MENINGITIS

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WHAT IT IS

• Inflammation of membranes covering brain and spinal cord

• Types
  • Bacterial
  • Viral
  • Fungal
  • Other

BACTERIAL CAUSES

More than 4000 cases each year in US

- *Streptococcus pneumoniae*
- Group B *Streptococcus*
- *Neisseria meningitidis*
- *Haemophilus influenzae* type B
- *Listeria monocytogenes*

https://www.findatopdoc.com/Healthy-Living/Is-Meningitis-Contagious
BACTERIAL SPREAD

• Direct contact:
  • Coughing/sneezing
  • Kissing
  • Sharing items
  • Living in same household

• Food

UCSB GradPost. Meningococcal Disease Prevention and Response: Message From Dr. Mary Ferris. 9 Jan, 2014. 
http://archive.gradpost.ucsb.edu/life/tag/meningitis
**VIRAL**

**Causes:**
- Enteroviruses
- Herpes viruses
- Measles virus
- Mumps virus
- Influenza virus
- West Nile Virus

**Treatment:**
- Bed rest
- Fluids
- OTC Meds
FUNGAL

- Inhaling fungal spores
  - Cryptococcus
  - Histoplasma
  - Blastomyces
  - Coccidioides
- Contaminated injections

Treat with antifungal medication
OTHER

- Parasitic
- Amebic
  - Naegleria fowleri
- Non-infectious
  - Cancer
  - Lupus
  - Medications
  - Head injury

**SYMPTOMS**

**Babies and Toddlers**
- Fever, cold hands and feet
- Refusing food and vomiting
- Fretful, dislike being handled
- Drowsy, floppy, unresponsive
- Rapid breathing or grunting
- Pale, blotchy skin
- Spots/rash

**Children and Adults**
- Fever, cold hands and feet
- Vomiting
- Drowsy, difficult to wake
- Confusion and irritability
- Severe muscle pain
- Pale, blotchy skin
- Spots/rash

**How to Do the Tumbler Test**
1. If there is a rash, press the side of a clear tumbler against it.
2. If, through the glass, the rash does NOT change colour, contact a doctor.
3. If the rash DOES fade and loses colour under pressure it's unlikely to be meningitis.
4. Do the test every hour as, in rare cases, the rash can change.

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Aim High Training. Meningitis – Are You Aware? 14 Sep. 2015. [https://www.aimhigh-training.co.uk/firstaid/mentingitis-are-you-aware/](https://www.aimhigh-training.co.uk/firstaid/mentingitis-are-you-aware/)
DIAGNOSING

- Physical examination
- Blood cultures
- Lumbar puncture
- Nasopharyngeal swab
- Stool specimen
- Imaging tests

https://www.cdc.gov/meningococcal/about/diagnosis-treatment.html
POPULATIONS AT HIGHER RISK

- Children less than 5
- Teens and young adults 16-25
- Adults over 55
- Immunocompromised
- Populated living facilities
- Travel

COMPLICATIONS

- Hearing loss
- Neurological disorders
- Seizures
- Permanent brain damage
- Loss of limbs
- Pregnancy complications
- Death

PREVENTION


Eliminating Meningococccal is as easy as ABC...WY!

