

# ***HAMILTON TOWNSHIP DIVISION OF HEALTH***

## **MISSION STATEMENT**

*The Hamilton Township Division of Health is dedicated to maintaining the health and wellbeing of our residents and visitors by means of prevention, health promotion, and education.*

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To accomplish the above stated mission, The Hamilton Township Division of Health balances three core government Public Health Functions. These functions are essential to the maintenance of population-based services:

- 1) Assessment of the health of the community and its resources;
- 2) Development of health policy which addresses the defined needs of the community and;
- 3) Assurance that high quality, effective services are provided or are available to the residents of this community.

Chronic diseases are the leading cause of death and disability in the United States. New Jersey mirrors this trend with heart disease, cancer, and stroke causing more than 50 percent of all deaths annually.

In 2008, 107 million Americans – almost 1 of every 2 adults age 18 or older – had at least 1 of 6 reported chronic illnesses:

- Cardiovascular
- Arthritis
- Diabetes
- Asthma
- Cancer
- Chronic obstructive  
Pulmonary disease

Over the next 10 years, new public health issues will surface much like the H1N1 Pandemic and Hurricane Katrina in the previous decade.

## **HEALTHY PEOPLE 2020**

Healthy People 2020 has a vision of a society in which all people live long, healthy lives. It defines several major goals for the health of our communities. The two major goals are:

- Identify nationwide health improvement priorities.
- Increase public awareness and understanding of the determinants of health, disease and disability and the opportunities for progress. Healthy New Jersey 2020 builds on these goals for the residents of New Jersey.

Our goal for Hamilton Township also mirrors Healthy People 2020 in striving to:

- Attain high quality, longer lives free of preventable disease, disability, injury, and premature death.

## **Healthy People 2020** **Healthy Hamilton 2020**

The Hamilton Township Division of Health provides programs mandated under Minimum Standards, to be known as Practice Standards. These traditional programs are recognized as necessary in order to protect and improve the health of the residents of Hamilton Township. “A strong public health system not only identifies and addresses health problems, but also assures healthy communities by preventing conditions that threaten health” (Healthy New Jersey 2010, 1999). It is recognized that lifestyle and environmental factors are key elements in disease prevention and health promotion. Therefore, this health division utilizes health promotion, health protection, and provision of preventive services to best achieve the goals for a Healthy Hamilton 2020.

## ***PUBLIC HEALTH NURSING SECTION***

In the last two decades, there has been a tremendous increase in not only the services provided by this section, but a change in how the services are delivered. **In the year 2010, initiatives have been instituted which will result in quality care for the residents and visitors of Hamilton Township. This decade also saw the arrival and impact of a highly anticipated pandemic.**

This Public Health Nursing Section strives to provide effective public health actions, which are based on accurate knowledge of the causes and distribution of health problems and of effective interventions.

Public Health Nursing is defined as **the practice of promoting and protecting the health of populations using knowledge from nursing, social, and public health sciences.**

Public Health Nursing has adopted the Core Functions of Public Health

- 1) Assessment**
- 2) Policy development**
- 3) Assurance**

The Public Health Nursing Section has been responsible for and has provided programs in **Maternal/Child Health, School Health, Communicable Disease, Chronic Disease/Adult Health, Sexually Transmitted Diseases, Blood Borne Pathogens, and Employee Health, as well as Bioterrorism/Emergency Management Planning.**

Outreach to every population, including infant, pre-school, school age, adolescent, young adult, middle age and older adult, has benefited by the increase and improved delivery of services, and with the continued support of this administration.

## **Maternal/Child Health**

### **PRENATAL PROGRAM**

#### **1) High Risk Prenatal Home Visiting**

**Health Start** is a health services program for income-eligible pregnant women and children under two years of age. Area hospitals are Health Start providers of primary care prenatal services. Home visits are seen as a vital component for women and children at risk. “High risk” patients may have physical, mental, social, and/or environmental problems. In Hamilton Township, home visits are provided by the Public Health Nurses.

- *In the year 2010, 3 visits to high risk prenatal women have been conducted.*

### **II. POSTPARTUM/INFANT PROGRAMS**

#### **1) Home Visiting**

##### **Postpartum/Newborn Visits**

Home visiting to families with newborns is another valuable way to provide information and guidance on physical, emotional, nutritional, and cognitive development of infants. Home visiting was identified through Minimum Standards as a necessary component of the Maternal/Child Health program. The Hamilton Township Public Health Nursing Section has been visiting postpartum mothers and their newborns for many years. Due to the increase in population and the increase in overall programs, home visits are now limited to infants at risk and in response to families requesting a visit after receiving a welcome letter from the Mayor and this Health Office, or student nurse educational visits.

