



NEWS RELEASES

Seasonal Illness Update (Week 4, 2019)

Night Nurse Inc. analysis of actual patient triage data implies better predictability of Seasonal Illness, in advance of CDC reporting.

Summary:

This Seasonal Illness Update is produced utilizing data samples from the week ending January 26th 2019 (Week 4), from Night Nurse actual patient triage call encounters and compares those trends to those obtained from CDC sources in the same time period.

Night Nurse Triage data is intended to provide an advance look at how the trending spread of influenza and Total After-Hours Patient Call Volume may affect your patient care and staffing operations. This information is based on a Night Nurse weekly sample size of approximately 5,000 RN-based actual triage calls. Data includes patients from Pediatric, Adult and Family Medicine practices, from approximately 35 states.

Week 4 Report

Trends Night Nurse utilizes to produce these reports include:

- Night Nurse Influenza Like Illness (ILI)Activity vs. CDC FluView Report
- Night Nurse Total patient call volume

METHODOLOGY

Night Nurse statistics reflect the percentage of after-hours calls assessed by our RN's, that fit the protocol which meets the criteria for influenza.

Night Nurse data typically is a one or more week advance informational source of that from the CDC FluView Report.

CDC FluView information is taken from Public Health Centers. It's not the comparative numbers that are of focus, but the comparative trending data, as the data sourcing and sample sizes differ in collection methodology.

DATA COLLECTION

The CDC's data used in this update can be reviewed from the latest CDC FluView Report released for the week ending January 19 (Week 3) and can be found at <https://www.cdc.gov/flu/weekly/summary.htm>

CDC DATA BREAKDOWN

The CDC FluView Report indicates widespread influenza levels now in most of the US, with Influenza A being 98.4% of laboratory tested cases; a small decrease from 98.8% from Week-2. Within the Influenza-A cases, H1N1 is the most predominant strain, showing in 81.2% of subtyped cases; a decrease from the Week-2 result of 89.1%. H3N2 is being predominately detected in the South Eastern US representing approximately 18.8% of subtyped cases, as compared with 10.9% from Week 2 and suggests a significant increase in the spread of H3N2 influenza in this region

Three pediatric flu-related deaths were reported during the week ending January 19 (Week 3). A total of 22 influenza-associated pediatric deaths have been reported for the 2018-2019 season.

Night Nurse Influenza Like Illness (ILI) Activity vs. CDC FluView Report

NIGHT NURSE VERSUS CDC DATA COMPARISON

Night Nurse actual reported data of the proportional percentage of people seeking after-hours care for Influenza Like Illness (ILI), as compared to the proportional percentage of ILI cases reported by the CDC are as follows:

For the week ending January 05 (Week 1):

Night Nurse reports 1.3% of ILI cases vs. the FluView report of 3.5%.

For the week ending January 12 (Week 2):

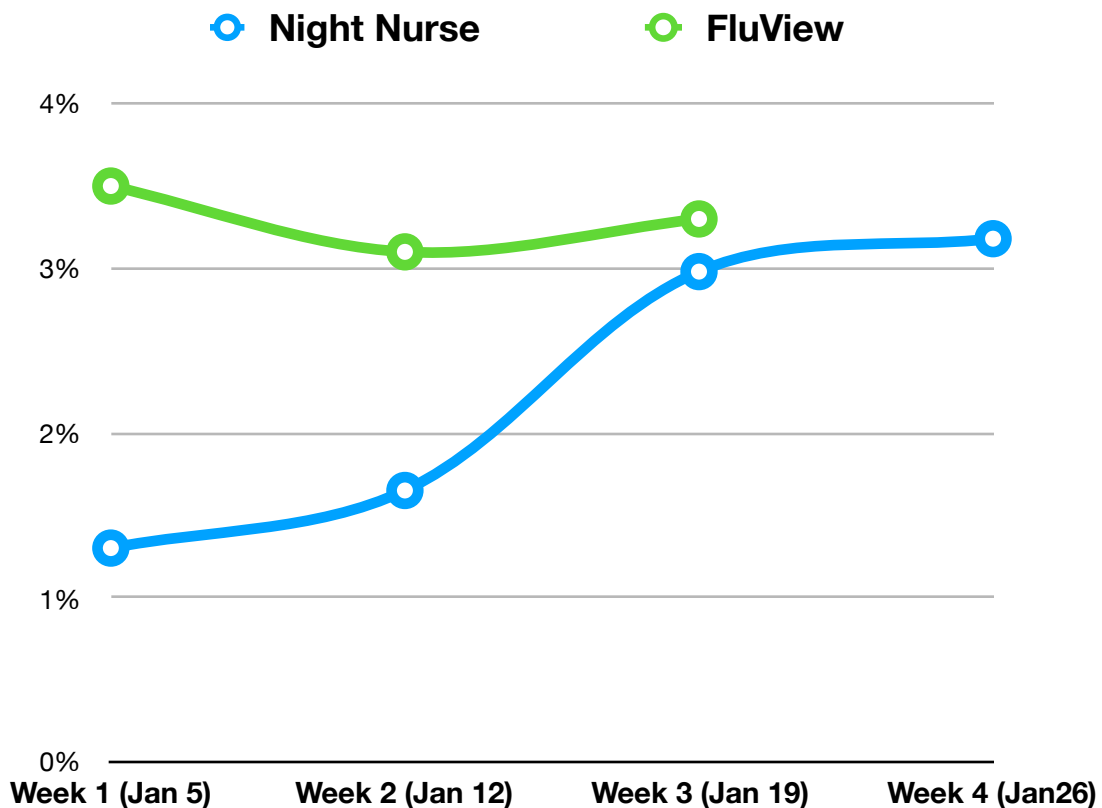
Night Nurse reports 1.65% of ILI cases vs. the FluView report of 3.1%.

