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Meningitis treatment guidelines pdf

Meningitis is an infection of protective membranes that include the brain and spinal cord, which are called meninges. The disease is usually caused by a bacterial or viral infection. In rare cases, a fungus, parasite or amoeba can also cause meningitis. There are non-infectious causes of meningitis as well, such as some cancer, lupus, head injuries or brain surgery, according to the Centers for Disease Control and Prevention (CDC). People of any age can get meningitis, and for the victims there is usually fever and bad headaches. And since the lining of the brain and spinal cord becomes inflamed, the neck swells, causing a stiff neck, said Dr. Paul Sax, an infectious disease specialist at Brigham and Women's Hospital in Boston. Related: The 9 deadliest viruses on Earth with meningitis symptoms can vary quite widely in their severity, Saxo said. Almost all people say that they are tired, do not feel right and can not think straight, and some types of meningitis can cause a red rash on the body, he said. The most common form of the disease in the United States is viral meningitis, which is usually less severe than bacterial meningitis. Bacterial meningitis is very serious and can be fatal, but is quite rare in the US, Saxo told Live Science, and is more common in a region known as the meningitis belt in sub-Saharan Africa. About 3,000 people in the U.S. are diagnosed with bacterial meningitis each year, and most of them are infants, children, students and older adults, according to Boston Children's Hospital. Between 10% and 15% of those who contract bacterial meningitis die from infection. Causes and risk factors Bacterial meningitis can spread through contact with the secretions of the respiratory tract or throat of an infected person by coughing, sneezing, kissing or sharing food, drinks and eating dishes. Teenagers and young adults, such as students in college dorms or military barracks, may be at higher risk of bacterial meningitis due to their social interactions and living in close contact with each other. Four of the most common types of bacteria that cause meningitis are: Neisseria meningitidis, which is a specific type of bacteria commonly found in the noses and throats of humans. In rare cases, these bacteria can enter the bloodstream and travel to the fluid surrounding the brain and spinal cord, causing a disease called meningococcal disease. This type is highly contagious and can quickly spread to large groups of people such as college campuses. Streptococcus pneumoniae bacteria can cause pneumococcal meningitis, which is the most serious form of bacterial meningitis. Haemophilus influenzae type b bacteria (Hib) usually affect children under 5 years of age. It was once the main cause of meningitis in young children in the US, but has almost been eliminated since vaccination of babies from Hib was recommended in 1989. Listeria monocytogenes is a type of bacteria that has become a more common cause of meningitis in newborns, pregnant women, adults over the age of 60 and people with weak immune systems over the past few decades, according to Massachusetts General Hospital. The most common cause of viral meningitis in the U.S. is non-polio enteroviruses, according to the CDC. Infection can also cause other viruses such as mumps, herpes and chickenpox, measles, influenza and mosquito-borne arbovirus (e.g. West Nile virus). These viruses are found in the throat and feces of infected people. People can spread viral meningitis to others by coughing or sneezing, or in contact with feces, for example, when a person changes a diaper or a soiled sheet. People may develop fungal meningitis, which is rare in the US when they breathe fungal spores that live in soil or rotting wood, or spores found in birds or bat stools. The disease is almost always visible to those with weakened immune systems due to HIV or organ transplantation, for example, said Sax. Symptoms of meningitis When the early signs of meningitis can suddenly come and resemble flu. Symptoms of bacterial meningitis usually occur up to three to seven days after a person is exposed to the infection, according to the CDC. Bacterial meningitis symptoms may include: Sudden high fever Severe headache Sleepiness Stiff neck Eyes are more sensitive to light Photosensitivity Nausea Vomiting Lack of appetite Confusion Lack of energy Irritability Seizures A red or purple skin rash can occur with meningococcal meningitis when the disease progresses. Signs of bacterial meningitis in infants may include: Fever Constant crying Excessive drowsiness or irritability Pootic feeding Inactivity or sluggish A bulging in a soft place on the baby's head (fontanelle) Stiffness in the baby's body or neck No other forms of meningitis have similar symptoms as those listed above. Diagnosis and treatment The world diagnostic test for assessing meningitis is a spinal tap (lumbar puncture), said Sax. This test extracts a sample of fluid surrounding the spinal cord to analyse whether the cause of meningitis is bacterial, viral or fungal. Diagnostic tests have improved significantly over the years - they better detect the causes of meningitis and can score in just a few hours, he said. Brain imaging tests, such as CT scans or MRI scans, can also help doctors determine if there is inflammation of the brain. Bacterial meningitis is a serious disease that requires hospitalization, and its symptoms can quickly become life-threatening without immediate antibiotic treatment, according to the Mayo Clinic. Fortunately, there are antibiotics that are very active against bacterial meningitis, Saxo said. When it is suspected that a person has meningitis, that person begins with a broad-spectrum antibiotic that can be directed at many types