

CHIMC Newsletter

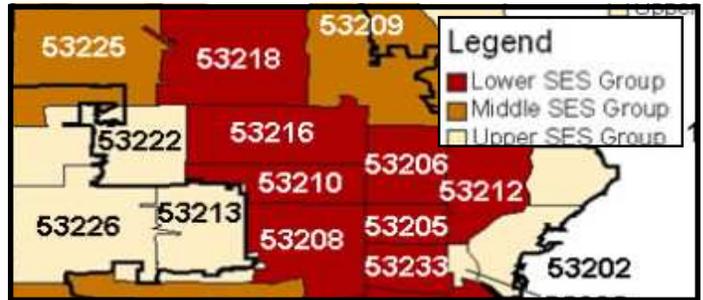
October 2012



Project Update

The CHIMC team is wrapping up our research efforts in preparation for applying for a 3-year grant through the National Institutes on Minority Health and Health Disparities. The grant is due October 10, 2012 and if rewarded, the grant project titled, "CHIMC: Take Control- IMMUNIZE!" would begin March 1, 2013.

Continuing with the community based participatory research (CBPR) approach the grant will be used to disseminate health information gathered from our study using social media methods to reach a wider population. Specifically we are targeting families with children under the age of four, a group



that has the lowest immunization rates in Milwaukee.

In the past 5 years, the project has reached out to families in the 53205, 53206, 53208, and 53210 zip codes. In the upcoming phase, CHIMC hopes to partner with two additional community organizations in the 53209 and 53218 zip codes: COA Youth & Family Center and the Silver Spring Neighborhood

Center. Both organizations are located in low-income Milwaukee neighborhoods. The plan is to expand our knowledge into those neighborhoods in hopes to increase immunization rates.

We would like to thank those who have continuously supported the CHIMC initiative and we look forward to further collaboration in the next phase of the project.

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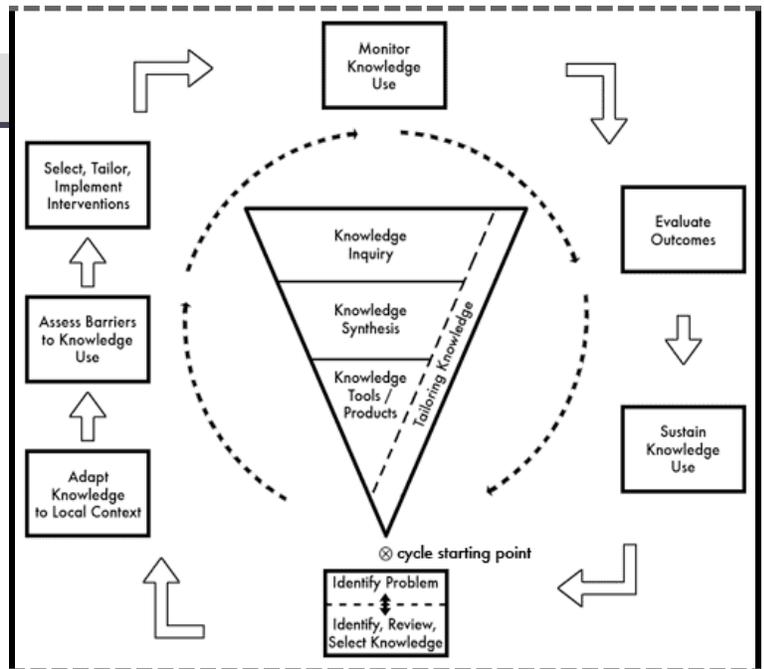
Knowledge to Action Framework

In 2013 CHIMC is hoping to move into the dissemination phase, which will focus primarily on using the information gained from the project and putting it to work. This will be done using the Knowledge to Action framework, first introduced by Graham ID and Jm Tetroe in *Lost in Knowledge Translation : Time for a map?*.