- **In 2010 there were 609 births in Hamilton Township. Forty-two (42) postpartum and newborn home visits were completed by the Public Health Nursing section. These visits were made to high-risk families.**

### **III. CHILD HEALTH CONFERENCE**

#### **1) Assessment/Immunizations**

In an attempt to find medical homes for indigent populations, Medicaid has expanded their program into NJ KidCare and most recently, FamilyCare. It was also recognized that insured individuals should receive their well care and immunizations through their physicians. The Vaccine For Children Program (VFC) is a federal program in which vaccines are provided to the health departments and private physicians free for all eligible clients. Clientele serviced at this health department are the uninsured and underinsured population, or any child attending a Hamilton Township school.

- **In the year 2010, there were 71 Child Health Conferences held.**
- **In the year 2010, there were approximately 280 infants, preschool, school age, and college age clients serviced at the Child Health Conference resulting in 509 visits throughout 2010.**
- **Approximately 1,434 immunizations were given from 2 months through the age of nineteen years.**
- **Walk-in clients are accommodated as needed.**
- **Seven additional H1N1 clinics were added to accommodate 6 months through 36 month old children for a total of 110 immunizations.**
- **Clinic clientele reflects a large number of foreign-born patients/immigrants, many of whom need medical records translated which is difficult and time consuming. Clinic time length has increased due to time spent on each family's complex medical needs.**
- **The NJIIS (New Jersey Immunization Information System) was implemented by the State to record electronically the immunizations received by children being serviced by health providers in the NJDHSS. Children seen here at the Child Health Conference are enrolled into the NJIIS with parental consent. Each immunization given is input into the system and becomes the child's permanent record which can be accessed by professionals trained to obtain it. This program is implemented solely by the Public Health Nursing staff.**

#### **IV. LEAD ASSESSMENT/INVESTIGATION/REMEDATION**

##### **1) LEAD TESTING**

- All children through the age of 6 years receive testing for lead poisoning through the Child Health Conference or by referral from a physician. In the year 2010 a total of 20 children were tested with the MedTox blood testing system. (A total of 0 positives were found).
- 3 Head Start Nursery Schools are provided with testing for all children since they are assessed to be at “high risk”. 36 children were tested in 2010. 0 positives were found.
- All children and parents are provided with education regarding the hazards of elevated blood lead levels and risk reduction measures.

##### **2) LEAD TRAX**

State Law NJAC 8:51 governs childhood lead poisoning. It has recently adopted amendments and new rules.

One change is the implementation of a Childhood Lead Poisoning Information Database. It is now mandatory to check this system daily for notification of any new cases of elevated blood lead levels. There is currently one PHN and one REHS certified to use this system.

The trigger confirmation has been lowered. Because of this new regulation our case load has greatly increased.

- In 2010 2 reported cases were received.
- In 2010 12 reported cases were received. One of these included an emergency relocation of a family involving application for DCA funds.

With the new guidelines case management involves in-depth assessment to determine a plan of care by the REHS and PHN.

This all needs to be documented in the database in a timely manner.

Lead Education and prevention remain an ongoing Public Health measure to protect children from adverse health effects from lead exposure including neurological damage during their brain development.

#### **V. WOMEN, INFANTS AND CHILDREN (WIC)**

In 2010 the WIC Program (a supplemental food program), came under the administration of a private agency, The Concerned Citizens of Ewing. Enrollees of this program receive checks which must be spent at local vendors who are WIC designated stores. Hamilton Health Department remains a vital, busy site for this program providing Nursing services for these clients.