For the week ending January 19 (Week 3):

Night Nurse reports 2.98% of ILI cases vs. the FluView which is 3.3%.

For the week ending January 26 (Week 4):

Night Nurse reports 3.18% of ILI cases vs. the FluView report, which is not yet available.

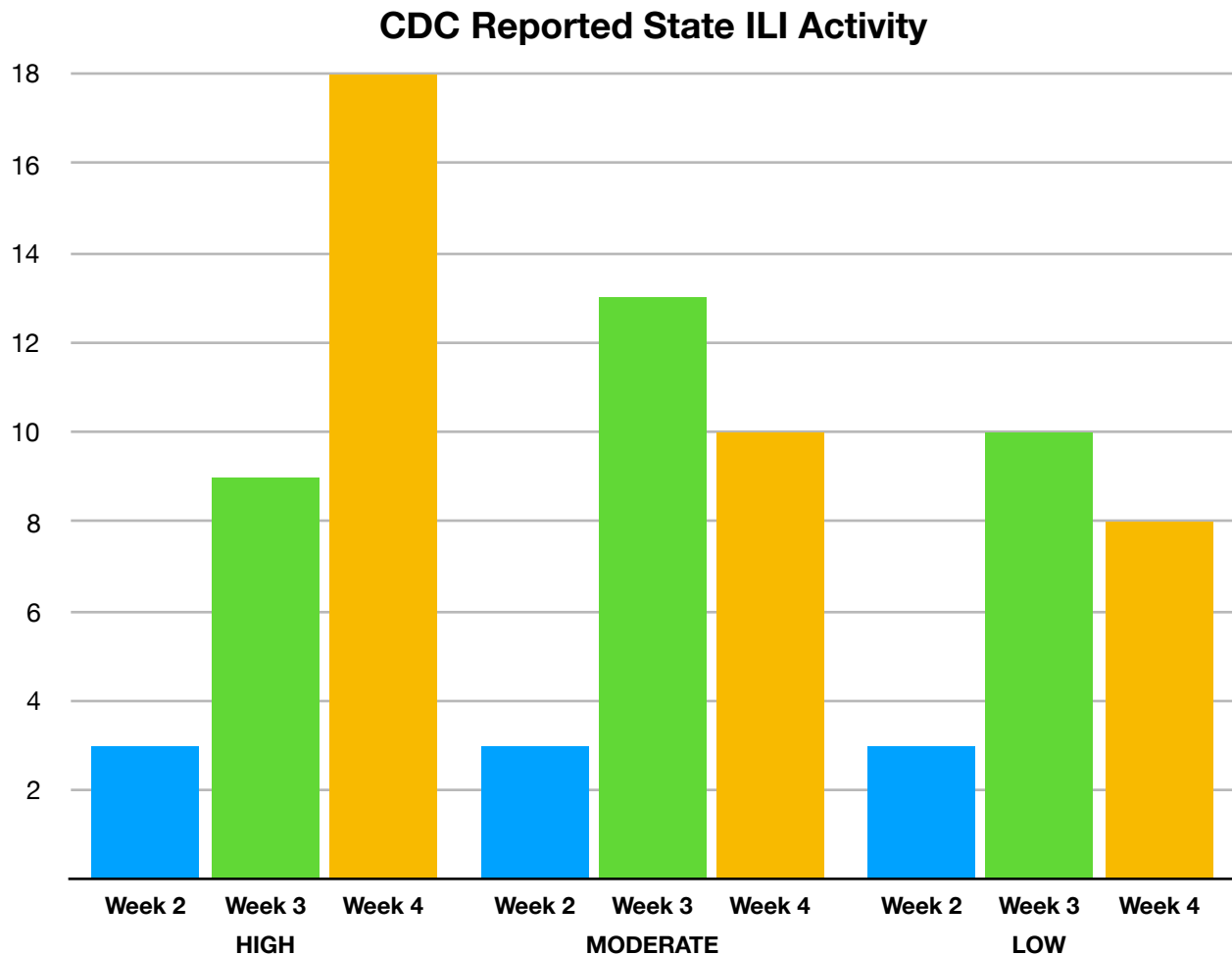


ASSESSMENT

Night Nurse data from Week 4 suggests that influenza cases are still increasing, with a steady rise since Week 1. Although Night Nurse has not concluded that we are at a seasonal peak, we expect to see that peak level over the next 2-3 weeks.

