



Influenza Facts

True or False Quiz Answer Sheet

1 | Over 1 billion dollars of lost productivity each year in Canada is caused by Influenza.

True About 1.5 million workdays are lost each year and the estimated cost to the Canadian system in terms of health-care costs and lost productivity is a cool \$1 billion.

Reference: <http://www.cbc.ca/news/health/story/2009/09/04/f-flu-myths.html>

2 | On average, healthy adults who get influenza are only off work for a day or two.

False In healthy adults illness is usually self-limited, with fever, cough, muscle pain (myalgia), headache and other symptoms abating in 3 to 6 days, although 3 to 4 work days may be lost and up to 34% of patients will visit a health care provider.

References:

(1) Bridges CB, Thompson WW, Meltzer MI, Reeve GR, Talamonti WJ, Cox NJ, et al. Effectiveness and cost-benefit of influenza vaccination of healthy working adults: A randomized controlled trial. *JAMA* 2000; 284 (13): 1655-63.

(2) Nichol KL, Lind A, Margolis KL, Murdoch M, McFadden R, Hauge M, et al. The effectiveness of vaccination against influenza in healthy, working adults. *N Engl J Med* 1995; 333 (14): 889- 93.

(3) Nichol KL, Mendelman PM, Mallon KP, Jackson LA, Gorse GJ, Belshe RB, et al. Effectiveness of live, attenuated intranasal influenza virus vaccine in healthy, working adults: a randomized controlled trial. *JAMA* 1999; 282 (2): 137-44.

3 | Influenza can cause heart attacks.

True It can cause heart failure and myocarditis (inflammation of the heart muscle)

Reference: Khater F, Moorman JP. Complications from influenza. *Southern Medical Journal*. 96(8):740-743, August 2003.doi:

4 | Among adults in Canada over the age of 55, respiratory system diseases (including influenza) are the third largest leading causes of death and hospitalization.

True Reference: <http://www.phac-aspc.gc.ca/publicat/lcd-pcd97/table1-eng.php>

5 | The most common respiratory complications of influenza are:

- Primary viral pneumonia True
- Secondary bacterial pneumonia True
- A cold False
- Combined viral-bacterial pneumonia True
- Exacerbation of chronic obstructive pulmonary disease (COPD) True
- Gastroenteritis (commonly called the stomach flu) False

Reference: Khater F, Moorman JP. Complications from influenza. Southern Medical Journal. 96(8):740-743, August 2003.doi:

6 | Influenza is known to make other diseases worse. The most common non-respiratory complications of influenza are:

- Heart failure True
- Myocarditis (inflammation of the heart muscle) True
- Encephalitis (acute inflammation of the brain) True
- Malaria False
- Rheumatoid arthritis False
- Reye's syndrome (potentially fatal disease affecting many organs, primarily the brain and liver) True
- Electrocardiographic (ECG) abnormalities True
- Poor diabetes control True

Reference: Khater F, Moorman JP. Complications of influenza. Southern Medical Journal. 96(8):740-743, August 2003.doi:

7 | Immunization against influenza has substantial health-related and economic benefits for healthy, working adults.

True Reference: Nichol KL, Lind A, Margolis KL, Murdoch M, McFadden RN et al. The effectiveness of vaccination in healthy working adults. N Engl J Med 1995;333:889-93.

8 | Influenza immunization reduces the risks for pneumonia, hospitalization, and death in elderly persons.

True Reference: The Efficacy of Influenza Vaccine in Elderly Persons A Meta-Analysis and Review of the Literature Peter A. Gross, MD; Alicia W. Hermogenes, MD; Henry S. Sacks, MD, PhD; Joseph Lau, MD; and Roland A. Levandowski, MD. Annals of Internal Medicine, October 18, 2011, 155 (8).

9 | Influenza immunization is least effective in younger, healthier individuals.

False Influenza immunization is MOST effective in younger, healthier individuals. (1) Influenza immunization is only 50% to 60% effective in high risk individuals. (2)

References:

(1) Jackson ML, Nelson JC, Weiss NS, et al. Influenza vaccination and risk of community-acquired pneumonia in immunocompetent elderly people: a population-based, nested case-control study. Lancet 2008;372:352-354.

(2) Gross, PA, Hermogenes, AW, Sacks, HS, Et, Al. The efficacy of influenza vaccine in elderly persons: a metaanalysis and review of the literature. Ann Intern Med 1995; 123: 518-27.

10 | Healthcare personnel, with or without symptoms (such as cough or fever), can give the influenza virus to their patients.

True Reference: Wilde JA, McMillan JA, Serwint J, et al. Effectiveness of influenza vaccine in healthcare professionals. JAMA 1999;281:908-913.

11 | Immunizing healthcare personnel has been shown to:

Decrease their work time lost True

Decrease illness and death in the patients they care for True

Reference: Bridges CB, Thompson WW, Meltzer MI, et al. Effectiveness and cost-benefit of influenza vaccination of healthy working adults: a randomized controlled trial. JAMA 2000;284:1655-1663