- **In the year 2010, there were 1,316 visits made by clients to this WIC Clinic.**
- **At this time, there are approximately 810 clients enrolled in the WIC Program in Hamilton Township.**

### **School Consultation/Coordination**

#### **I. PRE-SCHOOL**

There are presently 53 Nursery Schools in Hamilton Township. This is a vast increase from 10 years ago. Every Pre-School receives services from this Nursing Section, which may include all or some of the following programs: **Immunization Audits, Lead testing, Health Education Programs and Communicable Disease Follow-up.**

- **There are approximately 4,157 pre-school children in Hamilton Township receiving services from the Public Health Nursing staff.**

## **II. ANNUAL IMMUNIZATION AUDITS**

Public Health Nurses conduct immunization audits on every Pre-School, elementary, middle and high school in Hamilton Township. There are **53 preschools, and 38 public, private, and special services schools located in Hamilton Township.**

Immunization audits are conducted on preschools and elementary school grades kindergarten and first grade **every year**. Retrospective surveys are completed to determine the student's immunization status at the age of 2 years. These surveys, which are then computed by the New Jersey State Department of Health Immunization Division, determine the immunization status of the children in Hamilton Township. The middle schools, and high schools, both public and private, are done once **every three years**.

- **There are over 22,192 students in the Hamilton Township School system, including preschools.**
- **All student records found to be non-compliant are re-audited.**
- **In the year 2010 there were 22,192 immunization records audited in Hamilton Township schools. There were 4,157 records audited in the preschools.**
- **In addition to immunization auditing the nursing staff provides ongoing daily guidance/clarification/interpretation of school health records for the Hamilton Township school nursing staff.**
- **These audits, re-audits, and Nursing intervention have resulted in exemplary high immunization compliance rates for Hamilton Township.**

## **Communicable Disease Prevention Program**

### **I. REPORTABLE DISEASE**

Chapter 57, Reportable Communicable Diseases (N.J.A.C. Title 8) mandates the reporting and follow-up of specific diseases to the Health Officer in each municipality. The Public Health Nursing Section is responsible for the Communicable Disease Program in Hamilton Township. Follow up is conducted

on all reportable diseases, including outbreaks in any institution or facility. The focus is on the basic principles of epidemiology as they are applied to the surveillance, prevention, and control of communicable disease. Institutional outbreaks require immediate attention and much time is spent with the facility coordinating prevention and control measures.

Underreporting of communicable diseases is an ongoing problem in the State of New Jersey. Laboratories are mandated to report specific diseases, however, the mechanism to assure this is actually occurring is not in place. Physicians often neglect to report the mandated reportable diseases. Therefore, it is known that the figure noted below is not a true indicator of the diseases present in this community.

- All reportable diseases are reported and/or obtained through the CDRSS Computer Program, or self reporting by health facilities. Daily input of case management, laboratory test results and diagnosis analysis is performed which is time intensive.
- Public Health Nurses investigate all reportable diseases, and at times collaborate with consumer and environmental health staff. Improved reporting procedures have resulted in better laboratory reporting, however, physician reporting continues to be problematic.
- Outbreaks in the community and nursing homes and long-term care facilities require intense investigation.

## **II. COMMUNITY BASED COMMUNICABLE DISEASE**

It is remarkable to note that the total number of communicable diseases for 2010 has decreased by 276 reported cases from the previous year. Our mission statement has been accomplished. By educating residents regarding disease prevention, the importance of immunizations, as well as health promotion, we have accomplished our goal by decreasing the number of communicable diseases in Hamilton Township in 2010.

- **In 2010 there were 500 diseases reported. One hundred eighty-four were confirmed positive, 193 were deemed not to be a case in that they did not meet the required criteria for diagnosis, 36 were “probable” cases, 17 were “possible” cases and 40 are still under investigation.**

### **III. NOSOCOMIAL DISEASE OUTBREAKS:**

Our Public Health Nurses had one gastrointestinal viral nosocomial outbreak in 2010 at a local nursing home. The outbreak began 3/1/2010 and through daily contact with the facility Nursing Supervisor, the facility Manager and our County Epidemiologist the outbreak was brought under control by 3/26/10. The Public Health Nurses, along with our REHS's, made multiple on-site visits to the nursing home in order to conduct surveillance of daily routines, as well as investigation of policies and procedures utilized by the facility to control the outbreak.

### **IV. HEPATITIS A**

New state guidelines have made Hepatitis A an **immediately** reportable disease. Our Public Health Nurses investigated and followed-up on **4** cases of Hepatitis A in Hamilton in 2010. Three cases were ultimately confirmed and **1** was deemed to be "not a case".

An acutely ill Hepatitis A patient is unlikely to be hospitalized. All caregivers, family members, close contacts and food handlers must be offered prophylaxis within a short window of opportunity in order to prevent the spread of Hepatitis A. Four (**4**) family contacts to Hepatitis A received prophylaxis at the Hamilton Township Health Department. Three other family members received prophylaxis at a local medical center. Our Public Health Nurses work diligently as patient advocates with these patients as well as with the State Department of Health.

