



I Raise the Rates! December Edition

In this edition of I Raise the Rates (IRtR), you will find a variety of new resources from several public health partners, educational opportunities, and a selection of media articles related to immunization.

Make sure to get your Influenza Vaccine this Holiday Season!



Getting a flu shot will help safeguard against the spreading of the flu to vulnerable populations like young children, infants and the elderly.



Apply Now - ACP Quality Improvement Initiative

I Raise the Rates

A national campaign to increase influenza and adult immunization rates.

Become an ACP Quality Champion and learn the skills to lead a quality improvement (QI) initiative to increase vaccination rates in your practice!

[Apply Now](#) to receive:

High Quality Education

- Free registration to the [QI Champion Leadership Training Precourse](#) on April 26, 2023 in San Diego, CA (\$400 value plus \$1,000 travel stipend for two members from your practice)
- Access to the [ACP Advance QI Curriculum](#), [training videos](#), and tailored educational resources
- Earn more than 54 CME and ABIM MOC credits



APPLY NOW Opportunity to participate in ACP Quality Improvement Initiative to Increase Adult Influenza Immunization Rates ACP is recruiting internal medicine and subspecialty practices and residency programs to participate in the I Raise the Rates quality improvement programs to increase influenza and adult immunization rates. ACP's I Raise the Rates program, which is supported by funding from CDC, provides QI education and virtual coaching support from ACP Advance expert coaches to support increased adult immunization coverage. The program also offers access to a virtual learning community, tailored educational offerings, including free registration to QI precourse at the 2023 ACP Internal Medicine meeting in San Diego, CA, as well as the opportunity to earn more than 54 CME and ABIM MOC credits for program participants.

The deadline to apply is March 1, 2023. Please click the button below to access the recruitment flyer for more information about participation benefits and requirements, as well as the application link.

[Access the Recruitment Flyer Here](#)

Call For Submissions

Instructions:

Please submit your completed abstract submission form to ACPQI@acponline.org on or before **January 13, 2023**.

- All abstracts must be submitted electronically via email to ACPQI@acponline.org. Only complete submissions are eligible for review.
- A confirmation email will be sent to the email provided for the practice lead/primary author once the abstract has been fully submitted. Awardees and poster presenters will be notified by January 31, 2023.
- Poster presenter submissions only:

- The project lead/primary author (or a representative from the project team) will be expected to attend the Quality and Well-being Networking Reception in-person on Friday, April 28, 2023, from 6:00 – 7:30 pm PT.
- Selected poster presenters will be provided with a template for their electronic poster. Completed posters must be submitted to ACPQI@acponline.org by March 31, 2023.
- For any questions, please email ACPQI@acponline.org.

Important Deadlines

- The deadline for submissions is **January 13, 2022**.
- Award winners and poster presenters will be notified by January 31, 2023.
- Selected poster presenters should submit their electronic posters to ACPQI@acponline.org by March 31, 2023.

[Access the Submission Form Here](#)

Featured Articles and Resources

Frequently Asked Influenza (Flu) Questions: 2022-2023 Season



- For the 2022-2023 flu season, there are three flu vaccines that are preferentially recommended for people 65 years and older. These are Fluzone High-Dose Quadrivalent vaccine, Flublok Quadrivalent recombinant flu vaccine and Fluad Quadrivalent adjuvanted flu vaccine.
- The recommended timing of vaccination is similar to last season. For most people who need only one dose for the season, September and October are generally good times to get vaccinated. Vaccination in July and August is not recommended

for most adults but can be considered for some groups. While ideally it's recommended to get vaccinated by the end of October, it's important to know that vaccination after October can still provide protection during the peak of flu season.

[Learn More](#)

Flu Shot: Your best bet for avoiding Influenza



This year's annual flu shot will provide protection against four of the influenza viruses expected to be most common during this flu season. High-dose flu vaccines will be available for adults age 65 and older. Influenza, often called the flu, is an infection of the nose, throat and lungs, also called the respiratory system. Influenza can cause serious complications, especially in children age 2 or younger, pregnant people, adults over age 65 and people with certain medical conditions. By some estimates, the flu causes more than 400,000 hospital stays and 50,000 deaths every year.

Getting an influenza vaccine — though not 100% effective — is the best way to prevent the misery of the flu and its complications. The Centers for Disease Control and Prevention (CDC) recommends annual flu vaccination for everyone age 6 months or older. The flu vaccine can lower your risk of getting the flu. It also can lower the risk of having serious illness from the flu and needing to stay in the hospital

[Learn More](#)

Two Doctors weigh in on the importance of the

Flu Shot



While the flu is especially dangerous for anyone who already has a health problem (such as a weakened immune system, or heart or lung problems), it can be dangerous for healthy people, too. I had a patient who was in his 40s and otherwise healthy who passed away from complications from influenza. It was heartbreaking, both for me and for his family.

Even if you don't get sick or experience symptoms from the flu, influenza is very contagious. You can be contagious before you realize that you even have it. That means you can spread it to others, some of whom may get very sick. Getting immunized helps keep everyone safe, because it's not just about you, it's about everyone around you. This is especially true for those who are more vulnerable to serious flu illness, like babies and young children, older people and people with certain chronic health conditions.

[Learn More](#)

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