

Diagnosis and Management of Influenza in Pediatric Patients at UNC Hospitals

NOTE:
Testing may sometimes be appropriate outside influenza season if high clinical suspicion.

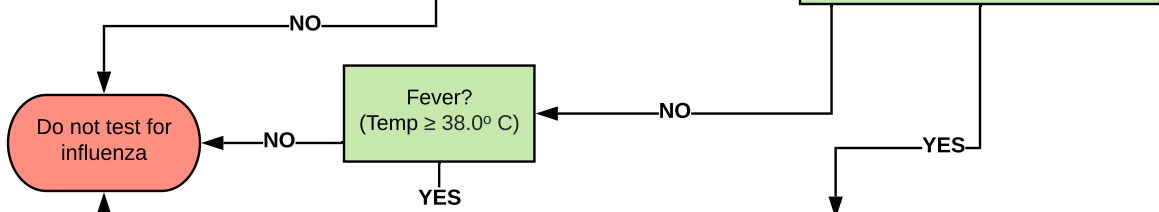
Upper or Lower Respiratory symptoms present during influenza season? (Box A)

ANY of the following?

- Immunocompromised status
- May require hospital admission
- Risk factors for severe influenza (Box B)

How to use this document

- This is a **guideline** document that does not replace clinical judgment.
- It applies to ALL patients evaluated at UNC Children's.
- It should be used during periods of influenza activity (Box A).



Box A: Influenza Season

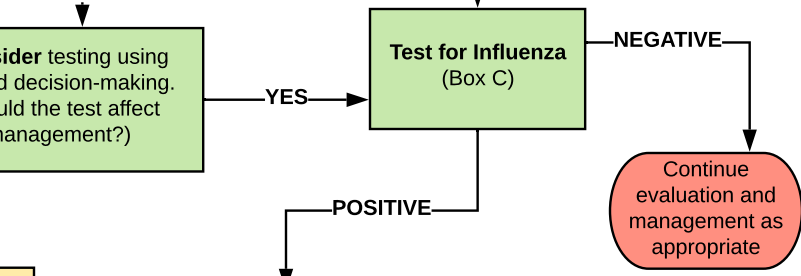
November 15 - March 30
OR
As defined by CDC (<https://www.cdc.gov/flu/weekly/>) or Hospital Epidemiology

Box B: High-Risk Patients

ANY of the following:

- <2 years of age
- Immunocompromised
- Pregnant
- Chronic pulmonary disease, including asthma
- Chronic cardiovascular disease (symptomatic)
- Chronic renal disease
- Chronic liver disease
- Chronic hematologic disease, such as sickle-cell disease
- Metabolic disease, including diabetes mellitus
- Neurologic/developmental conditions (epilepsy, cerebral palsy, spinal cord injury, etc.)
- Obesity (BMI > 99th %ile)

NOTE:
In admitted patients with **no** high-risk conditions with primary concern for hydration status, clinicians may choose to defer antiviral therapy.



Box C: Diagnostics

Rapid Influenza OR Rapid RSV + Influenza PCR:

- Turnaround: 60-90 min
- Sensitivity: >99%
- PREFERRED** over RPP

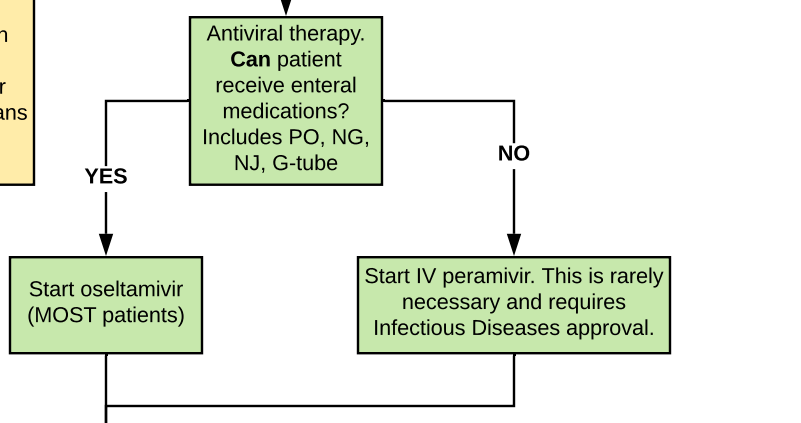
Respiratory Pathogen Panel (RPP):

- Turnaround: 4-24 hours (faster on weekdays)
- Sensitivity: >99%

NOTE:
Some patients with influenza may have other indications for antibiotics. Examples include:

- Infant <60 days
- Neutropenia due to chemo
- Central venous catheter
- Transplant recipient

Antibiotics should be given when appropriate in such cases.



Drugs for Influenza

Oseltamivir:
<12 months: 3 mg/kg/dose BID
<15 kg: 30 mg BID
15-23 kg: 45 mg BID
23-40 kg: 60 mg BID
>40 kg: 75 mg BID
Usual duration 5 days; in severe illness 10 days has been used. Most common side effects: nausea and vomiting.

Peramivir (Requires Infectious Diseases approval):
≥2 years: 12 mg/kg up to 600 mg IV. For younger patients, consult Pediatric Infectious Diseases. **Usual duration is a single dose;** 5-day courses have been given in severe disease.

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