase knowledge about influenza (flu). Participants will get protected, learn about the flu, and correct any misconceptions. Through education and access to immunizations flu rates can decrease, beginning with Monterey County.

A study was done to estimate the effectiveness of influenza vaccination on school children through a large school based influenza vaccination campaign. In 2005, Tennessee's Knox County Health Department launched a school-based influenza vaccination campaign with the aim of immunizing public school children from kindergarten through 12th grade. From October-December 2005, using live attenuated (LAIV). Prior to 2005-2006 influenza of Knox public school students were immunized with LAIV. 58% of 5,099 children aged 7-9 years received a second dose. In the 2006-2007 season, the campaign strengthened vaccination efforts and extended to private schools. Prior to the second 2006-2007 season, 47% of 54,786 public school children and 61% of 5,998 private school children were immunized. Approximately 53% of children aged 5-9 years received a second dose. The second year of the Knox vaccination campaign 2006-2007 was analyzed in two studies that compared influenza activity in Knox with another urban Tennessee County. The study suggested that the campaign results in a reduction in the number of influenza (flu) associated a reduction in the number of emergency reduction visits in school aged children. Knox County children had a decrease in positive rapid test influenza test during the 2005-2007 campaign seasons. During the campaign years, there was also a decline in the ratio of emergency department visits caused by influenza among children aged 5-17 years compared with rates in Knox-surrounding countries (Grijalva, Zhu, Simonsen, Mitchel, & Griffin, 2010). This campaign, demonstrates the effectiveness of children receiving their flu
vaccine. This could be used as a model for the School Based Flu Clinic program. If obstacles were to get in the way of collecting data and evaluating the program, due to patients not taking the time to respond to the questionnaire, then a strategy similar to the one used for this capgain could be utilized. The results from the School Based Flu Clinic program could be determined by comparing the flu rates in the County served after being vaccinated to a County where this program was not implemented. This would conclude how effective the program was in preventing the flu.

Figure 2 outlines the scope of work and deliverables throughout this program. Preparation included creating a budget, writing a grant to receive flu vaccine from the California Department of Public Health, creating an advertisement for Monterey County Gives allowing the community to make donations to the program, ordering vaccine and supplies, contacting and partnering with local schools, setting dates and locations, creating flyers (see Appendix A) and advertisements to promote the clinics, and providing consent forms (see Appendix B) at each school clinic, assigning on site staff, ensuring all staff attending flu orientation, creating schedules, and preparing nurse kits can be found in the scope of work. This program began implementation May 5, 2018 and continued through December 15, 2018.
The challenges associated with this program include discovering appropriate methods for assessing measurable outcomes. A few ways to know if flu rates have decreased in Monterey County is to wait until the next flu season to compare rates and by comparing county flu rates such as the Knox County example. Funding for the School Based Clinics has been challenging because there are many components to coordinating the clinics. Another obstacle has been relying on schools to provide the requirements which include; four volunteers, a large well lit room with chairs and tables, available parking, administrative staff on sight, and timely and
consistent advertisement. The most efficient way to face these obstacles is by being creative, innovative, passionate, and maintaining constant and clear communication.

**Project Results**

Through the School Based Flu Clinics, the Visiting Nurse Association (VNA) provided the Monterey County community with caring, professional, and ethically responsible health services. The importance of the School Based Flu Clinics is to keep the community in good health by keeping them protected from the flu through providing the flu vaccine at no cost. The number of consent forms were calculated to verify the number of participants. A total of, 1,358 individuals becoming protected from the flu. Table 3 shows the number of participants at each school flu clinic.

Table 3: Number of Participants at Each School Based Flu Clinic

<table>
<thead>
<tr>
<th>Location</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seaside High</td>
<td>700</td>
</tr>
<tr>
<td>Tularecitos</td>
<td>500</td>
</tr>
<tr>
<td>Soledad Unified</td>
<td>200</td>
</tr>
<tr>
<td>North Monterey High</td>
<td>158</td>
</tr>
</tbody>
</table>

An additional assessment method was used to determine the effectiveness of this program, a post questionnaire (see Appendix C). These were randomly distributed to 30 participants from each clinic, regarding the knowledge gained by attending, how they learned about the clinic, satisfaction of service provided, rating the importance of barriers to attending (cost, location, time), and recommendations for continuing these flu clinics. Findings from completed
questionnaires revealed, 43% of participants learned something new about the flu by attending and 57% learned about the flu clinic through school marketing. Table 4 displays the importance of each barrier to accessing the flu vaccine for all participants. However, results for barriers addressed varied based on location of the flu clinic.