### **III. LEGIONNELLA**

In 2010, our Public Health Nurses investigated **10** potential Legionnaire Disease cases. Seven **7** of these cases were confirmed and **3** were found to be not a case. These cases represented a higher than expected rate of illness within Hamilton Township for a one year period and time. The State Department of Health continues to work closely with the Public health Nurses in Hamilton conducting surveillance and investigation into the cause of our increased rate of legionnella.

### **IV. WEST NILE VIRUS**

There were **2** cases of West Nile Virus in Hamilton Township, both occurring within the same week in August. Both patients have recovered without sequelae. Public Health interventions were relevant in preventing a potential outbreak.

## BLOODBORNE PATHOGEN PROGRAM

### I. EMPLOYEE PROGRAM

Hepatitis (Hepatitis A, B, C) and HIV/AIDS are diseases caused by bloodborne pathogens. Therefore, *since July 1992* PEOSHA has mandated a bloodborne pathogen prevention program which must be offered to all employees determined to be in high risk positions, including health personnel, police officers, and other designated titles at risk due to their job duties. Education must be provided to employees with specific job titles on an **annual basis**, and **Hepatitis B vaccine** is offered to employees determined to be at high risk occupationally for contracting this disease. Hepatitis B requires a series of three (3) vaccinations and all administration and follow-up is conducted by this office. Education is also provided regarding the Ryan White Act which covers first responders who are exposed to specific diseases. *New* employees designated as high risk must be offered the educational program and vaccine within ten (10) days after their hire date.

Twinrix is a vaccine which protects against both Hepatitis A and B. This vaccine is now used for the Bloodborne Pathogen Program in Hamilton Township. Hepatitis A may be contracted through direct contact with an infected person. Although Hepatitis A is not, for most, considered to be a job related risk, it is now offered as an option for any employee who has not received the Hepatitis A or Hepatitis B vaccination series.

- **In the year 2010, a total of 50 Twinrix vaccines were administered to Hamilton Township employees and through the Bloodborne Pathogen contracts defined below.**

## **II. CONTRACTS**

The following agencies function under the same PEOSHA mandate regarding Bloodborne Pathogen Prevention. These agencies have contracted with this Health Division to provide training and Hepatitis Vaccine for their employees.

Contracts (Inter-Local Agreements) already in place prior to 2000, were with the following agencies:

1. DeCou Fire Company
2. Whitehorse Fire Company
3. Colonial Fire Company
4. Groveville Fire Company
5. Hamilton Township Board of Education
6. Mercer County Special Services School District
7. Hope First Aid & Company
8. Head Start Program

- **In the year 2010, there were 31 classes which resulted in 998 at-risk employees receiving Bloodborne Pathogen education.**

## **III. NJDHSS Grant**

In 2010 this grant was again awarded to cover the cost of the Twinrix(Hep A/Hep B) vaccines to eligible police, fire, and first responders. In previous years, Hamilton Township received up to \$5,000.00, however, as these personnel complete their vaccines, only new hires or volunteers need to receive the vaccine. A total of \$1,400.00 was received to cover Twinrix vaccines to designated personnel.

## **IV. BLOODBORNE PATHOGEN (BBP) – COMMUNITY PROGRAM**

Bloodborne Pathogen education and vaccines are provided to the Mercer County Vocational School for Allied Health Students. The Health Educator and the Public Health Nurse responsible for Bloodborne Pathogen instruction provide the education and 2 Public Health Nurses

from this Health Department go directly to the school to provide the vaccine. Since the trainees are high school students, the vaccine is provided free of charge through the NJSDOH - VFC Program, therefore, it is a community service which this section provides.

## TUBERCULOSIS SCREENING/PREVENTION PROGRAM

### **I. EMPLOYEE PROGRAM**

As of September 1995, PEOSHA required that employees must be protected from occupational exposure to TB. As a result, education to designated at-risk employees has occurred. In addition, screening for TB exposure is provided on an annual basis to those designated employees. Reports of exposures to tuberculosis is required along with continued follow-up. The Public Health Nursing Section conducts the education, screening and follow-up of all employees on a continual basis.

- **In the year 2010, approximately 19 designated employees were screened with the Mantoux PPD test.**
- **Approximately 204 employees received education regarding tuberculosis**

### **II. COMMUNITY PROGRAM**

Tuberculin testing is performed on specific high-risk community populations, including teachers, healthcare professional, students in healthcare professions, volunteers at specific organizations, and at times, pre-admissions to long-term care facilities.