The FluView report from Week 2 suggested the decline of influenza cases, but now in Week 3 it indicates an increase to the highest levels of this season. These results imply that the Night Nurse data has proven accurate for the prior report of Week 3.

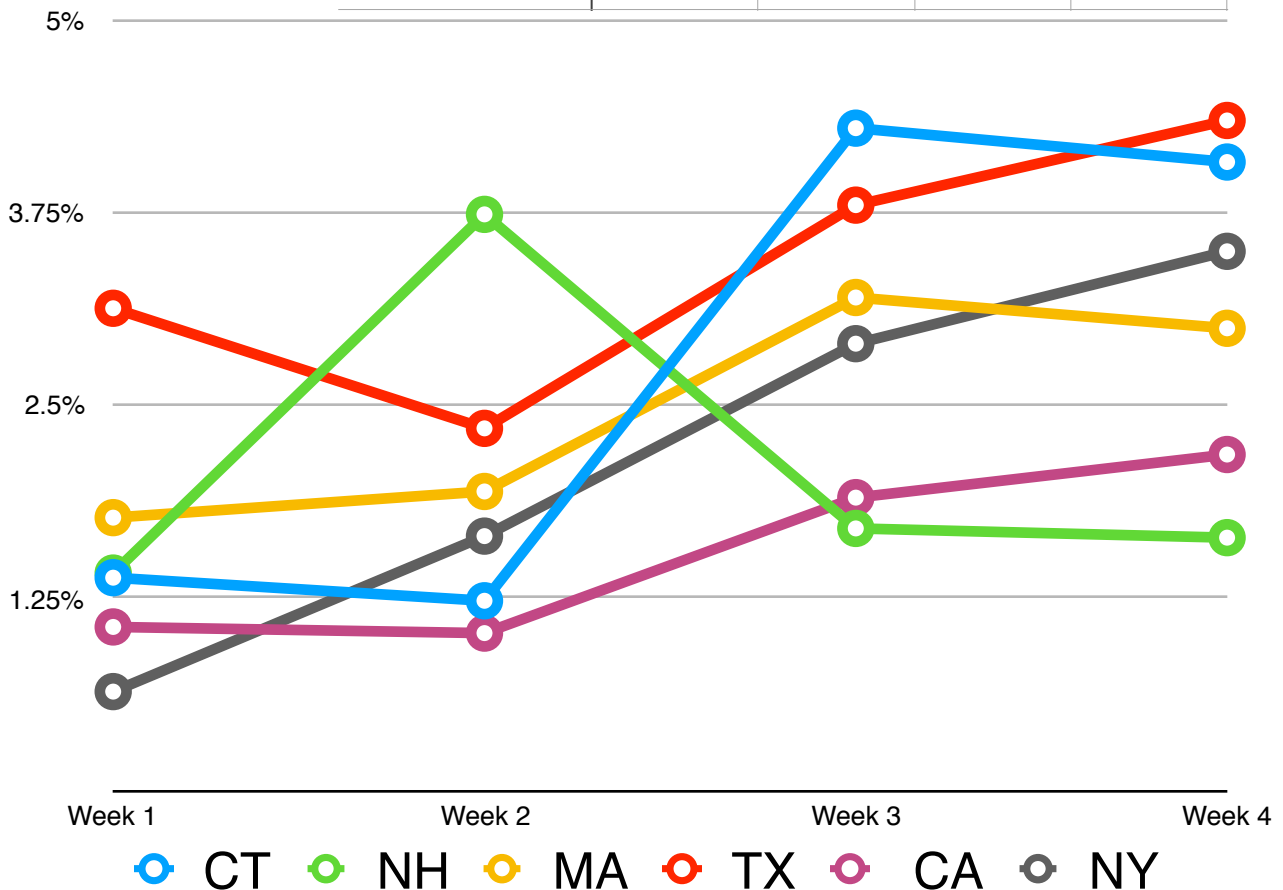
The CDC reports ILI (Influenza Like Illness) with High activity in 18 states, Moderate activity in 10 states and Low activity in 8 states.