Table 4: Importance of Barriers to Accessing Flu Vaccine

The two most contrasting, were Tularcitos Elementary (Carmel) and Seaside High School. 80% of Tularcitos population found location to be most important in accessing the flu vaccine (see Table 5), while 66% of Seaside population found cost to be the most important factor in accessing the flu vaccine (see table 6). 100% of participants who attended were satisfied with the service received. These clinics were successful because planning began early, communication between schools and staff was consistent, marketing for clinics began early, and collaboration amongst staff was efficient. However, in all success comes challenges, some challenges faced were the lack clarity in questionnaire questions, crowd control during busy clinics, and marketing for clinics through the VNA. Suggestions for addressing these challenges include, making questionnaire questions more specific by providing options for participants to
choose from, using a ticketing method to control crowd by having each participant called by their number, and marketing clinics on social media.

Table 5: Importance of Barriers to Accessing Flu Vaccine (Carmel Clinic)

![Carmel clinic bar chart]

Table 6: Importance of Barriers to Accessing Flu Vaccine (Seaside Clinic)

![Seaside clinic bar chart]

Conclusion and Recommendations

School Based Flu Clinics addressed the 22,500 to 90,000 Monterey County residents estimated to become ill from influenza each flu season. These clinics were a model for success in providing mass vaccinations and should be continued. In order to improve future impacts of this
program it is recommended there be a presentation about the flu held in the community, in order to educate Monterey County residents about the importance of getting a flu vaccine. It is also recommended the VNA use a ticketing method to structure crowd and line order by calling participants to receive their vaccine in number order. Lastly, using social media to market clinics to Monterey County, by creating an event on Facebook. By following these recommendations, it is believed that future clinics will significantly reduce the high rates of Monterey County residents contracting influenza.

**Personal Reflection Final Thoughts**

The School Based Flu Clinics turned out to be an incredible experience and learning journey. I learned how big of a health burden the flu has on Monterey County, California, and the United States. Through extensive research I learned about some of the controversies and barriers that come with getting the flu vaccine. It was disparaging to know how many individuals suffer and even lose their life to the flu, when it is preventable. Aside from the factual evidence behind the flu, I was able to make an impact and learned what it takes to coordinate mass vaccination clinics through my experience. It brought with it collaboration, communication, success, and gratefulness. It was exciting to see how many people were truly thankful for the services provided. The School Based Flu Clinics should most certainly continue to be implemented and hopefully receive more state funding based on the results from this program. It not only breaks barriers to receiving the flu immunization while protecting individuals but also engages the community and reminds people about the importance of getting vaccinated. In order to increase the project's future impacts on this health issue, I would incorporate a presentation that informs the public more about the flu and why getting vaccinated is extremely important prior to holding the School Based Flu Clinics. Although many people
learned about the importance while attending, most already knew which is why they were
utilizing the services provided. The School Based Flu Clinic programs strives to prevent this
health issue from continuing to affect large populations. Many more, could be protected from
this health disparity if there was more education, awareness, advocacy, and marketing in
billiards, television, social media, etc. As well as, more programs that provide the vaccine to the
public, at no cost. Future capstone students working in VNA agency should know that there is a
lot of support given and though implementing and coordinating a project such as this is far from
easy, it is worth it because the experience, knowledge, and connections gained, remain and could
be applied in any career.
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s/influenza-(flu)/22952.html


https://www.healthline.com/health/flu-risk- factors
# Appendix A

**School Based Flu Clinic Flyer (English/Spanish)**

## SCHOOL CLINIC

### NO COST-FLU VACCINE

*Open to Public;* students, families, friends  
*Students under 18 years of age must be accompanied by parent/guardian*

<table>
<thead>
<tr>
<th>School</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tularcitos Elementary</td>
<td>Nov. 6, 2018</td>
<td>4:00 P.M. - 7:00 P.M.</td>
</tr>
<tr>
<td>Seaside High School</td>
<td>Nov. 8, 2018</td>
<td>4:00 P.M. - 7:00 P.M.</td>
</tr>
<tr>
<td>Soledad Unified School District (Preschool Room)</td>
<td>Nov. 13, 2018</td>
<td>4:00 P.M. - 7:00 P.M.</td>
</tr>
<tr>
<td>North Monterey County High School (Forum)</td>
<td>Nov. 15, 2018</td>
<td>4:00 P.M. - 7:00 P.M.</td>
</tr>
</tbody>
</table>

