Pertussis 2011: A Look at This Under-diagnosed Condition

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Objectives

- Upon completion of this lecture, the participant will be able to:
 - Discuss the signs and symptoms of pertussis
 - Identify the diagnosis and treatment options for the individual with suspected or confirmed pertussis
 - Develop an appropriate prevention plan to improve pertussis immunization rates within your community

Pertussis: Highly Communicable, Frequently Overlooked

- · Acute respiratory tract infection caused by Bordetella pertussis (gram-negative aerobic bacillus)1
- Highly communicable (90%-100%
- secondary attack rate among susceptibles)2,3
- Morbidity in all ages, especially infants1,2
- The cause of 13%-17% of cases of prolonged cough in adolescents and adults4

References: 1. Centers for Disease Control and Prevention (CDC). MMWR. 2005;55(RR-14):1-16. 2. CDC. MMWR. 2006;55(RR-17):1-57. 3. Long SS: Perfussis (Bordetella perfussis and Bordetella parapartussis.) In: Kliegman RM. Behrman RE, Jenson HB, Stathon BH, eds. Alexon Textook of Pediatrics Hills edition. Philadelphia, PA: Saunders Elsevier; 2007;1178-1182. 4. Cherry JD. Pediatrics. 2005;115(5):1422-1427.

Pertussis

- 7 10 day incubation period
- Range of 4 21 days but can be as long as 42 days

Pertussis

- Attaches itself to the cilia of the respiratory epithelial cells, producing toxins which paralyze the cilia
- · Causes inflammation in the respiratory tract
- · Decreases ability to clear respiratory secretions

www.cdc.gov/pertussis/clinical/disease-specifics.html accessed 08-29-2011

Pertussis Epidemiology

- Reservoir^{1,2}
 - Adolescents and adults are an important source of infection for infants
- Transmission¹⁻³
 - Person-to-person through contact with respiratory droplets generated by coughing and sneezing
- Highly communicable³
 - Patients are most infectious during the catarrhal and early paroxysmal phases of illness and can remain infectious for ≥6 weeks

Centers for Disease Control and Prevention. Epidemiology and Prevention of Vaccine-Preventable Diseases. Atkinson W, et al., eds. 11th ed. 2009:199-216.
 Brooks DA, Clover R. J Am Board Fam Med. 2006;19:60-611.
 Centers for Disease Control and Prevention. MMWR. 2006;55(RR-17):1-43.

Various Stages of Pertussis

- · Three stages
 - Stage 1: Catarrhal
 - Length 7-10; range 4 21 days
 - Runny nose
 - Low-grade fever
 - Mild, occasional cough

Various Stages of Pertussis

- · Three stages
 - Stage 2: Paroxysmal
 - Length: 1 6 weeks; may persist for 10 weeks
 - Paroxysms of cough, whoop
 - More common at night
 - Average 15 attacks per 24 hours
 - Thick mucous
 - Cyanosis
 - Vomiting

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Various Stages of Pertussis

- · Three stages
 - Stage 3: Convalescent
 - Length: 7 10 days; range: 4 21 days
 - Gradual recovery
 - Less persistent paroxysms

Reported Cases of Pertussis Are Highest in Adolescents and Adults ...

- ~10,000-25,000 cases of pertussis are reported in the US every year¹
- ~60% of reported cases occur among adolescents and adults²
- Reported cases are the tip of the iceberg
 - Estimated actual cases among adolescents and adults: 800,000-3.3 million per year³

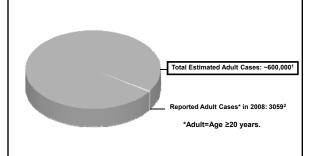


Courtesy of the Centers for Dise Control and Prevention (CDC).

"Despite increasing awareness and recognition of pertussis as a disease that affects adolescents and adults, pertussis is overlooked in the differential diagnosis of cough illness in this population."

