

Nottinghamshire Area Prescribing Committee

UPPER RESPIRATORY TRACT INFECTIONS Influenza A and B

(CKS Treatment of influenza)

Annual vaccination is strongly recommended for all those at risk of influenza.

Prescribing of antivirals in England under General Medical Services contracts is **limited** to periods when: 'The Department of Health and Social Care (DHSC) has notified general medical practitioners that the influenza virus is circulating in the community.' This notification is issued by the Chief Medical Officer (CMO) for England.

- Symptoms of influenza appear abruptly 2-3 days after exposure:
 - Sore throat +/- dry unproductive cough
 - Generalised symptoms (headache, malaise, myalgia, and weakness)
 - Fever, typically 38-40°C but may not be present at time of consultation
 - Ocular symptoms (Pain on eye movement, photophobia)
 - Gastrointestinal symptoms

For otherwise healthy adults, antivirals are not recommended.

Treat 'at risk' patients only when influenza is circulating in the community, and the patient can start therapy **within 48 hours of symptom onset.** At risk patients include:

- Pregnant women (including up to 2 weeks post-partum)
- People aged ≥65 years, children aged <6 months</p>
- Asplenic or dysfunction of the spleen
- Chronic respiratory disease (including COPD and asthma)
- Chronic heart disease (Significant cardiovascular disease not hypertension)
- Immunosuppressed, Diabetes mellitus, Chronic renal, liver, or neurological disease
- Morbid obesity BMI≥40

Post exposure prophylaxis:

At risk groups and those not adequately protected by vaccination may be offered prophylaxis. For current guidelines see UKHSA website or contact the UKHSA office for guidance on 0344 225 4524.

Note that if the case is in a nursing / residential home, other residents in 'at risk' groups may need post-exposure prophylaxis please contact infection control team / local PHE team for advice.

Treatment

Note: FP10 prescriptions must be endorsed 'SLS'.

Adults and children ≥13 years of age:

Antiviral	Dosage ¹	Duration		
First choice – ONLY FOR AT RISK GROUPS				
Oseltamivir	Treatment:			
	Adults & children ≥13 years: 75mg twice a day	5 days		
Renal impairment see		(10 days if severely immunosuppressed)		
dose adjustments	Post Exposure Prophylaxis:			
below	Adults & children ≥13 years: 75mg once daily	10 days		
If resistant to Oseltamivir or A(H1N1) strain and severely immunosuppressed				
Zanamivir (diskhaler)	Treatment:			
	Adults & children ≥13 years: 10mg twice a day	5 days		
	(2 inhalations twice a day by diskhaler)	(Up to 10 days if suspected or confirmed		
		Oseltamivir resistance).		
	Post Exposure Prophylaxis:			
	Adults & children ≥13 years: 10mg once daily	10 days		
¹ See <u>BNF</u> for appropriate u and breastfeeding.	use and dosing in specific populations, for example, hepatic	c impairment or renal impairment, and in pregnancy		



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Treatment for children <13 years of age:

Antiviral	Dosage ¹	Duration		
First choice – ONLY FOR AT RISK GROUPS				
Oseltamivir	Treatment:			
	Children 1 to 11 months: 3mg/kg twice a day	5 days		
	Children 1 to 12 years (Dose based on weight):	(10 days if severely		
	10 to 15kg: 30mg twice a day	immunosuppressed)		
	>15 to 23kg: 45mg twice a day			
	>23 to 40kg: 60mg twice a day			
	>40kg: 75mg twice a day			
	Post Exposure Prophylaxis:			
	Children 1 to 11 months: 3mg/kg once daily	10 days		
	Children 1 to 12 years:			
	≤15kg: 30mg once daily			
	>15 to 23kg: 45mg once daily			
	>23 to 40kg: 60mg once daily			
	>40kg: 75mg once daily			
If resistant to Oseltamivir or A(H1N1) strain and severely immunosuppressed				
Zanamivir (diskhaler)	Treatment:			
	Children over 5 years: 10mg twice a day	5 days		
	(2 inhalations twice a day by diskhaler)			
	Post exposure Prophylaxis:			
	Children ≥ 5 years: 10mg once daily	10 days		

Oseltamivir does adjustment in renal impairment in adults and children ≥13 years: (CrCl≤60ml/min):

Note these doses are different to SPC and UKHSA guidance and are from the NUH guidance which is based on the national renal dosing handbook guidance.

CrCl (ml/min)	Oseltamivir treatment dose	Oseltamivir prophylaxis dose
31-60 ml/min	Adult: 75mg twice a day for 5 days	Adult: 75mg once daily for 10 days
11-30 ml/min	Adult: 75mg once daily for 5 days	Adults: 30mg once daily for 10 days
<10 ml/min	Adult: 75mg ONCE (a single dose)	Adults 30mg ONCE (a single dose) - repeated in 7 days (day 1 and day 8)

For patients on Haemodialysis (HD), Continuous Ambulatory Peritoneal Dialysis, plus patients on haemofiltration – please refer to renal team for guidance.