

NURSING MANAGEMENT OF DENGUE FEVER

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Classical Signs of Dengue Fever

- Sudden onset of high Fever
- Headache
- Retro-orbital pain
- Positive tourniquet test
- Mild hemorrhagic manifestations
- Leucopenia

Warning Signs

- Raised HCT with rapid drop in platelet
- Persistent vomiting
- Fluid accumulation
- Lethargy/confusion/restlessness
- Tender liver
- Any abdominal pain
- Mucosal bleed

MONITORING IN DENGUE

1. White cell count-normal in early febrile
Decreases rapidly as disease progresses.
Recovery phase –normalizes.
2. Hematocrit->20%a marker of plasma leakage.
Should be done on first visit.
3. Full Blood Count- monitor for bleeding
4. LFT-Decrease albumin, Increase
transaminase, Increase AST/ALT.

- 5.Coagulation profile-increase coagulation profile(PT/PTT/TT)
- Blood gases-Metabolic acidosis in prolonged shock.
- Increased BUN in terminal stages of shock.
- Chest X Ray-bilateral pleural effusion.
- USG- Pleural effusion/pericardial effusion/ascitis

What are 3 severities of dengue fever?

- Dengue fever– asymptomatic/symptomatic
- Dengue hemorrhagic fever
- Dengue shock syndrome

Tests to diagnose Dengue antigen in the body

- IgM
- IgG
- NS1Antigen
- Rapid Combo test(RCT)

Management of Dengue fever

- Medications- no specific. Symptomatic & supportive treatment.
- Mild analgesic/antipyretics
- Oral Rehydration
- Sodium bicarbonate – to treat acidosis.
- **AVOID- ASPIRIN/NSAIDs/CORTICOSTEROIDS**

Fluid Management

1. Oral rehydration therapy
2. IV fluids(NS)-patients with increased HCT% evidence of ongoing plasma leakage,despite increased oral intake.Vomitting/diarrhoea/not tolerating orally.
3. Blood transfusion-for internal &GI bleeding. Fresh frozen plasma for patients with coagulopathy.

NURSING INTERVENTIONS

- Assessments
- Vital Signs-HR/RR/acidotic breath/hypotension.
- Capillary refill time
- Mental status-GCS score
- Evidence of bleeding
- I/O chart
- Blood test results for early signs of shock.

- Monitor- BP/pain/vascular access/ medication regimen
- Manage nose bleeds
- Positioning-foot elevated
- Continuous monitoring of blood test results

Evaluation

- Achieved the following:
- Displayed hemodynamic stability
- Absence of bleeding
- Lab results within normal range.
- Optimum fluid volume.
- Relieve of pain.
- Adequate tissue perfusion.

Complications of Dengue

- Cardiomyopathy
- Seizures, encephalopathy
- Hepatic injury
- Pneumonia
- Pleural Effusion
- Renal Complications
- Death

Discharge & Home care guidelines

- Avoid diuretics, caffeine & alcohol.
- Follow up.
- Oral care Diet- food rich in Vit-K
- Education- mosquito nets & repellents

Thank you