of bacteria, and when the exact cause of infection is determined, the treatment is replaced by a narrower, more specific antibiotic. Most people recover from bacterial meningitis, but which individuals may develop to develop complications such as brain damage, hearing loss, learning disabilities and memory problems due to infection, according to the CDC. There are no specific treatments for viral meningitis other than rest, fluid and over-the-counter painkillers. Most people with an easy form of viral infection recover within 7-10 days, according to the CDC. Fungal meningitis is treated with high doses of antifungal drugs, which are often administered intravenously. Prevention There are very good vaccines that can prevent some of the most common causes of bacterial meningitis, Saxo said. One of the biggest advances in pediatric medicine was the H. influenzae type B vaccine (Hib), which almost completely eliminated this form of bacterial meningitis in children in the US, he said. According to Boston Children's Hospital, these vaccines can help prevent bacterial meningitis: the H. influenzae Type B vaccine (Hib), which is usually administered as part of a three- or four-part series of routine childhood vaccinations starting at the age of 2 months. Pneumococcal conjugate vaccine is recommended for all children under 2 years of age and is given to infants as a four-part vaccination. Meningococcal conjugate vaccine, which is usually prescribed to children aged 11 to 12 years to prevent meningococcal meningitis, a highly contagious form of this bacterial infection. The second dose is recommended for 16 years of age. A college freshman living in dorms and military personnel who had not previously been vaccinated is also advised to get this shot. The other two vaccines, serogroup B meningococcal vaccine and pneumococcal polysaccharide vaccine 23-valent, may be recommended for children or adults at high risk of developing meningitis. Most viruses that cause viral meningitis are not avoided by the vaccine. The best ways to prevent viral meningitis is to keep healthy and practicing good hygiene, according to the CDC. Additional resources: From time to time, getting away with it can be healthy for both you and your baby. But how do you manage a holiday with a baby and all your gear too? Chances are you didn't have a vacation because your baby was born. First you were too busy getting your new life to make, then you were concerned about how you would all adapt to travel as a family. But now both you and your baby probably can and you are more than willing! Getting away sometimes is really good for your baby: It gives her the opportunity to see a new environment she always wants to explore. Considering the trip, which used to be easy, it may seem intimidating, but with the baby and all its gear too. To reduce some hassles, follow these tips: Plan ahead. Compose the list and start packing at least a week ahead. Include two diaper bags, one to hold in the car or carry the plane, and one to pack with luggage. Each bag should be filled as follows: napkins in a sealed plastic bag liquid soap (also use shampoo) for shampoo) powder and diaper rash ointment two or three burp fabrics gentle washing soap disposable diapers changing pad two baby blankets (one light, one warm) two changes clothing emergency set containing baby decongestant and acetaminophen, thermometer, baby bandages, syrup ipecac, gauze, nail clippers, antibacterial cream, copies of any drug prescriptions that may be needed for your baby and your pediatrician's phone number pacifiers, rattles, favorite toys for finger foods, packed in unsophisticated bags and thermos juice or water baby food formula for a few bottles of bibs and utensils hat and sunscreen if you won't you should also pack portable stair gates, slot covers, bottle brushes, and umbrella keep your free route. Set an acceptable pace and add rest stops to take the time to take care of your baby. Don't expect to do as much as you could have done before it came along. Safety check in your bedroom away from home. Make sure the crib rails are no more than 2 3/8 inches away (or bring a portable crib), sockets are limited, and electrical wires, drapery ties, and open windows are not available to the baby. If you are flying, bring a child carrier or backpack so that you can freely juggle with luggage. Either reserve the aisle seat, or come to the airport early to get the partition seat that offers you and the baby the most leg room. Don't forget the car seat. Most safety experts advise you to buy your baby a plane ticket and then use your car's safety seat to safely screw it up. However, there are additional costs. Some airlines will allow you to use an empty space on an uncovered flight, but if you are traveling at peak times, you will need to carefully weigh your options and baby safety. Anyway, you really need a safety seat to carry your baby to the car when you reach your destination. Do not forget to make sure that the car seat you brought is approved for air travel (it can not be more than 16 inches wide). And, of course, if you are traveling by plane, try changing your baby's diaper just before boarding, because changes during the flight can be a challenge and can disturb other passengers. Take regular breaks. If you travel a long distance by car, some discomfort may be inevitable. Try to schedule road trips around your child's sleep schedule. When your baby is asleep, take it out of your car seat every two hours or so when cuddling, moving, and getting some fresh air. Remember that it is in a very active stage, and the car seat will probably slightly dampen its style. In addition, adults should sit with her in turn so that she is not bored and lonely until you cover the miles. Km.

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