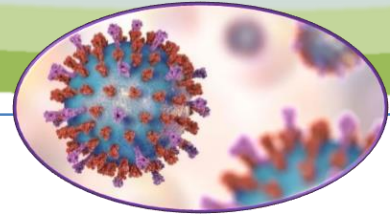


February 2025



Respiratory Syncytial Virus

The CDC's New Respiratory Syncytial Virus (RSV) Vaccine Recommendations

The Respiratory Syncytial Virus (RSV) is a common respiratory virus which typically causes mild, cold-like symptoms in people of all ages. RSV spreads from person to person through direct contact (i.e., droplets in the air when another person talks, coughs, or sneezes), or by touching a surface contaminated with the virus, (like a doorknob or light switch), and then touching a point of entry (i.e., the face, the mouth, the eyes, etc.).

Symptoms of RSV infection include...

- Runny nose
- Reduced appetite
- Coughing
- Sneezing
- Fever
- Or wheezing



In very young infants, symptoms may also include...

- Increased fussiness
- Decreased activity
- And/or apnea (a pause in breathing that may last 10 seconds or more).

A person with RSV will typically recover in a week or two. In some individuals, RSV symptoms can worsen and include shortness of breath and low oxygen levels. It can result in a bacterial infection such as bronchitis or pneumonia and can worsen chronic conditions.

Older adults and infants who get very sick from RSV may need to be hospitalized. Some may even die. The RSV vaccine can lower the risk of other infections and can help improve outcomes.

On August 30, 2024, The CDC revised their RSV vaccination recommendations for:

- All pregnant adults.
- Young children entering their second RSV season (those who are between 8 -19 months).
- All adults ages 75 and older.
- Adults ages 60–74 who are at increased risk of severe RSV (see below).

Primary care providers (PCPs) often recommend RSV vaccine for younger adults who may be medically fragile and/or those who have genetic or chronic conditions such as those listed below.

Please consult the individual's PCP for person-centered recommendations.

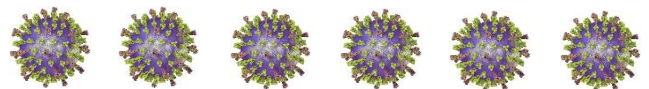
Conditions which increase the risk of severe RSV:

- Chronic cardiovascular disease (e.g., heart failure, coronary artery disease, or congenital heart disease [excluding isolated hypertension])
- Chronic lung or respiratory disease (e.g., chronic obstructive pulmonary disease, emphysema, asthma, interstitial lung disease, or cystic fibrosis)
- End-stage renal disease or anyone receiving hemodialysis or other renal replacement therapy.
- Diabetes.
- Neurologic or neuromuscular conditions (e.g., dysphagia, amyotrophic lateral sclerosis, muscular dystrophy, etc.)
- Chronic liver disease (e.g., cirrhosis)
- Chronic hematologic conditions (e.g., sickle cell disease or thalassemia)
- Severe obesity (body mass index ≥ 40 kg/m²)
- Communal living (anyone who resides in a group home).
- Chronic medical conditions or risk factors (e.g., frailty, etc.).

Before administering the vaccine, the individual's PCP should be told about any past allergic reactions after a previous dose of RSV vaccine and any other severe, life-threatening allergies.

Common vaccine reactions may include pain, redness, and swelling at the injection site, fatigue, fever, headache, nausea, diarrhea, and muscle or joint pain.

If there are signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness) after receiving any vaccine, call 9-1-1 or take the individual to the nearest Emergency Room or acute care facility. Severe allergic reactions to vaccines should be reported to the individual's PCP.