Tuberculin testing is performed annually to the following and the totals for 2010 are as follows:

- Mercer County Vo-Tech School 37
- Mercer County Community Guidance 7
- Easter Seals 7
- Pre-school employee (new hires & bi-annually) 38
- Eligible walk-in clients 52

- In the year 2010, there was a total of 141 Mantoux Tests administered.
- There were 12 positive results which required referral to the Mercer County TB Services located at Capital Health Services at Mercer for assessment, follow-up and treatment as needed.

### III. DIRECTLY OBSERVED THERAPY (DOT) PROGRAM

Residents diagnosed with active tuberculosis are required to be treated for at least six months to a year. In an effort to assure compliance and adherence to the treatment regimen, DOT is mandated for a certain length of time. Public Health Nurses make home visits on a daily basis (excluding weekends and holidays) to observe and monitor a patient as they take their tuberculosis medication. This program increases patient treatment compliance and ultimately the spread of TB in our community.

- There were 3 patients visited on a daily basis for DOT in 2010, resulting in 50 visits for 2010.

## SEXUALLY TRANSMITTED DISEASE & HIV TESTING SITE

**This clinic site is now located at the Hamilton Township Division of Health.**

This health department is a *qualified STD/HIV/AIDS testing site*. The Health Educator, Nursing Supervisor and three Senior Public Health Nurses are qualified HIV/AIDS Counselors.

There are 3 Public Health Nurses certified in venipuncture. This had previously been a deficiency at the STD Clinic. Improvement in the quality of services was achieved by having the nurses certified. All Public Health Nurses received Venipuncture training.

There have been many changes in the STD Program due to more sophisticated testing methods, treatment modalities, etc. being updated and improved continually.

The most common diseases or conditions in which clients are tested and/or treated for are: Gonorrhea Chlamydia Syphilis HIV  
 Hepatitis B Hepatitis C Herpes (Type 1 or Type 2)  
 Crabs Scabies Trichomonis  
 BV NGU HPV Molluscum contagiosum

- In the year 2010, there were **94** STD Clinics.
- A total of **1,145** clients were seen and **798** HIV tests performed. HIV protocol mandates that pre-counseling and post-counseling occur prior to the test being performed and after the results are received. A total of **798** clients were pre-counseled, and approximately **620** returned for post-counseling.
- **86** Hepatitis B or Hepatitis A & B (Twinrix) vaccines were given through this clinic.
- Interlocal Agreement contracts account for approximately **20%** of the total clinic population.

*Seasonal flu immunizations* to STD/HIV patients were made available by a grant in 2009 from the New Jersey Department of Health to provide these as well as *Hepatitis A & B vaccines* at the STD clinic.

Princeton and Princeton Township and West Windsor have interlocal agreements starting in 2011 with our STD/HIV clinic.

In 2010, the Hamilton Township Division of Health applied to perform Rapid HIV Testing in 2011. This will be done at no cost to the Township. Robert Wood Johnson New Brunswick will provide the Lab Director for testing and we will provide our new Medical Director who is affiliated with the New Jersey School of Medicine and Dentistry in New Brunswick.

## ADULT HEALTH SERVICES

Chronic diseases are the leading cause of death and disability in the U.S. Baby Boomers account for nearly one third of national health care expenditures. Among seniors, the fastest growing segment of the population are people 85 years and older.

Extending years of life is a major focus in public health, however the quality of life during those years is important also. This Health Division has programs to detect elevations of blood pressure, blood sugar, and cholesterol and provides Health Education as needed.

### **I. NURSING EVALUATION CLINIC**

This clinic is offered monthly, by appointment, at both of the Senior Centers in Hamilton Township (Bernice Muha Senior Center and the John O. Wilson Senior Center). Blood pressure, blood sugar and cholesterol tests are performed and referrals made when indicated.

- **In the year 2010, a total of 183 assessments were performed.**
- **Follow up is conducted on every previously found referral and all new referrals. All positive screening tests are referred for private medical follow up. Health teaching is provided as needed by the Public Health Nurse.**

### **II. COMMUNITY HOME EVALUATIONS**

Referrals are made to this agency to assess and follow up on public health concerns/situations by other agencies as well as individuals. They range in ages of infant through adulthood as well as elderly/senior citizen referrals. These referrals range from sanitary/living condition complaints to child/elder neglect issues. Public Health nuisance threats such as head lice, bed bugs, etc are responded to in a timely fashion by the Public Health Nurses with RHES consultation as needed.

