

Shingles Shots

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What you should know...

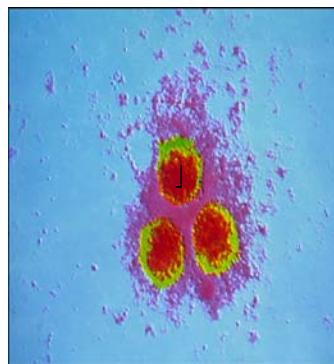
- What is Shingles? Painful skin rash often with blisters.
- If you have had the chickenpox you are at risk.
- The connection between, Shingles and the Chickenpox.
- The Age Factor
- The Symptoms
- Questions for your doctor or healthcare professional
- Contraindications

Inside this issue:

- Medicare Reimbursement **3**
- How to implement a vaccination program **3**
- Shingles FAQ's **3**
- Who should not get the vaccination **4**
- Consent Form **4**

Why get the Shingles Vaccination?

- Prevent a very agonizing and painful rite of aging.
- Combined, infectious diseases like shingles, whooping cough, influenza and pneumococcal disease kill more Americans annually than either breast cancer, HIV/AIDS or traffic accidents. These deaths are largely preventable with vaccination.
- According to the CDC, too few adults in the US are being vaccinated against this serious and sometimes deadly disease. In fact, only 2% of eligible adults have had the shingles vaccine.¹



Shingles is caused by the Varicella Zoster virus

- Millions are at risk. Anyone who ever had the chickenpox is at risk for shingles. (Over 99% of us fall in this category.)

Treatment

Treatment using antivirals can cost more for a 7 day course of therapy than the vaccination.

Valtrex® 1 gram 7 days of therapy is \$287.10.

Famvir® 7 days of therapy is \$269.00.

Sometimes steroids and antibiotics are prescribed to manage the side effects such as infected blisters. Often narcotic pain relievers are dispensed as the pain from shingles can last one year or longer.

Why should Kohl's be your provider?

- Kohl's has been a trusted partner in the healthcare community for over 55 years.
- Pharmacists and nurses are allowed to immunize adults
- Can set up an on-site clinic, so patients won't need to make another trip to the doctor's office.
- Simplify the management, documentation and billing for immunizations.
- Most physicians and hospitals don't carry the vaccine because of storage and reimbursement requirements.



If you have had the chickenpox, you are at risk.



9 out of 10 adults in the United States have had chickenpox. You were probably one of them.

You're probably paying more attention to your health now than you used to. That's a good thing because there's a disease out there that shouldn't be ignored. It's called Shingles, and it has the potential to be serious. If you've had chickenpox, you're at risk for Shingles.

There's no way to tell who will get Shingles or when it may occur.

Shingles can be painful and can cause serious problems.

For most people, the pain from the Shingles rash lessens as it heals. After the rash heals, however, Shingles may lead to pain that lasts for months or even years in some people.

This long-term nerve pain, called postherpetic neuralgia or PHN, occurs because the virus that causes Shingles may damage certain nerves. The pain can vary:

- Burning and throbbing
- Stabbing and shooting

For many people with long-term nerve pain, even the touch of soft clothing against the skin can be painful.

The Connection between Chickenpox and the Shingles.

What does chickenpox have to do with Shingles? Shingles is caused by the same virus that causes chickenpox. Once a person has had chickenpox, the virus can live, but remain inactive, in your body. If it becomes active again, usually later in life, it can cause Shingles. If you've had chickenpox there is no way to predict if you will get Shingles. Over 99% of us fall in this category.

What's more, the inactive virus usually has no signs or symptoms. So shingles can appear at any time without warning.

"I had chickenpox as a child. I just found out that means I could have Shingles as an adult."



"I didn't know that Shingles had the potential to be serious."

More importantly,

I didn't know I was at risk."



"As I get older the risk for Shingles increases."

The Age Factor and Symptoms

As you get older, your immune system weakens. That means your risk for Shingles increases. In fact of the estimated 1 million cases of Shingles in the United States every year, almost half of them occur in adults age 60 and older. 1 out of 2 people who live to age 85 will have Shingles. The older you get, the longer the Shingles may last.

The older you get, the more you're at risk for long-term nerve pain.

The first signs may include itching, tingling and burning. A few days later a fluid filled blistering rash appears (usually on one side of the face). The rash can be painful, lasting up to 30 days.

For most people, the pain associated with the rash lessens as it heals. But the effects of Shingles have the potential to be felt for months or even years.



Medicare Reimbursement Update



Reimbursement depends on the Medicare Part D prescription drug plan. Basic Medicare A/B does not cover shingles vaccination.

Private insurance companies (not Medicare Part D) may cover a portion of the vaccine cost, however, the patient will be responsible for the administration fee of \$35.

Exact determination of copayment will require a copy of the patients insurance card and/or Social Security Number, and could be billed ahead of time through Kohll's Pharmacy. If this is not possible, Kohll's can bill the vaccine at your facilities provided the customer has the necessary insurance cards for us to bill.

Shingles Vaccine:

A vaccine for shingles was licensed in 2006. In clinical trials, the vaccine prevented shingles in about half of people 60 years of age and older. It can also reduce the pain associated with shingles. A **single dose** of shingles vaccine is indicated for adults **60 years of age and older.**

1 in 5 people with Shingles will experience nerve pain.

Implementing a Shingles Vaccination Program

1. Deliver Shingles information to care giver decision makers.
2. Gather the list of facility patients who will get immunized.
3. Schedule Vaccination Date and Time with Kohll's representative.
4. Individual Prior Consent Forms filled out and signed.
5. Individual Medicare Part D or Insurance form completed.
6. Payment Form

Contact your Kohll's representative for your complete Vaccination Implementation Packet.

402-895-6812, x 153



Shingles FAQ's

If I have a cold, can I get the shingles vaccine?

If you have a minor illness like a cold, it's OK to get the shingles vaccine. But if you are moderately or severely ill, wait until you recover to get the shingles vaccine.

Are there side effects with the vaccine?

Similar to a flu shot, the shingles vaccine is given in the back of the upper arm. Side effects of the shingles vaccine may include redness, soreness, swelling or itching at the site of the injection.

Should I get the shingles vaccine if I've already had shingles?

According to the CDC, the shingles vaccine should be given regardless of a history of shingles. Because shingles can recur, giving the shingles vaccine again can prevent reoccurrence.

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Some people should not get shingles vaccine or should wait.

A person should not get the shingles vaccine who:

- ◇ Has ever had a life-threatening allergic reaction to gelatin, the antibiotic neomycin, or any other component of shingles vaccine. Tell your doctor if you have any severe allergies.
- ◇ Has a weakened immune system.
- ◇ HIV/AIDS or another disease that affects the immune system.
- ◇ Treatment with drugs that affect the immune system, such as steroids.
- ◇ Cancer treatment such as radiation or chemotherapy.
- ◇ A history of cancer affecting the bone marrow or lymphatic system, such as leukemia or lymphoma.
- ◇ Has active, untreated tuberculosis.
- ◇ Has active Shingles disease.