Flu Shots available: ............... ages 2 and above  
Flumist (nasal spray): ............... ages 2-49  
*except individuals who are pregnant, or have asthma, wheezing, or underlying health conditions.*

[Visit the California Flu Site](https://www.flu.ca.gov)

Flu ends with u  
GET VACCINATED.  
Vaccines will be entered into California Immunization Registry (CAIR)
CLINICA ESCOLAR

Vacuna contra la gripe-GRATIS

Abierto al público; estudiantes, familias, y amigos

Estudiantes menor de dieciocho años debe de estar acompañado con un adulto

<table>
<thead>
<tr>
<th>LUGAR</th>
<th>FECHA</th>
<th>HORA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tularcitos Elementary</td>
<td>Nov. 6, 2018</td>
<td>4:00 P.M. - 7:00 P.M.</td>
</tr>
<tr>
<td>Seaside High School</td>
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<td>Nov. 15, 2018</td>
<td>4:00 P.M. - 7:00 P.M.</td>
</tr>
</tbody>
</table>

Vacuna antigripal (inyectable)... 2 años y mayores
Vacuna antigripal (nasal)... 2-49 años

*Con la excepción de las personas que están embarazada o que padecen asma, sibilancia (resuello) o afecciones de salud subyacentes.

Rotary

Vacunas se entrarán en el Registro de Inmunizaciones de California (CAIR)
Appendix B

Consent Form (Front/Back)

### Consent Form

**INFLUENZA, Tdap and PNEUMOCOCCAL VACCINATION CONSENT FORM**

PO Box 2480 Monterey CA 93942 USA 831-372-6668 Tax ID # 94-2903233 NPI # 107356529

**PATIENT INFORMATION – Please Print**

<table>
<thead>
<tr>
<th>Last Name (as it appears on Medicare card, if applicable)</th>
<th>First Name</th>
<th>MI</th>
<th>Mailing Address</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>City</th>
<th>Telephone Number</th>
<th>Male</th>
<th>Female</th>
<th>Age</th>
<th>Date of Birth (mm/dd/yyyy)</th>
</tr>
</thead>
</table>

**PAYMENT TYPE:** (choose one)

- [ ] Medicare Number: __________________________
- [ ] Cash/Check/Card - Amount Paid: $________ Check __________ (payable to VNA Community Services Inc.)
- [ ] Employer - Paid (Preauthorization required) Employer Name: __________________________

**ACKNOWLEDGMENT and AUTHORIZATION**

**YES**

- [ ] Have you ever had a reaction to a flu, Tdap or pneumococcal vaccine?
- [ ] Are you allergic to eggs or egg products, gentamicin, gelatin, arginine, latex products or thimerosal?
- [ ] Are you sick with a fever (>100°)?
- [ ] Do you have a history of Guillain-Barré syndrome, an active neurological disorder, or suppressed immune system?
- [ ] Are you pregnant? If yes, indicates thimerosal-free vaccine.

**YES**

- [ ] Have you had another vaccine in the past four weeks? If yes, list vaccine __________________________
- [ ] Do you have asthma, active wheezing, recurrent wheezing or other lung disease?
- [ ] Do you have a long-term health problem such as diabetes, kidney disease, or heart disease?
- [ ] Are you on long-term aspirin or aspirin-containing therapy?

- [ ] I authorize VNA Community Services, Inc. (VNAS) an affiliate of Central Coast VNA & Hospice, Inc. records to be released and reviewed by an authorized representative of my third party payer or employer as required for payment. I authorize this information to be released and reviewed by any federal, state, or agency only as required by the regulatory or licensing body.
- [ ] I agree to release and hold harmless VNAS and the facility at which the vaccine is being provided, its employees, officers, directors or affiliates from any and all liability that might arise from or in any way connected with this vaccine.
- [ ] I have been offered a copy of the HIPAA Privacy Notice for VNAS.
- [ ] I have been offered and read a copy of the Vaccine Information Statement (VIS) for Flu 8/7/15 and/or Tdap 7/26/2015 and/or Prevnar 05/24/13 or PPSV23 11/5/15 which explains the risks and benefits. I have had the chance to ask questions before vaccination.
- [ ] I understand that it is recommended that, if this is a first vaccination, I will remain in the area for 15 minutes for assistance should any immediate reaction occur. I understand that if I experience any side effects, it is my responsibility to consult my physician at my expense.
- [ ] I understand that I am responsible to reimburse VNAS for charges not covered by my employer, Medicare, or insurance.
- [ ] I authorize VNA to give me an influenza vaccine, and/or Tdap, and/or pneumococcal polysaccharide vaccine or pneumococcal conjugate vaccine.