- **In 2010 11 Health Home Evaluations were acted on including assessment and action as needed.**

### **III. FLU/PNEUMONIA PREVENTION PROGRAM**

According to Healthy New Jersey 2010, in the United States, more than 90% of deaths attributable to influenza occur among persons aged 65 or older. Influenza vaccinations among the elderly have been shown to reduce the mortality and hospital admissions by sixty to seventy percent.

This Health Division, through the Nursing Section has a very aggressive Influenza/Pneumonia vaccine program. Mass immunization clinics are offered annually and home visits to homebound residents are made by this public health

nursing staff. Flu vaccine is offered to Hamilton Township employees and other high-risk residents. The Pneumonia vaccine is offered on a continuous basis annually.

- **In the year 2010, there were approximately 16 seasonal flu clinics held at various community sites in Hamilton Township.**
- **Approximately 3,689 influenza vaccines and were administered.**
- **There were approximately 141 home visits made to home-bound residents for flu shot administration.**
- **A total of 19 young adult/adult H1N1 clinics were held and a total of 7 pediatric H1N1 clinics were held.**
- **A total of 3,100 H1N1 vaccines were administered in 2010.**

#### **IV. COMMUNITY EDUCATION PROGRAMS**

##### **1) HEALTH FAIRS**

Numerous Health Fairs are held yearly throughout Hamilton Township. Educational materials are provided to the public on various topics regarding health and safety. The Health Educator and or Public Health Nurses are available to answer any questions.

- In 2010 there were 6 Health Fairs held at the following locations:  
The Bernice Muha Senior Center/Senior Health & Fitness Fair  
R.W.J. Wellness Center/ “Baby Fair”  
True Servant Worship & Praise Church/Health Fair & Screenings  
New Covenant United Methodist Church Health Fair  
Robert Wood Johnson Falls Prevention Awareness Day  
Hamilton Township Health and Benefits Fair  
The above Health Fairs were well attended. Health Screenings, assessments, and appropriate referrals were completed, as well as Health education.

The 2010 Employee Health and Wellness Fair was a huge undertaking with extensive planning and coordination. Approximately 34 agencies were contacted and participated providing information, health screenings and promotional items. Screenings included blood pressure, cholesterol and blood sugar testing as well as

BMI, body composition and waist circumference measurement. Other areas addressed included osteoporosis, vision screening, sleep apnea, cancer screening and stress management. Approximately 200 employees attended. Feedback for this event was extremely positive.

## 2) **SEPTEMBERFEST – LET’S SHAPE HAMILTON**

In 2010, the Mayor initiated the “Let’s Shape Hamilton” program as part of the Statewide “Mayor’s Wellness Campaign”. By starting this new program, his goal was to provide residents with a new opportunity in which they can improve their own health as well as the collective wellness of our entire community. After months of planning meetings and coordination with key health care providers, hospitals, and fitness facilities, the culmination was the “kick-off” of “Let’s Shape Hamilton 2010” at the Septemberfest.

Residents were encouraged to team up with Mayor Bencivengo to choose a healthier life style with one ultimate goal being weight loss. Under the coordination of the Health Department residents were weighed, waist measurements taken, body composition performed, as well as BMI. All data was electronically recorded into the newly created “Let’s Shape Hamilton” website. **107** residents were registered to become part of the year-long effort to help residents shape up and live healthier. The Mayor challenged residents to lose a collective 100,000 lbs. The Wellness Campaign will continue throughout the year and include a number of Health and Wellness related events provided by participating community Health organizations.

## **EMERGENCY PREPAREDNESS & BIOTERRORISM**

**Public Health Nursing is a vital component of this program.**

### **I. PANDEMIC FLU GRANT/H1N1**

In 2009/2010, the Hamilton Township Division of Health applied for a grant in the amount of \$196,971.00 from the New Jersey State Department of health for H1N1 influenza vaccination initiative. This grant was approved by the NJDHSS. The Hamilton Township Division of Health coordinated this program with our OEM, the New Jersey State Department of Health and the Mercer County Health Department.