References: 1. CDC. (Published July 9, 2009 for 2007). MM/WR. 2007;56(53):1-94. 2. CDC. Data on file (Pertussis Surveillance Reports). 2003-2008. MKT 17595 (2003-2006); MKT18596 (2007); MKT 18761 (2008). Cherry JD. Pediatrics: 2005;15(5):1422-1427. 4. CDC. MM/WR. 2005;55(RR-14):1-16.

Pertussis in Adults: Under Diagnosed

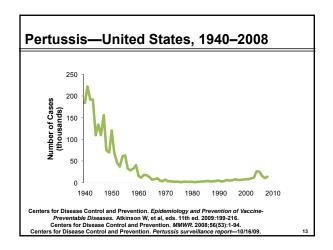


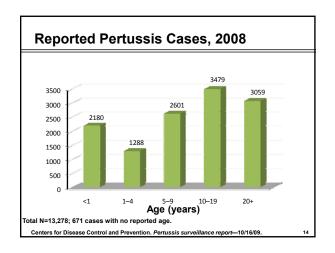
1. Cortese MM, et al. Am J Prev Med. 2007;32:177-185.
Centers for Disease Control and Prevention. Pertussis surveillance report—10/16/09.

Pertussis Disease Among Adolescents and Adults

- Pertussis symptoms are often not specific and may vary in severity
- Infection may be asymptomatic, or may present as classic pertussis
- · Persons with mild disease may transmit the infection
- Adolescents and adults are often the source of infection for children

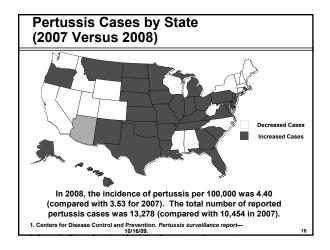
Centers for Disease Control and Prevention. Epidemiology and Prevention of Vaccine-Preventable Diseases. Atkinson W, et al, eds. 11th ed. 2009:199-216.

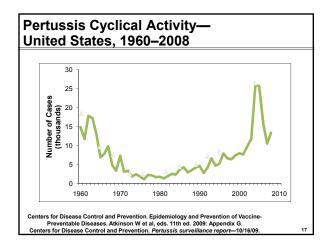


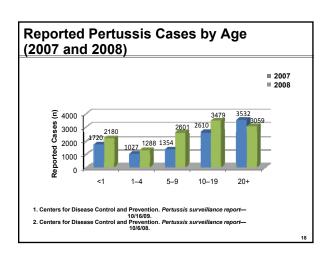


Cases in 2010 and 2011

- Cases in 2010:
 - 27,550 cases of pertussis reported to CDC
 - Significant increase in cases
 - Number of reasons why:
 - Better recognition
- 2010:
 - Worse outbreak of pertussis in 63 years in California
 - 9,143 cases in California; 10 infant deaths







The Very Young are Very Vulnerable to **Complications of Pertussis**

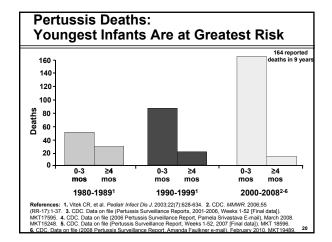
Pertussis complications, hospitalizations, and deaths1

Age	No. with pertussisa	Hospitalization	Pneumonia	Seizures	Encephalopathy	Death
<6 months	7203	4543	847	103	15	56
6-11 months	1073	301	92	7	1	1
1-4 years	3137	324	168	36	3	1

^a Individuals with pertussis may have had 1 or more of the listed complications. Data are for

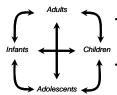
"Unvaccinated or incompletely vaccinated infants aged <12 months have the highest risk for severe and life-threatening complications and death."2

References: 1. CDC. MMWR. 2002;51(4):73-76. 2. CDC. MMWR. 2005;54(RR-14):1-16.



