

## Diabetes Newsletter

### Vaccination Practices for Individuals with Diabetes

Influenza, pneumococcal, hepatitis B, tetanus, pertussis, and shingles are common preventable infectious diseases. Individuals with chronic co-morbidities such as a person with diabetes have a high risk of morbidity and mortality from infectious diseases. Effective management of a person with diabetes involves everyone; the patient, educators, medical staff, and physicians. By providing our patient's with routine vaccinations healthcare providers maximize protective measures for their at risk patient populations.

According to the American Association of Diabetic Educators individuals with diabetes are six times more likely to be hospitalized and three times more likely to die from complications of influenza or pneumonia than others from general population.

#### Recommendations

For 2018-2019 The American Diabetes Association (ADA) and the Center for Disease Control and Prevention (CDCP) recommend annual influenza vaccination (the flu shot) for all people with diabetes who are six months of age or older. The recommendation is to have the vaccine by the end of October, if you haven't received your vaccine now is the time. A pneumococcal vaccine should be administered to all persons with diabetes who are two years of age and older. A one time revaccination of the pneumococcal is recommended for individuals 65 years of age and older who were previously immunized. Additionally, adults with diabetes from the ages 19 through 59 years old should be administered a three dose series of hepatitis B vaccine over a 6 month period. Discuss with your provider about timing of additional immunizations.



#### Rationale/Evidence

- Blood glucose control is more difficult when illness is present.
- Vaccines are the most cost effective clinical preventive service and are a core component of any preventive program.
- Individuals with diabetes often have co-morbidities which ultimately increase their morbidity and mortality from infection.
- Areas with unvaccinated populations are at increased risk for outbreaks of vaccine preventable diseases.