Signature of person receiving vaccine [If under 18, PARENT or GUARDIAN must sign]:

**CLINIC CODE & DATE:**

**Nurse Signature:**

<table>
<thead>
<tr>
<th>Quadrivalent (tIV)</th>
<th>FluMist (LAIV)</th>
<th>Tdap</th>
<th>Pneumovax 23</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-filled Quad</td>
<td>High Dose</td>
<td>L R Deltoid</td>
<td>L R Deltoid</td>
</tr>
<tr>
<td>L R Deltoid</td>
<td>L R Deltoid</td>
<td>L R Deltoid</td>
<td>L R Deltoid</td>
</tr>
</tbody>
</table>
SCHOOL BASED FLU CLINICS

INFLUENZA (FLU) VACCINE

VACCINE INFORMATION STATEMENT

What you need to know

1. Why get vaccinated?
Influenza (flu) is a seasonal disease that spreads around the United States every year, usually between October and April. It is caused by influenza viruses, and spread mainly by coughing, sneezing, and close contact.

Anyone can get flu. Flu viruses usually enter the body after seven days. Symptoms vary by age, but can include:
- Fever
- Cough
- Runny or stuffy nose
- Body aches
- Headache
- Fatigue or weakness

Some of these symptoms may be mistaken for a cold. A cold is a harmless virus, flu is not. Complications of flu can be severe, even in healthy people. People who get flu are more likely to develop pneumonia, a serious flu infection that can lead to death.

2. Inactivated and recombinant flu vaccines
A flu vaccine is recommended every flu season. Children older than 6 months of age can be vaccinated. Inactivated flu vaccine contains a very small amount of flu virus or a vaccine made from a killed virus. It does not cause the flu disease, but the vaccine does not cause neuron transmission but the vaccine does not contain any form of flu virus.

3. Some people should not get this vaccine

- People who have had flu vaccine reactions before should not get flu vaccine.
- People who have had severe allergic reactions to flu vaccine, including anaphylaxis
- People who have had Guillain-Barré Syndrome (GBS) after getting flu vaccine

4. Risks of a vaccine reaction

- Minor reactions following a flu shot include:
  - Swelling
  - Pain
  - Redness
  - Itching

- Serious reactions following a flu shot include:
  - Severe pain
  - Shortness of breath
  - Severe headache
  - Fainting

5. What if there is a serious reaction?

- If you have had a severe reaction to flu vaccine, call your local or state health department to report the reaction.

6. The National Vaccine Injury Compensation Program (NVIC)

- Visit the NVIC website at www.thenvic.org or call 1-800-336-4VNOC.

7. How can I learn more?

- Visit the Centers for Disease Control and Prevention (CDC)
  - www.cdc.gov/flu

Vaccine Information Statements

Inactivated Influenza Vaccine

09/12/2015

42 U.S.C. § 300a-26
Appendix C

School Based Clinic Questionnaire (English/Spanish)

1. How did you hear of about the Visiting Nurse Association (VNA) Flu clinics?

2. Did you learn something new about the flu by attending this flu clinic?

3. Please rate the the importance of each of the following factors in accessing the flu shot today?

   Not Important                  Extremely Important
   Cost                           1  2  3  4  5
   Location                       1  2  3  4  5
   Hours                          1  2  3  4  5

4. Rate your overall experience?

   ![Smiley Faces]  
   Great!          Okay              Could Improve

5. Recommendations?
Cuestionario para la clínica de la gripe

1. ¿Cómo se enteró de las clínicas de gripe de la Asociación de Enfermeras Visitantes (VNA)?

2. ¿Aprendió algo nuevo sobre la gripe al asistir a esta clínica de gripe?

3. ¿Califique la importancia de cada uno de los siguientes factores para acceder a la vacuna contra la gripe hoy?

<table>
<thead>
<tr>
<th>Factores</th>
<th>No tan Importante</th>
<th>Muy Importante</th>
</tr>
</thead>
<tbody>
<tr>
<td>Costo</td>
<td>1  2 3 4 5</td>
<td></td>
</tr>
<tr>
<td>Localización</td>
<td>1  2 3 4 5</td>
<td></td>
</tr>
<tr>
<td>Hora</td>
<td>1  2 3 4 5</td>
<td></td>
</tr>
</tbody>
</table>

4. Califica tu experiencia general?

Bueno    Más O Menos   Podría Mejorar

Recomendaciones?