Preventing Pertussis Requires Breaking the Cycle of Transmission

- transmitted to and from all age groups1
- Pertussis is readily transmitted within families1,2
 - (90%-100% attack rate)3,4



- Young infants get pertussis primarily from family members³
- Adolescents get pertussis from household contacts, schoolmates
- Adults aet pertussis from work and household contacts; parents give pertussis to their infants

References: 1. CDC. MMWR. 2005;54(RR-14):1-15. 2. CDC. Pertussis. In: Epidemiology and Prevention Vaccine-Preventable Diseases. (The Pink Book). Alkinson W. Woffe S, Hamborsky J, Michityre L. eds. 11th edition. Weshington, DC. Public Health Foundation, 2009:199-216. 3. CDC. MMWR. 2006;55(RR-17):1-37. 4. Long SS. Pertussis (Bordetella pertussis and Bordetella perparsussis). In: Kilegman RM. Behman RE, Jenson HB, Stanton BF, eds. Nelson Textbook of Pediatrics. 18th edition. Philadelphia, PA: Saunders Elsevier;2007:1178-1182.

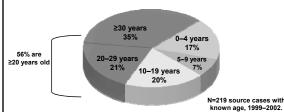
Transmitting Pertussis to Infants Is a Family Matter¹

Multicenter study in France, Germany, Canada, US caretaker 2% Study population: 95 infants ≤6 months of age with labconfirmed pertussis · Household members were responsible for 76%-83% of transmission to infants in 44 cases where a source could be identified "Implementation of the ACIP recommendation for adult and adolescent [Tdap] vaccination could substantially reduce the burden of infant pertussis, if high coverage rates among those in contact with young infants can be achieved." Reference: 1. Wendelboe AM, et al. Pediatr Infect Dis J. 2007;26(4):293-299

Transmission to Infants—Rationale for **CDC Recommendations**

Although the source of pertussis in infants is often unknown, adult close contacts are an important source when a source is identified.

Age of Source Among Infants Aged <12 Months



Bisgard KM, et al. Pediatr Infect Dis J. 2004;23:985-989

Hospital Transmission of Pertussis

Location	Index Case	Secondary Cases	
Minnesota, 2005 ¹	Unknown	122 cases (64 cases in healthcare personnel)	
Texas, 2004 ²	Healthcare worker	11 newborns	
Washington, 2004 ³	ED physician (hospital A)	5 cases among staff and visitors (hospital A)	
	Respiratory therapist (hospital B)	3 cases among nurses (hospital B)	
Pennsylvania, 2003 ^{4,5}	Infant	17 symptomatic cases in healthcare workers	
Louisiana, 2004 ⁶	Infant*	3 infants diagnosed with pertussis	

*The source believed to be an adult hospital worker or visitor

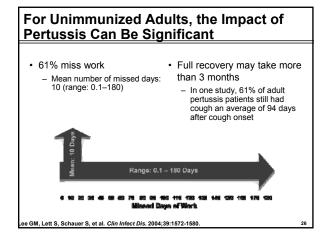
1. Leekha S, et al. Infect Control Hosp Epidemiol. 2009;30:467-473. 2. CDC. MMWR. 2008;57(22)600-603. 3. Bagget HC, et al. Infect Control Hosp Epidemiol. 2007;28:537-543. 4. CDC. MMWR. 2005; 54:57-71. 5. Calugar A, et al. Clin Infect Dis. 2006;42:981-988. 6. Vranken P, et al. Am J Infect Control. 2006;34:550-554.

Reported Symptoms in Adults With Pertussis1-3

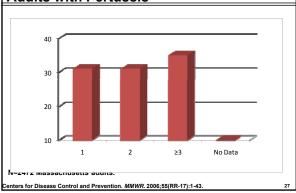
- Nasal discharge (catarrhal stage)1
- Cough¹⁻³
- Pharyngeal symptoms³ Sneezing attacks^{1,3}
- Low-grade fever¹
- Headaches³
- Influenza-like symptoms3
- Sinus pain³
- · Cough paroxysms and posttussive vomiting³
- · Sweating attacks3
- · Sleep disturbance3
- Weight loss3

When the presentation of pertussis is not classic, pertussis can be clinically indistinguishable from other respiratory illnesses²

enters for Disease Control and Prevention. *Epidemiology and Prevention of Vaccine-Preven Diseases*. Atkinson W, et al, eds. 11th ed. 2009:199-216. 2. Centers for Disease Control and
Prevention. *MMWR*. 2005;5(RR-17):1-43. 3. Rothstein E, Edwards K. Pediatr Infect Dis J.



