

API, Abbott launch adult immunisation recommendations for India

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The Association of Physicians of India (API) has released the first ever adult immunisation recommendations for India, in partnership with Abbott. This comprehensive set of recommendations, put forward by a panel of healthcare experts, provides robust, evidence-based information to support physicians in recommending adult vaccination against typhoid, influenza and a range of other diseases. These recommendations meet an urgent need to equip physicians with data on vaccines, including dosage, indications, delivery frequency and administration, so physicians can drive greater coverage of adult vaccination across India.

Factors such as rapid globalisation and increased frequency of international travel contribute to the rising likelihood of adults contracting vaccine-preventable diseases (VPDs). These diseases can also exacerbate existing co-morbidities and are associated with high morbidity and mortality.

The adult immunisation recommendations introduced by the API will enable healthcare practitioners to effectively make informed decisions and recommendations regarding adult vaccines. They explain the role of vaccines as a crucial preventive strategy and health management tool for adults. They encompass information on the causes, symptoms and associated complications of VPDs, including influenza, typhoid, Japanese encephalitis and hepatitis A & B amongst other diseases, and provide clinical data on various available adult vaccines. This data includes indications, dosage, frequency, schedules and catch-up vaccination timelines. The recommendations also highlight the increased need for vaccines amongst specific at-risk populations, including people with co-morbidities, healthcare providers, frequent travellers, geriatrics and pregnant women.

Commenting on the recommendations, Prof Nirmal Kumar Ganguly, Former Director General, Indian Council of Medical Research (ICMR), New Delhi, stated, "There is potential to increase adult immunisation coverage in India. To develop these evidence-based recommendations, we convened a panel of healthcare experts across specialty practices, ranging from cardiology, pulmonology, gynaecology to nephrology. Through these recommendations, we hope to drive a paradigm shift to

ensure adult vaccinations are increasingly suggested and adopted.”

Highlighting the role the recommendations can play in improving health outcomes, Dr Srirupa Das, Medical Director, Abbott India said, “While vaccinations prevent infectious diseases, prolong and improve quality of life, emphasis on adult immunisation is pretty low. These recommendations help increase awareness and equip healthcare practitioners with evidence-based information to guide vaccine recommendation and administration.”