## **II. SMALLPOX RESPONSE TEAM**

The CDC and local health departments are working to identify health care workers and first responders who could serve on response teams following a smallpox release. Participation on these teams and in the vaccination program is purely voluntary. Public Health Nurses are seen as necessary personnel since it is only RN's, Nurse Practitioners, Physician Assistants and MD's who may vaccinate others and provide critical services in days following an attack. *Only health care workers who have been vaccinated with the smallpox vaccine will be allowed to then inject the smallpox vaccine in others.* There are 5 regions in the State of New Jersey. Each region will have a response team. Hamilton Township is in the "Central West Region" and will be sent to Hunterdon County for education.

## **III. SMALLPOX PREPAREDNESS RESPONSE PLAN**

These plans were provided to the health departments, which defined a timeline of activities and educational programs. The programs were initiated in 2003, and remain in place and are updated yearly.

## **IV. BIOTERRORISM CERTIFICATION**

The New Jersey State Department of health (NJDHSS) has contracted with Rutgers University to provide training which is a critical component of New Jersey's public health preparedness and response plan and has been developed specifically for local health departments in support of the importance to prepare for public health threats and emergencies. The NJDHSS expects that *all* local health departments *professional staff* complete the 40-hour certificate program. The Nursing Staff have all attended classes and have either completed the required 40 hour certification or are in the process of obtaining their certification. Mandatory training for updates occur yearly for all PHN staff.

## **V. BIOTERRORISM EXERCISE**

In July & November 2008 the Hamilton Township Division of Health participated in exercises with Mercer County LINCS. The July exercise was conducted to assess local response regarding distribution of antivirals from the State Stockpile, and the November exercise tested ability to contact key personnel to set up a Point of Distribution Center for the provision of mass prophylaxis.

In May, 2009, the Hamilton Township Division of health participated in a multiple municipality drill at the Hopewell Public Works building. This exercise was designed to test the JEM Model of medication distribution during mass prophylaxis of a large segment of the population. In September 2009, the Mercer County Health Department along with the Hamilton Township Division of Health

conducted an exercise at our flu clinic to assess the amount of time it takes to inoculate the general public. The Hamilton Township Health Department was involved with extensive planning for these exercises. **In 2010 no exercise was conducted due to the fact that a real event occurred. This was not a drill, but a full- scale H1N1 pandemic initiative. In coordination with OEM, this Department established POD's throughout the town to distribute the H1N1 immunizations. Due to the success of this initiative these plans may become a model for future events throughout our county, state and possibly nationwide.**

**A total of 26 mass immunization clinics were held with a total number of vaccines given of 3,100**

## **VI. REGISTER READY**

In September, the County Health Department phased in the NJ Register Ready program. Residents or facilities, for example long-term care, in need of assistance during an emergency are currently being enrolled. Anyone who requires assistance during an evacuation can register for first responder help. A dedicated laptop has been provided to the Public Health Nurse responsible for this program to identify and register residents and facilities in case of evacuations due to natural emergencies or bioterrorism events. The Register Ready program has grown in numbers remarkably in 2010 to include housing complexes as well as private residences. We anticipate these numbers to continue to grow as our elderly and disabled population grows.

### **Educational Training Site**

This Nursing Section has served as a clinical education site for the College of New Jersey and other nursing education institutions for many years. At TCNJ Public Health Nursing courses are offered in the spring semester. Two clinical rotations take place from January through May. Approximately 20 students rotate through this clinical site each semester. A professor with a Doctorate degree in

nursing and a Masters-prepared adjunct instructor serve as the clinical instructors for TCNJ during these educational rotations. The Public Health Nursing staff serves as preceptors for the students as they learn the skills necessary for Public Health Nursing

The Supervisor of Public Health Nursing precepts many students from various distance-learning universities to enable them to complete their community health clinical rotation. This preceptorship is free of charge to the students. This year we have added the role of preceptor to TCNJ's Advanced Nurse Practitioner Program rotating students through various adult and pediatric clinical experiences. It is extremely important to encourage students, especially nursing students to enter the Public Health Nursing field. The extreme shortage of nurses presents a problem that needs to be addressed. It is very important to support academia to assure quality professionals for the future of Public Health.

### **Interlocal Agreements**

Agreements with surrounding communities has occurred in order to provide services which had been determined to be core activities.

#### **Services provided by the Nursing Section include:**

- 1) Health Officer services to East Windsor Township.
- 2) STD/HIV Testing for residents of every Township in Mercer County except Trenton. Interlocal agreements exist between Princeton, Princeton Township and West Windsor beginning in 2011.
- 3) Child Health Conference Services to Washington Township.