Number of Medical Visits Needed in Adults with Pertussis



Medical Management of Pertussis

- Chemoprophylaxis (antibiotics) of close contacts as public health response has limited effectiveness1
- Antibiotics administered to those who may still be infectious eradicates the organism, reduces communicability, and if initiated early, may modify the course of the illness¹⁻³

Cortese MM et al. Am J Prev Med. 2007;32:177-185.
 Centers for Disease Control and Prevention. MMWR. 2005;54(No. RR-14):1-16.
 Centers for Disease Control and Prevention. Epidemiology and Prevention of Vaccine-Prever Diseases. Atkinson W, et al, eds. 11th ed. 2003:199-2-16.

Diagnosis of Pertussis

- · Culture:
 - Gold standard lab test
 - Most specific lab test for pertussis
 - Affected by collection, transportation techniques
 - Must be obtained from the posterior nasopharynx
 - Dacron or calcium alginate swab
 - Isolation rates: best in first 3 4 weeks of illness
 - Can take as long as 2 weeks for results
 - Negative test can still mean patient has disease

PCR Testing

- · Increased sensitivity
- · Faster reporting
- · Should be used in addition to, not instead of
- No PCR product has been approved by FDA therefore labs use different methods
- Specificity rates are often poor (high false +'s)

Other Tests

- WBC count: often > 20,000 in infants
- Serologic testing:
 - May be helpful late in the course of the illness
 - No FDA approved serologic test
 - Measure antibodies that could result from infection or vaccination

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Treatment Options

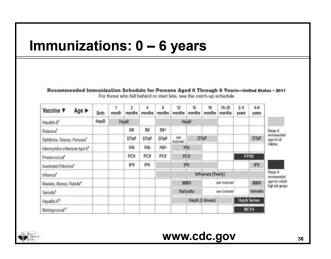
- · Macrolide products:
 - Erythromycin, clarithromycin, azithromycin
 - Ideally, should be started within 3 weeks of cough onset
 - Close contacts:
 - Administer antibiotics within 3 weeks of exposure
- Additional option:
 - Trimethoprim/sulfamethoxazole

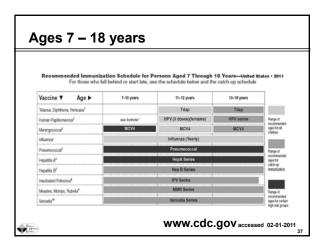
www.cdc.gov/pertussis/clinical/disease-specifics.html accessed 08-29-2011

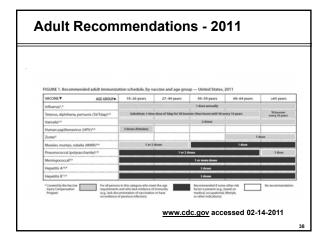
Many Adults Fail to Receive Recommended **Vaccinations** 100 ~2% of adults between the years 2005 and 2007 received a 80 I=7055; age ≥18 years. 60 *3+ doses, ever. †2006-2007 season. 40 etanus in last 10 years. doses, ever, in female Tdap in last 2 years. 20 coccal lage 2021 A del 1826 . c pt lege lowed to the the lege the the lege the l 2+ doses, ever. Rustice to the sure of the second large seco Hepe age land Tdan lade 18 day Hepa Boge

Problem: Not Enough Adults Get Immunized Against Pertussis Results from National Immunization Survey—Adult, 2007¹ Age Group **Vaccine** 18-64 65+ Tetanus in past 10 years 57.2% 44.1% Tdap in past 2 years 2.1% Proportion of tetanus vaccinations in 20.7% past 2 years given as Tdap Reference: 1. CDC. Vaccination coverage among U.S. adults, National Immunization Survey—Adult, 2007. http://www.cdc.gov/vaccines/stats-surv/nis/downloads/nis-adult-summer-2007.pdf. Accessed March 10, 2010.

