



## NWT Clinical Practice Information Notice

Upon receipt, please file this notice in **Section C, Clinical Practice Information Binder** for future reference.

The following clinical practice has been approved for use in the Northwest Territories Health and Social Services system, and has been distributed to:

|                                     |                  |                                     |                          |                                     |                     |                                     |     |                                     |             |
|-------------------------------------|------------------|-------------------------------------|--------------------------|-------------------------------------|---------------------|-------------------------------------|-----|-------------------------------------|-------------|
| <input checked="" type="checkbox"/> | Hospitals        | <input checked="" type="checkbox"/> | Community Health Centres | <input checked="" type="checkbox"/> | Homecare            | <input checked="" type="checkbox"/> | LTC | <input checked="" type="checkbox"/> | Pharmacists |
| <input checked="" type="checkbox"/> | Doctor's Offices |                                     | Social Services Offices  | <input checked="" type="checkbox"/> | Public Health Units |                                     |     | Please list other(s):               |             |

The information contained in this document is a Departmental:

|                          |        |                          |                   |                          |          |                          |           |                                     |                             |
|--------------------------|--------|--------------------------|-------------------|--------------------------|----------|--------------------------|-----------|-------------------------------------|-----------------------------|
| <input type="checkbox"/> | Policy | <input type="checkbox"/> | Clinical Standard | <input type="checkbox"/> | Protocol | <input type="checkbox"/> | Procedure | <input checked="" type="checkbox"/> | Clinical Practice Guideline |
|--------------------------|--------|--------------------------|-------------------|--------------------------|----------|--------------------------|-----------|-------------------------------------|-----------------------------|

**Title:** [NWT Guidelines for the Use of Oseltamivir in Long Term Care Facilities](#)

**Effective Date:** March 14, 2025

### Statement of approved Clinical Practice:

The Chief Public Health Office is providing guidance on the use of oseltamivir for treatment and prophylaxis of influenza during an outbreak in Long Term Care facilities. Highlights include:

- Routine use of antiviral prophylaxis of asymptomatic contacts outside an institutional outbreak is not recommended.
- Any resident who is placed on antiviral **prophylaxis** should be carefully monitored for the development of influenza-like (ILI) symptoms. If ILI symptoms develop during prophylaxis, the client should immediately be switched to antiviral **treatment** protocol so as not to create antiviral drug resistance.
- Early initiation of antiviral treatment for symptomatic eligible residents is critical for effective treatment.
- Oseltamivir is a MUST STOCK item as per the [NWT Primary Care Formulary](#)

### Attachments:

- NWT Guidelines for the Use of Oseltamivir in Long Term Care Facilities:  
<https://www.hss.gov.nt.ca/professionals/sites/professionals/files/resources/guidelines-use-oseltamivir-long-term-care-facilities.pdf>

An electronic copy of this notice is also available on the Department of Health and Social Services public website at: <http://www.professionals.hss.gov.nt.ca/document-categories/clinical-practice-information-notices>.

This clinical practice is approved.

March 14, 2025

Acting CPHO

Minister

Deputy Minister

Assistant Deputy Minister

Chief Public Health Officer