Please direct questions or concerns regarding the Office of Integrated Health Supports Network "Health Trends" newsletter to communitynursing@dbhds.virginia.gov

App of the Month



The Vaccine App is an official digital vaccine card replacing all paper counterparts globally. Your personal digital vaccine record which you can never lose. From birth to Adulthood. This app is FREE for life and includes immunization reminders, tracks vaccine reactions, outbreak notifications, history migration, officially signed records, PDF print outs, vaccine schedule, and clinic finder. (App of the Month is not endorsed by DBHDS Office of Integrated Health-Health Supports Network. User accepts full responsibility for utilization of app).

Reference

1. [Centers of Disease Control and Prevention \(CDC\). \(2023, October\). Respiratory Syncytial Virus \(RSV\) Vaccine VIS. RSV Vaccine: What You Need to Know. 1-3.](#)
2. [Centers of Disease Control and Prevention \(CDC\). \(2024, Aug. 30\). Clinical Overview of RSV.](#)

February 2025



ABA Snippets ...

Instilling a Positive Working Relationship....

Providing feedback is the most used intervention in Organizational Behavior Management literature. Research has shown the right feedback can improve performance as much as 100% or more, and it is cost effective (3). Providing the right feedback can increase desired performance, boost motivation, engagement, enhance confidence, and reduce staff turnover (1).

We have all received feedback from someone we did not particularly care for that led to an unproductive, potentially aversive interaction. Now, think about a time when you received praise from someone you admired and respected. It is likely that the latter social interaction was a more effective reinforcing consequence which led to better results. Laying the groundwork by building positive relationships is key to fostering trust and creating a positive learning history for conversations. When rapport has been built, positive and constructive feedback tends to be more valuable, leading to *buy-in* (2).

Here are just a handful of ways of building rapport to establish a positive work relationship and enhance social reinforcement: use welcoming nonverbal communication, engage in small talk, use the person's name in conversation, share personal anecdotes, ask open ended questions, and build on previous conversation with follow up questions (1).

By building trusting relationships of engagement, you have a better chance of staff members knocking on your door, requesting feedback, and using that feedback to improve their performance.

You may contact DBHDS about these efforts via the following: john.tolson@dbhds.virginia.gov

References

1. Bartle, G. E., Paslay, K., Vo, A., Chavez, M., King, C., DiGennaro Reed, F. D., (2024). Feedback toolkit: Your guide to intentional conversations. Association for Professional Behavior Analysts Member Resources.
2. Daniels, A.C., & Daniel, J.D. (2007). *Measure of a leader: The legendary leadership formula for producing exceptional performers and outstanding results*. McGraw Hill.
3. Rodriguez, M., Sundberg, D., & Biagi, S. (2016). *OBM applied! A practical guide to implementing organizational behavior management: Vol. 3. Making a positive difference*. ABA Technologies, Inc.



February is American Heart Month

Heart disease is the leading cause of death in the U.S. but impacts some communities disproportionately.

The National Heart, Lung, and Blood Institute (NHLBI) created **The Heart Truth®** in 2002. It is the first federally-sponsored national health education program designed to raise awareness about heart disease as the leading cause of death in women. Each February, NHLBI and **The Heart Truth** celebrate American Heart Month by motivating Americans to adopt healthy lifestyles to prevent heart disease.

NHLBI and **The Heart Truth** introduced the **Red Dress** as the national symbol for women and heart disease. Designed to emphasize that heart disease is not just a "man's disease", it's the #1 killer of women. The Red Dress is a trademark of the U.S. Department of Health and Human Services (HHS).

NHLBI, the HHS, HHS Office on Women's Health, and many other groups around the country annually celebrate **National Wear Red Day** on the first Friday in February to promote heart health awareness.

The Heart Truth is committed to raising awareness about heart health among the general public, especially among populations disproportionately impacted by heart disease. Specific educational program efforts focus on:

- Eating a heart-healthy diet
- Increasing physical activity
- Maintaining a healthy weight
- Knowing and controlling your heart health numbers
- Getting quality sleep
- Not smoking
- Managing stress



To learn more about
American Heart Month
<https://www.nhlbi.nih.gov/education/american-heart-month>