DATA BASED ON NIGHT NURSE STATE WIDE REPORTING

Actual Night Nurse statistics from selected states, by above category:

		Week 1	Week 2	Week 3	Week 4
HIGH	Connecticut	1.38%	1.23%	4.30%	4.08%
	New Hampshire	1.41%	3.74%	1.70%	1.64%
MODERATE	Massachusetts	1.77%	1.94%	3.20%	3%
	Texas	3.13%	2.35%	3.80%	4.35%
LOW	California	1.06%	1.02%	1.90%	2.18%
	New York	0.64%	1.65%	2.90%	3.5%



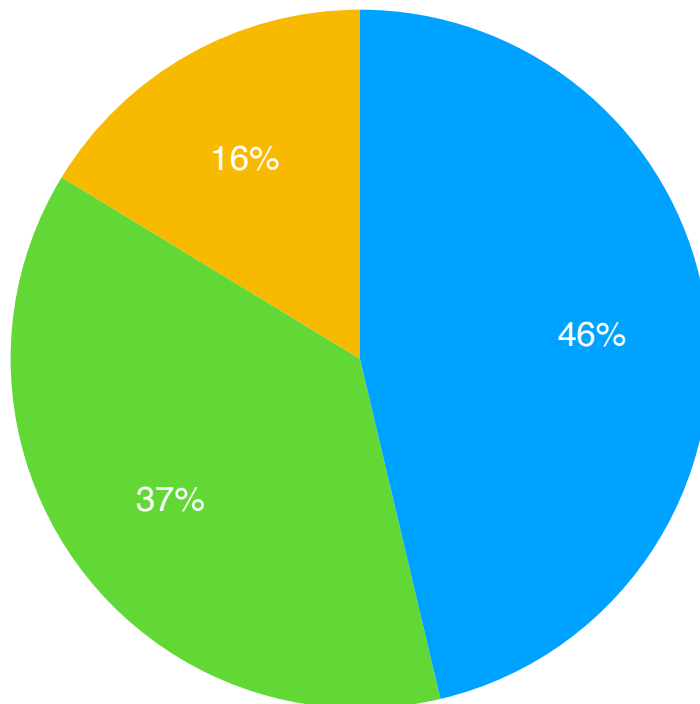
DISCREPANCIES FROM CDC DATA

Night Nurse data suggests that influenza has reached its peak in New Hampshire, which has now shown two-consecutive weeks of decline. However, it should be noted that NH call volume is still increasing, which implies an increase of non-ILI illness. Massachusetts and Connecticut data suggest that ILI levels are at or just past the peak level from Week 3. Sharp rises in influenza cases have been detected in New York and Texas. A steady increase is evident in California, which suggests the peak of ILI has not been reached.

Of the after-hours ILI cases triaged by Night Nurse for the week ending January 26 (Week 4)

- 46.3% Were directed to PCP via appointment
- 37.4% were provided Home-care advice
- 16.3% were directed to be seen immediately

