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Consultant Pharmacists for Healthcare Organizations, Industry, and the Community.

To: All Administrators, Directors of Nursing, and Medical Directors
From: Dr. William C. Hallett, Pharm.D., MBA, CGP, C-MTM
Date: January 16th, 2016
Subject: UPDATE: Influenza Treatment and Prophylaxis, 2015-2016

Background

The Centers for Disease Control (CDC) is once again recommending against the use of Amantadine or Rimantadine for this year's strain of Influenza.

In the absence of the ability to use Amantadine, the CDC is recommending a refocused effort on vaccination programs, and that either Zanamivir (Relenza®) or Oseltamivir (Tamiflu®) be used in the treatment and prophylaxis in outbreak situations. Based on this information, we are currently recommending that facilities consider Tamiflu® as first line therapy, since Relenza® is an inhalation product and may prove difficult to administer to many individuals in our settings.

Dosing

Tamiflu dosing varies according to indication for use and renal function, and needs to be adjusted for residents with impaired renal function and/or dialysis patients. ***We are recommending the following basic dosing guidelines for the use of Tamiflu® in LTC facilities and other institutional settings, based on CDC and manufacturer guidelines:***

Treatment (5 days total)

- Begin therapy within 48 hours of onset of symptoms
- Assess renal function using Creatinine Clearance (CrCl)
 - CrCl > 60ml/min: 75mg twice daily for 5 days
 - CrCl between 30 and 60ml/min: 30mg twice daily for 5 days
 - CrCl between 10 and 30ml/min: 30mg once daily for 5 days
 - CrCl less than 10ml/min, NOT on dialysis: 30mg every other day for 3 doses
 - Dialysis: 30mg after each dialysis session, max 5 days treatment

Prophylaxis (14 days total)

- Assess renal function (creatinine clearance)
 - CrCl > 60ml/min: 75mg once daily for 14 days
 - CrCl between 30 and 60ml/min: 30mg once daily for 14 days
 - CrCl between 10 and 30ml/min: 30mg every other day for 7 doses
 - CrCl less than 10ml/min, NOT on dialysis: 30mg once weekly for 2 doses
 - Dialysis: 30mg once a week for 2 doses, administer after a dialysis session

Note that Tamiflu® is available as a capsule which may be opened. (24 hour stability in apple sauce data is available on file.)

Renal Function Calculations:

Creatinine clearances can be approximated using the Cockcroft-Gault equation. For your convenience, I have enclosed a sample data collection tool that we have used successfully each of the past several flu seasons. The data collection tool aids in assembling the data necessary to make the proper dose calculation. Calculations can be made using an online calculator, a good one can be found here:

Creatinine Clearance Calculator: <http://reference.medscape.com/calculator/creatinine-clearance-cockcroft-gault>

If you need assistance with Dosing Calculations:

Some facilities have requested our assistance in both collecting the necessary data as well as performing the actual dosing calculations. If your facility would like assistance, please contact us immediately. As always, we will respond promptly.

CDC Guidance Document on Treatment and Chemoprophylaxis of Influenza:

As a reference, please see the following link for the CDC guidance for 2015-2016:
<http://www.cdc.gov/flu/professionals/antivirals/summary-clinicians.htm>

If you have any other questions regarding Tamiflu® use or dosing, please do not hesitate to contact us.

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