

H1N1 AND SEASONAL FLU—OCTOBER 2009

Children's National Emergency Department respects the clinical judgment of physicians and health centers in our community. We offer these guidelines to help you determine when you might refer a patient to our Emergency Department.

- **Age:** younger than 2 years of age
- **Underlying conditions:**
 - Pregnancy
 - Compromised immune system because of
 - HIV/AIDS
 - Congenital immunodeficiency disorders
 - Immunosuppressive medications (such as steroids, cyclosporine, oncology treatment, etc.)
 - Pulmonary conditions – CF, asthma, BPD
 - Diabetes
 - Congenital heart disease
 - Kidney disease
 - Sickle cell disease
 - Neuromuscular disorders
 - Neurological conditions
 - Shunts – when present with headaches
 - Genetic disorders
 - Long-term aspirin therapy
- **Severe symptoms:**
 - Fever AND cough, congestion, or sore throat PLUS
 - Any of the following:
 - Marked lethargy (difficult to arouse)
 - Petechiae: Non-blanching purple dots or red patches
 - Respiratory distress
 - Increased respiratory rate
 - Stiff neck
 - Chest pain with shortness of breath
 - Dehydration – no urine output x 12 hours, dry mouth, dry eyes
 - Inability to take fluids
 - Cyanosis (blue or purple lips) or mottled skin
 - Persistent irritability (not able to console despite fever control)
 - No return to normal activity despite fever control
 - Wheezing

Procedures for physicians referring patients to the hospital:

Children's Lifeline (202-476-5433) provides 24-hour access to referring physicians who need to connect with a Children's Emergency Department attending physician. This number is not for parents.

- If **admitted**, inpatient information is available on Children's National Gateway, a real-time portal that gives referring physicians access to their patient's medical records. For access, visit www.childrensnational.org/gateway.

What parents can expect if they come to Children's National:

- Patients/families with flu symptoms will be assessed visually at Welcome Desk and triaged to specific flu clinics.
- Patients/families with possible flu will be cohorted to designated waiting areas/clinics.
- Patients will be given a rapid assessment followed by one of these options:
 - Sent home, with prescription if deemed medically necessary.
 - Sent to on-site primary care clinic for outpatient assessment
 - Sent to Emergency Department for further evaluation if medically necessary
 - Admitted and cohorted with other flu patients