### **HOLIDAY COMMUNITY ACTIVITIES**

The Public Health Nursing section coordinates all community holiday activities. This is accomplished by adopting needy families and providing gift baskets to schools and churches to assist their families in need.

## **I. EASTER BASKETS & THANKSGIVING BASKETS**

*Easter & Thanksgiving Foodbaskets* are donated from various organizations such as churches, schools, etc. Hamilton Township municipal employees in various offices also contribute food baskets for needy families. The baskets are delivered prior to the holiday.

- In 2010, 4 Easter food baskets were donated and delivered to needy families as well as 5 \$50.00 gift cards.
- In 2010, 4 Thanksgiving food baskets were donated and delivered to needy families as well as 6 \$50.00 gift cards.

## **III. ADOPT-A-FAMILY & FOOD BASKETS FOR CHRISTMAS**

Various organizations and Hamilton Township municipal employees adopt families and are provided with “wish lists” on members of the family. The list includes ages, sizes, toy requests, etc. This program has grown every year. Food baskets and grocery store gift cards are donated by churches and other organizations.

- In 2010, there were approximately 21 families “adopted” to receive gifts and food baskets. 14 \$25.00 food gift cards were donated.

# HEALTH EDUCATION

*Health Education is a vital component of every program offered by the Hamilton Township Division of Health. The Health Educator functions as the STD/HIV Rep and offers many educational programs throughout the township for residents and employees. HEALTH EDUCATION is provided by the Health Educator and/or Public Health Nurses.*

## **III. EMPLOYEE SCREENING PROGRAM**

Prostate Screening is offered to all male employees of Hamilton Township who are 50 years of age and older. This program is offered once a year in April during regular working hours.

The screening is performed at a physician’s office and there is a digital exam as well as a PSA blood screening test. Robert Wood Johnson at University Hospital laboratory is used to perform the testing.

- In 2010 there were 23 male employees tested for prostate cancer.

#### IV. SCHOOL EDUCATION PROGRAMS

##### 1. STD/HIV

Educational classes on STD and HIV are conducted at Nottingham High School, Steinert High School and Hamilton High West.

- In 2010 there were 46 classes conducted.
- There were approximately 1325 students in attendance.

##### 2. Testicular Cancer

Educational classes are held for the male students at Nottingham/Steinert High Schools.

- In 2010 there were 9 classes held.
- There were approximately 150 students in attendance.

##### 3. Breast Cancer

Educational classes were held for the female students at Nottingham/Steinert High School.

- In 2010 there were 9 classes held. There were approximately 150 students in attendance.

#### V. COMMUNITY EDUCATION PROGRAMS

##### 1. Lyme Disease Prevention Program

Healthy People 2010 has defined Lyme Disease as a problem which needs to be addressed by the public health sector. Lyme Disease is a tick-borne illness, which may result in a debilitating illness if unrecognized. If left untreated, the bacterium travels through the bloodstream, establishes itself in various body tissues and can cause many symptoms, including headaches, painful arthritis, swelling of the joints, cardiac abnormalities and cognitive disorders. Education regarding prevention, high-risk tick locations, and prevention was distributed throughout the township. The Lymerix vaccine is no longer available and therefore, can not be offered to high risk employees. Therefore, prevention through education becomes a vital component in the fight against this disease.

## **2. West Nile Virus Program**

This disease has become a major topic in the educational material offered through this health department. Target groups for education included: residents, schools, nursing homes and employees. The message focused on prevention since there is no vaccine available against this disease. Awareness was a major initiative through community talks, newspaper articles, WZBN announcements, the Hamilton Web-site, and inservice education to community groups and health personnel.

Awareness education included mosquito control activities taking place in this township, the method of transmission, and signs and symptoms of the West Nile Virus.

## **3. Pandemic Flu Education Program**

A Pandemic Flu education program was incorporated in the Bloodborne Pathogen Education for all police, firefighters, teachers, etc. in 2010. This included the preparations for an outbreak of pandemic flu, respiratory etiquette and hand washing techniques.

## **4. Mammogram Mobile**

The Ruth Newman Shapiro Program and the Division of Health offered mammograms to the employees of Hamilton Township, as well as the public in 2010. Most insurance plans were accepted and funds were made available to provided mammograms to women without insurance. Referral information regarding free mammograms was made available.