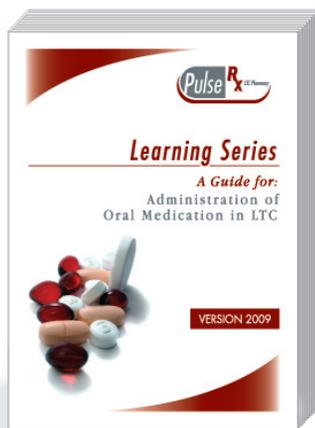


the beat

What have we been up to?

During the first quarter of 2009 we added 4 new homes, bringing our growth rate to 150% year over year and making our future look bright! With 12 additional facilities to be added during the summer months we will see more rapid growth that we are well prepared for. With a continued commitment to our weekly clinical visits we have increased our clinical team by 4 new members in

the Pharmacist and Nurse Educator roles, thus bringing the total head count at Pulse Rx to 25 full time employees. With our cross training efforts in the dispensary we feel confident that we will again double our size in the forthcoming year to keep up with our commitment levels to our partnered Homes. If you have any questions feel free to contact us at 1-877-785-7511.



we provide an array of educational topics such as: pharmacology, behavior management, risk management, and continuing education. In addition, we have created and continue to update a "Learning Series" publication, which we provide to all Pulse Rx client Homes.

Learning Series

Pulse Rx prides itself on being the industry leader in the provision of educational and clinical services to the Long Term Care community. Our diverse educational programs are conveyed through various mediums to achieve a comprehensive dissemination of the information to all stakeholders. By way of multimedia presentations, printed materials, and web-based interfacing

Call for volunteers

The College is accepting applications from nurses (RNs, RPNs and NPs) from all academic roles and regions across Ontario to participate in its new Academic Outreach Advisory Group.

Participants must commit to participating in a one-and-a-half-hour teleconference with other Advisory Group members every month from September 2009 to June 2010. During the teleconferences, nurses can share their knowledge related to application of the College's practice standards and learn about the College.

For more information about the program, check the CNO website www.cno.org or contact Lori Adler, the College's Manager of Practice Standards by June 19, 2009.

New Location!



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Swine Influenza (H1N1)

Frequently Asked Questions

This FAQ is an endeavor to address specific questions related to Swine Flu.

Q: What is swine flu?

A: Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people.

Q: Are there human infections with swine flu in Canada ?

A: There are about 200 confirmed Canadian cases of the swine flu. B.C., Nova Scotia, Ontario, Alberta and New Brunswick have reported cases of swine flu infection in humans and cases have been reported internationally as well. The Public Health Agency of Canada is working closely with the provinces and territories to monitor for swine flu.

Q: Is this swine flu virus contagious?

A: CDC has determined that this swine influenza A (H1N1) virus is contagious and is spreading from human to human. However, at this time, it not known how easily the virus spreads between people.

Q: What are the signs & symptoms of swine flu in people?

A: The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illness (pneumonia and respiratory failure)

and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

Q: How does swine flu spread?

A: Spread of this swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

Q: How can someone with the flu infect someone else?

A: Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

Q: What should I do to keep from getting the flu?

A: First and most important: wash your hands. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick.

Q: Are there medicines to treat swine flu?

A: Yes. CDC and the Public Health Agency of Canada recommends the use of oseltamivir or zanamivir for the treatment and/or prevention of infection with these swine influenza viruses. Antiviral drugs are prescription medicines (pills,



liquid or an inhaler) that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms).

Q: What can I do to protect myself from getting sick?

A: There is no vaccine available right now to protect against swine flu. Take these everyday steps to protect your health:

- ✓ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- ✓ Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- ✓ Avoid touching your eyes, nose or mouth. Germs spread this way.
- ✓ Try to avoid close contact with sick people.
- ✓ If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

Q: Where can I find more information about swine flu?

A: Public Health Agency of Canada
800-454-8302
http://www.phac-aspc.gc.ca/alert-alerite/swine_200904-eng.php

Centers for Disease Control and Prevention
800-CDC-INFO (800-232-4636)
http://www.cdc.gov/h1n1flu/general_info.htm

Next Newsletter

Watch for our introductions
to our newest team members



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