

Meningitis

Student's Name

Institution Affiliation

Meningitis

Meningitis is an inflammation of the membranes that surround the spinal cord and brain. Most cases of meningitis are usually caused by viral infections but viral meningitis is always mild and tends to clear on its own. In babies, the common symptoms include lethargy, poor eating, fever, irritability and sleepiness, or even difficulty in waking up from sleep. On the other hand, adults and children experience a lack of appetite, fever, headache, stiff neck, vomiting, nausea, lethargy, sleepiness and eyes being more sensitive to light. Individuals should see a doctor right away whenever they think their child or themselves may have meningitis based on the above symptoms (Wright, 2019). The doctor is able to determine if a person has the disease, what may be causing it and possible treatment.

The reason for an immediate visit to the doctor is because meningitis can be spread by close contact of someone infected with meningitis. Bacterial meningitis is very serious and can be deadly since it leads to permanent disability or even death. Several bacteria can cause meningitis and these include type B streptococcus among others. Treatment for bacterial meningitis often encompasses admission to the hospital as well as intensive care but more generally, antibiotics are administered intravenously. Also, paracetamol together with room ventilation and cool sponge baths, are treatment methods for reducing fever (Van de Beek, 2016). Oxygen therapy is given to assist the patient in breathing easily and sedatives are given to calm a patient who shows restlessness and irritability. Moreover, intravenous fluids are used in treatment to prevent dehydration especially in cases whereby the patient cannot drink and is vomiting.

In cases where a patient has seizures, anticonvulsants such as Dilatin or phenobarbital may be used to contain them appropriately. In addition to the types of treatment mentioned,

blood tests can be used to monitor the patient's blood sugar levels as well as the levels of other vital chemicals in their body. It helps make treatment more effective since bacterial meningitis is the most serious type of meningitis.

References

- Van de Beek, D., Cabellos, C., Dzupova, O., Esposito, S., Klein, M., Kloek, A. T., ... & Pfister, H. W. (2016). ESCMID guideline: diagnosis and treatment of acute bacterial meningitis. *Clinical microbiology and infection*, 22, S37-S62.
- Wright, W. F., Pinto, C. N., Palisoc, K., & Baghli, S. (2019). Viral (aseptic) meningitis: A review. *Journal of the neurological sciences*.