Problems and Solutions







CDC Objectives of Pertussis Booster Vaccination for Adults

- Replace a dose of Td with Tdap to protect the vaccinated adult against pertussis
- Reduce the reservoir of pertussis in the population at large, and thereby potentially:
 - Decrease exposure of persons at increased risk for complicated infection (eg, infants)
 - Reduce the cost and disruption of pertussis in healthcare facilities and other institutional settings

Centers for Disease Control and Prevention. MMWR. 2006;55(RR-17):1-43

ACIP^a Recommendations for Use of Tdap^b in Adults and Adolescents

- All adults 19-64 years of age who have not already received Tdap:¹
 - Single dose to those who received their last tetanus and diphtheria toxoid (Td) vaccine ≥10 years ago
 - No longer any interval restrictions between Td and Tdap
- All adolescents 11-18 years of age²
 - Single dose of Tdap instead of Td
 - Preferred timing is 11-12 years of age

^a ACIP = Advisory Committee on Immunization Practices. ^b Tdap = Tetanus, diphtheria, and

Reference: 1. CDC. MMWR. 2006;55(RR-17):1-37. 2. CDC. MMWR. 2006;55(RR-3):1-43.

October 2010 - ACIP Recommendations

- Tdap for those over 65 years of age who have not received Tdap previously, those desiring Tdap, or those who to be in contact with infants
 - Ideally, 2 weeks before contact
- Interval has been removed for time between Td and Tdap
- Also Tdap may now be given (off-label) to individuals 7 years of age (as a catch up) for children not immunized

1

Support for ACIP Recommendations on Tdap

More than 20 medical societies endorse ACIP's Tdap recommendations for adolescents and adults, including:

- American Academy of Pediatrics
- American Academy of Family Physicians
- American Congress of Obstetricians and Gynecologists
- American College of Physicians
- Infectious Diseases Society of America
- Society for Adolescent Health and Medicine

"The AAP and ACIP recommend that immunization status of household contacts of newborn infants should be evaluated, and those who are eligible for DTaP or Tdap should be immunized as soon as feasible. Protection against pertussis may develop 7 to 10 days after immunization."

Reference: 1. American Academy of Pediatrics (AAP)
Committee on Infectious Diseases. Pertussis (whooping
cough). In: Red Book. AAP, Elk Grove Village, IL, 2009:504519

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ACIP Recommendations: Tdap for Mothers

- Women are encouraged to receive a single dose of Tdap before conception if they have not already received Tdap1
 - Maternal antibody affords only limited (<2 months) protection for the infant^{2,3}
- For mothers who have not already received Tdap. Tdap is recommended "as soon as feasible" in the immediate postpartum period¹
 - Vaccination should occur before discharge from the hospital or birthing center

References: 1. CDC. MMWR. 2008;57(RR-4):1-56. 2. Healy CM, et al. J Infect Dis. 2004;190(2):335-340. 3. Shakib JH, et al. J Perinatol. 2010;30(2):93-97.

A Simple, Straightforward Approach¹

"The strategy of vaccinating contacts of persons at high risk to reduce disease and therefore transmission is used with influenza. Influenza vaccine is recommended for household contacts and out-of-home caregivers of children aged 0-59 months, particularly infants aged 0-6 months, the pediatric group at greatest risk for influenzaassociated complications. A similar strategy for Tdap is likely to be acceptable to physicians."

- ACIP

Reference: 1. CDC. MMWR. 2006;55(RR-17):1-37.

