

Clinical Lab Services Manual

The Clinical Lab Services Manual - Online

The VDH Laboratory (VDHL) provides reference and specialized testing services in support of public health. In an effort to provide better service to our customers, the VDHL is pleased to offer the **Clinical Lab Services Manual**, now available on the VDH website at http://healthvermont.gov/enviro/ph_lab/ClinicalLabServicesManual.aspx. The **Clinical Lab Services Manual** provides a description of all clinical tests available at the laboratory. Each test consists of a variety of information including test type, reference range, specimen requirements, transport temperature, availability, turnaround time, and other information varying from test to test. Also included is the current fee schedule for testing services, CPT codes, VDHL Clinical Test Request Form, specimen collection instructions, and kit order forms. Other useful information is also included, such as: reportable diseases, provider fact sheets, Laboratory/Epidemiology contact information, and descriptions of specialized microbiology services offered at the VDHL including reference bacteriology, the PulseNet program, food microbiology, and bioterrorism response.

The entire **Clinical Lab Services Manual** is in PDF format, making it available for download for easy reference. Clinical testing services are available to health care providers, hospitals, laboratories, and other state agencies.

Summer Surveillance

With the summer months approaching and increased outdoor activity, the Vermont Department of Health (VDH) would like to remind healthcare providers to increase surveillance for **Lyme disease, West Nile virus and Recreational Water Illnesses (RWIs)**.

Lyme Disease: Lyme disease should be considered in the differential diagnosis for patients with signs and symptoms consistent with *B. burgdorferi* infection, including: fatigue, headache, fever, lymphadenopathy, myalgia, arthralgia, and an erythema migrans (EM) rash. Only about 80% of Lyme disease patients develop an EM rash, which may take a bull's-eye appearance. For examples, see: http://www.cdc.gov/ncidod/dvbid/lyme/ld_LymeDiseaseRashPhotos.htm Laboratory testing should provide support for a clinical diagnosis of Lyme disease and should never be used as the sole basis for a Lyme disease diagnosis. Screening tests must be followed by the more specific Western immunoblot test. Testing can be arranged through a reference laboratory.

West Nile Virus: Hospitalized patients with encephalitis, meningitis of suspected viral origin, or Guillain-Barré syndrome should be tested. Testing can be arranged through the Vermont Department of Health Laboratory (VDHL).

Acute and convalescent serum: Collect 7–10 ml of blood in a red-top or tiger-top collection tube. Most cases have detectable serum IgM antibody by the eighth day of illness. Convalescent serum should be collected on day 21 of illness. Specimens should be centrifuged and 1–2 ml of serum submitted at refrigerated temperature to the VDHL.

Cerebrospinal fluid: Collect 1–2 ml of cerebrospinal fluid (CSF) as early as possible in the first few days of illness. IgM antibody will almost always be detectable in CSF by the eighth day of illness and sometimes as early as the day of onset of symptoms; compared with serum, IgM antibody in CSF is relatively short-lived. IgG antibody in CSF often does not reach detectable levels. Specimens should be submitted frozen to the VDHL.

All specimens should be accompanied by a completed "Clinical Test Request Form" (VDHL Micro 220 – Rev 2 – 7/03) and a CDC History Form # 50.34 (rev 11/90). Date of onset must be included. Call the laboratory at 1-800-660-9997, extension 7560 or 863-7560 to obtain forms and serology mailers.

Recreational Water Illnesses: RWIs occur when contaminated recreational water is ingested, and can cause a variety of symptoms including gastrointestinal, skin, ear, respiratory, eye, neurologic and wound infections. The most commonly reported RWI is diarrhea, which can be caused by *Cryptosporidium*, *Giardia*, *Shigella*, *E.coli* O157:H7 and *Norovirus*. For more information, please see:

<http://www.cdc.gov/healthyswimming/>

The **Infectious Disease Bulletin** can be viewed at:

<http://healthvermont.gov/pubs/IDB/index.aspx>

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Contents:

Clinical Lab
Services Manual

Summer Surveillance

Chart: Selected
Reportable Diseases
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