- PCP via appointment
- Home-care advice
- Seen immediately



Night Nurse Total patient call volume Trend

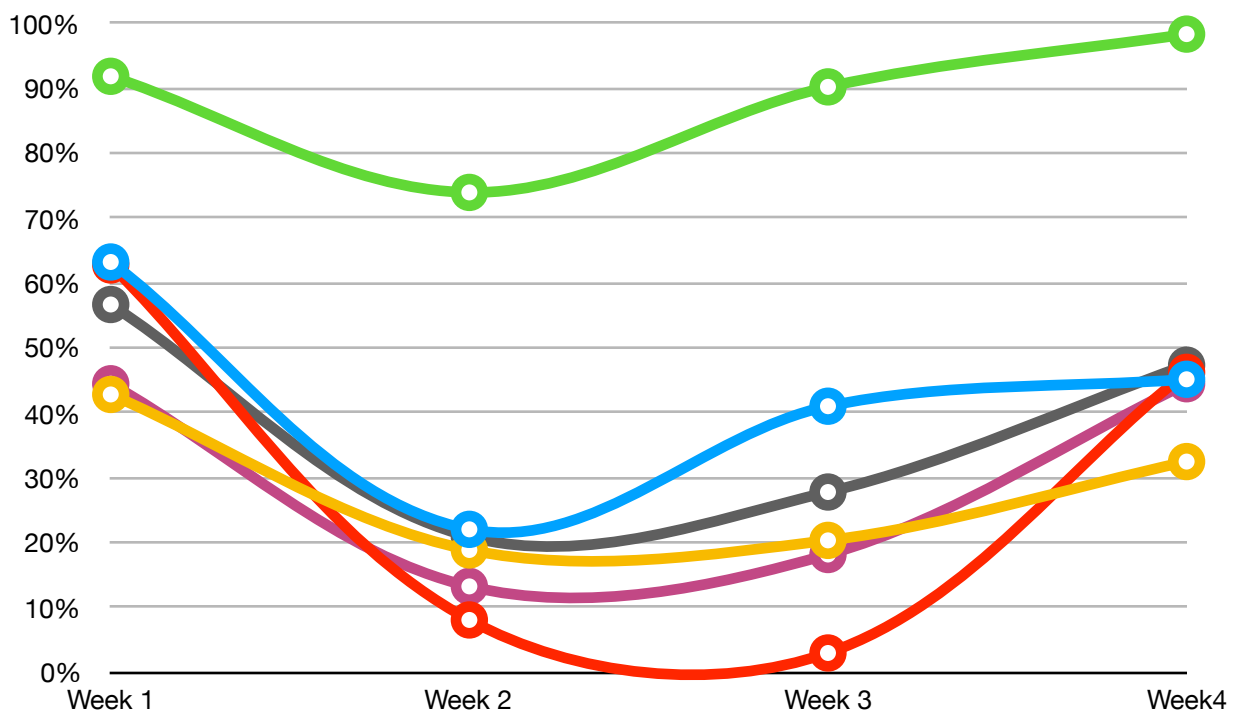
This Call Volume Trend update is provided to show the percentage difference in weekly total after-hours call volume as compared to the seasonal low-volume baseline from August 2018.

Night Nurse closely tracks Total After-Hours triage call volume, as an overall indicator of the level of seasonal illness. The same six-states are tracked here.

It should be noted that Week-1 figures include the high-usage period from the end of the 2018 holiday season.

Call Volume Vs. Baseline

	State	Week 1	Week 2	Week-3	Week 4
●	Connecticut	63.26%	22.07%	41.04%	45.19%
●	New Hampshire	91.87%	73.98%	90.24%	98.37%
●	Massachusetts	42.85%	18.89%	20.37%	32.51%
●	Texas	62.80%	8.11%	3.02%	46.26%
●	California	44.50%	13.28%	18.19%	44.5%
●	New York	56.71%	20.94%	27.82%	47.37%
	Overall:	49.99%	20.81%	25.10%	37.98%



ASSESSMENT

Call volume trends suggest that seasonal-illness levels are still increasing, in most of the US, with Week 4 overall call volume having a sharp increase over Week 3, from 25.1% to 37.9%, over the August 18 baseline.

From the states that are being tracked here, New York, California and Texas are showing the most dramatic increases, with Texas showing some of the highest jumps in both ILI and Total Call Volume. As overall call volume levels are increasing, along with rising percentages of ILI cases,, it may be inferred that non-influenza seasonal illnesses are also prevalent.

Staffing levels should remain at higher flu-season levels, until trends indicate call volume and ILI activity are both on the decline. All regions still suggest elevated ILI levels are still present.

I will update these statistics on a weekly basis for the duration of this flu season. If there are any statistics you would like to receive or a state you would like to have focused, please send me a message on [Linked-In](#) or from the [form on this webpage](#) and I will try to accommodate you.

Feedback is welcome and encouraged. These statistics are for informational purposes only.

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