Solution: Be A Vaccine Champion

- · Parents and other family members may not be aware that they pose a risk of infecting their babies
- They need to know they can reduce that risk by getting vaccinating themselves
- · They trust their pediatrician's advice on how best to protect and care for their babies
- Regular office visits offer you opportunities to deliver important disease prevention messages

Solution: Educate Everyone About Tdap Vaccine

- Start educational efforts with parents at early infant visits
- Include the Vaccine Information Statements for Tdap and influenza in your newborn visit packets1
- Display Tdap brochures in the waiting area, exam rooms
- Place reminders throughout the office encouraging adult contacts to seek immunization for themselves

TETANUS, DEPUTERATION VACCINE
DIPHTHEIR, TETUDISE (Today VACCINE
WHAT YOU NEED TO KNOW)
(If they prevented to the control of t

Courtesy of the CDC

Include information on Tdap, influenza, other vaccines on your practice's Web site, newsletters, billing statements

Reference: 1. CDC. Vaccine Information Statements. http://www.cdc.gov/vaccines/Pubs/vis/default.htm. Accessed March 19, 2010.

Solution: Make Parents' Immunization Status a Routine Part of Office Screening

- · Include parents' Tdap and influenza immunization status on paper and electronic medical record (EMR) newborn checklists
- · Add it to the medical history and vitals checklist
- · Have the receptionist ask parents about it at prenatal, newborn, or 1-month visits
- · Have the nurse ask when checking an infant's height and weight
- · Use chart stickers on infants' files, or notations in EMRs, to keep track of parents' immunizations

Solution: Vaccinate Parents in the Pediatric Office

- Pediatricians are recognized and experienced immunization experts¹
- · Building on that foundation, some pediatric practices have begun to expand their immunization efforts to include the entire family
 - Staff is trained to embrace a pro-immunization mind-set
 - Staff education is provided on vaccine-preventable diseases.
 - Parents are asked routinely about their immunization status
 - Office staff sets an example by getting immunized themselves
 - Office develops strategies for handling practical matters: issues of consent, reimbursement, etc.
- · Parents are either vaccinated in the pediatric office, or vaccination is coordinated with their primary-care physician 1,2

References: 1. Shah S. Arch Pediatr Adolesc Med. 2009;163(5):410-412. 2. Domachowske J, et al Bast Immunization Practices: A Family Approach. CD-ROM. Boston University School of Medicine, Sanoff Pasteur inc., Haymarket Medical Education, 2008.

Many Hands Can Spin the Cocoon

- Private pediatric practices¹
- · Hospital postpartum programs2
 - Program in Houston has vaccinated >10,000 family members³
- Neonatal Intensive Care Units^{4,5}
 - Success seen with both pertussis and influenza vaccines
- Programs are vaccinating moms, dads, grandparents, aunts, uncles, other contacts

References: 1. Walter EB, et al. Acad Pediatr. 2009;9(5):344-347. 2. Healy CM, et al. Vaccine. 2009;27(41): 5599-5602. 3. Texas Children's Hospital. Nation's first 'cocoon strategy' vaccination program delivers 10,000° immunization. http://www.texaschildrens.org/AlAbout/News/2010/Cocoon.aspy. Accessed March 24. 2010. Dylag AM, Shah Si. Pediatrics. 2008;122(3):e550-e555. 5. Shah Si, et al. Pediatrics. 2007;120(3):e617-e621.

Summary of Pertussis Disease in Adults

- In 2008, 49% of reported pertussis cases were among persons 10 years of age and older, with 23% reported in persons 20 years of age and older
- The number of reported cases greatly underestimates the true pertussis burden
- Adolescents and adults are often the source of infection for children

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Summary of Pertussis Disease in Adults (cont.)

- Adults can miss work and may undergo extensive medical evaluations by providers in search of a diagnosis
- Current ACIP guidelines recommend vaccination with Tdap for adults
 - Target groups: adults with close contact with infants and HCPs
- · Many adults fail to receive recommended vaccinations
- All providers should immunize at appropriate medical encounters

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Websites with Vaccine Information

- · www.pertussis.com
- · www.cdc.gov/nip/vacsafe
- · www.cispimmunize.org
- · www.vaccine.chop.edu
- · www.vaccineprotection.com

Phone .

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Questions & Answers