The Knowledge to Action framework has two main components, the knowledge funnel in the middle surrounded by the action cycle. In the knowledge funnel, knowledge is refined, distilled, and tailored to the needs of the knowledge end-users such as health care

workers. The action cycle then represents phases of activities that are needed for knowledge applications to achieve their purpose. It represents a cyclical process that tailors knowledge throughout its process.

CHIMC is looking to do the same as it plans to explore action plans using our knowledge of interventions; education, social marketing and behavior change. Using what we learned from those interventions, that knowledge will be adapted into implementation where it can be harnessed into the community. CHIMC is hoping that the knowledge to action framework can best tailor our implementation process in the dissemination grant.



For further details about the Knowledge to Action framework, visit <http://ktclearinghouse.ca/knowledgebase/knowledgetoaction>.

The Knowledge to Action Cycle. 2000-2011. Retrieved Sept. 6, 2012 from <http://ktclearinghouse.ca/knowledgebase/knowledgetoaction>

We're on

The WEB



<http://chimc.wordpress.com/>

Beat the Flu - Get Vaccinated!

It's that time of the year again when your children are back to school coming home sick, coughing and sneezing. That's right, it's the flu season again. To prevent your family and loved ones from getting sick with the flu, the Center for Disease Control and Prevention (CDC) recommends taking three actions. First, get vaccinated. Every year there are new vaccines to combat the latest influenza virus. Secondly, take precautionary steps such as washing your hands or covering your mouth when you cough or sneeze to help prevent the spread of the virus. Lastly, take antiviral drugs prescribed by your doctor to reduce your illness and shorten the time of sickness.



The following are frequently asked questions and answers about this year's flu season.

Who Should Get Vaccinated?

Everyone. Anyone who is at least 6 months of age should get a flu vaccine. It's especially important for those who are considered high risk. Those people include:

- People at high risk of developing serious complications like pneumonia if they get sick with the flu. This includes:
 - People who have certain medical conditions including asthma, diabetes, and chronic lung disease.
 - Pregnant women
 - People 65 years and older
 - People who live with or care for others who are high risk of developing serious complications. Those are Household contacts and caregivers of people with certain medical conditions including asthma, diabetes, and chronic lung disease.

Who Should Not Be Vaccinated?

There are some people who should not get a flu vaccine without first consulting a physician. These include:

- People who have a severe allergy to chicken eggs
- People who have had a severe reaction to an influenza vaccination
- Children younger than 6 months of age (influenza vaccine is not approved for this age group)
- People who have a moderate-to-severe illness with a fever (they should wait until they recover to get vaccinated)
- People with a history of Guillain-Barré Syndrome (a severe paralytic illness, also called GBS) that occurred after receiving the influenza vaccine and who are not at risk for severe illness from the influenza should generally not receive the vaccine

When Should I Get Vaccinated?

The CDC recommends that people get vaccinated against influenza as soon as flu season vaccine becomes available in their community. Influenza seasons are unpredictable and can begin as early as October. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu. Doctors and nurses are encouraged to begin vaccinating their patients as soon as the flu vaccine is available in their areas, even as early as August.

What side effects should I expect to get from the flu vaccine?

Different side effects can be associated with the flu shot and LAIV or FluMist®

The flu shot: Some minor side effects that could occur are:

- Soreness, redness, or swelling where the shot was given
- low grade fever
- Aches



The nasal spray : In children, side effects from LAIV can include:

- runny nose
- wheezing
- headache
- vomiting
- muscle aches

In adults, side effects from LAIV can include:

- runny nose
- headache
- sore throat
- cough

Where can I get a flu vaccine?

Flu vaccines are offered in many locations, including doctor's offices, clinics, health departments, pharmacies and college health centers, as well as by many employers and schools.

If you are having trouble finding the nearest available location to get the flu vaccine, go to www.flunearby.org.

For more information about this year's Flu season go to <http://www.cdc.gov/flu/>.

Key Facts about Seasonal Flu Vaccine. 2012. Retrieved Sept. 6, 2012 from <http://www.cdc.gov/flu/about/season/flu-season-2012-2013.html>

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