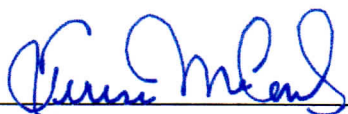


**SPECIALIZED FAMILY CARE
Provider Training**

Category:	Health
Title:	Meningitis
Materials:	Article on meningitis
Goal:	Provider is knowledgeable about meningitis
Credit Hours:	1
Date Developed:	November 2014
Developed by:	Donna McCune, Family Based Care Specialist

This Training Packet was approved for the Specialized Family Care Training Program by:



11/17/2014

Specialized Family Care Program Manager

Date

Training Objectives:

- Provider knows difference between viral and bacterial meningitis
- Provider knows symptoms of meningitis
- Provider knows when treatment is recommended for meningitis
- Provider understands importance of vaccinations to prevent meningitis

Training Procedures:

- Provider initiated self study
- Test completed by Provider
- Review of test responses by Family Based Care Specialist and Provider

I certify that I have completed all the materials associated with this training module. I feel that I have a basic understanding of the material completed.

Specialized Family Care Provider

Date

Reviewed by: _____

Family Based Care Specialist

Date

This Program is funded by the WV Department of Health & Human Resources, Bureau for Children & Families and administered by the Center for Excellence in Disabilities, West Virginia University.

WVDHHR/CED/SFC/MENINGITIS/NOVEMBER 2014

Meningitis

There are 5 types of meningitis. Bacterial meningitis and viral meningitis are the most common. The less common types are parasitic, fungal and non-infectious. Parasitic meningitis is found in contaminated food, water and soil and is more common in underdeveloped countries. Fungal meningitis is usually acquired by inhaling fungal spores in the environment. People who are at higher risk for this type of meningitis are those with medical conditions such as diabetes, cancer or HIV. Non-infectious meningitis is not spread between people, but can be caused by certain cancers, lupus, certain drugs, head injury and brain surgery.¹

Viral Meningitis

Viral meningitis is caused by viruses. It is an infection of the lining covering the brain and spinal cord. The most common cause of viral meningitis (enteroviruses) is most often spread from person to person through fecal contamination (which can occur when changing a diaper or using the toilet and not properly washing hands afterwards.)² The virus causing this type of meningitis can also be spread through eye, nose and mouth secretions such as saliva, nasal mucus or sputum or blister fluid. Viral meningitis is said to be fairly common, but usually doesn't cause serious illness in people who have normal immune systems.

Symptoms may include fever, headache, and stiff neck. Prolonged fever and seizures are symptoms of severe cases and medical treatment should be sought. Mild cases are treated at home with fever reducing medications and drinking fluids. When in doubt about the seriousness of any symptoms, seek medical attention. There are vaccines to prevent some kinds of viral meningitis.

Bacterial Meningitis

Bacterial meningitis, like viral meningitis, is an infection in the membranes that cover the brain and spinal cord. It is caused by bacteria which can be spread through respiratory and throat secretions such as saliva or mucus. Examples of how this is spread include coughing, sneezing, laughing and kissing. There is also a bacterial cause of meningitis which you can get through eating contaminated food. Bacterial meningitis is contagious.

Chances of getting meningitis increase in certain group settings such as daycare, schools or a dormitory. Another risk factor is being in close contact with someone who is infected. Individuals with a weakened immune system can be more susceptible to contracting bacterial meningitis.

¹ Centers for Disease Control, www.cdc.gov/meningitis/index.html

² Centers for Disease Control, www.cdc.gov/meningitis/index.html

Most common symptoms of bacterial meningitis among teens and young people are stiff and painful neck (particularly when trying to touch chin to chest); fever; headache; vomiting; difficulty staying awake; sensitivity to light and seizures.

Infants are at higher risk for bacterial meningitis than people in other age groups.³ Symptoms in infants include being extremely irritable, lethargic or high fever. They may be difficult to sooth even when picked up and rocked. Other symptoms which infants might exhibit are: jaundice; body and neck stiffness; fever or lower than normal temperature; poor feeding; high pitched cry or bulging of the soft spot (fontanelles) at the front of the baby's skull.

Young children may act like they have the flu. They may cough or have trouble breathing. Older adults may exhibit fever, headache, chills, sensitivity to light, seizures, etc.

Symptoms of meningitis may appear quickly or over several days. Bacterial meningitis is serious and needs to be treated immediately. Complications of bacterial meningitis include: brain damage; hearing loss; loss of vision or blindness; seizures; stroke; bacterial blood infection; stroke; and unconsciousness or coma.⁴

The best treatment for meningitis is avoiding it by being vaccinated. Treatment of bacterial meningitis is through timely treatment with antibiotics and other medications to decrease pain, fever, and increase comfort. In addition to following the prescribed treatment plan of a physician comfort measures of drinking plenty of fluids, getting plenty of rest and staying in a quiet, dark room are recommended.

References:

Centers for Disease Control and Prevention, www.cdc.gov/meningitis/bacterial.html
Health Grades Operating Company, Inc., 2014 www.healthgrades.com/right-care/infections
Kids Health, <http://kidshealth.org>
New York State Department of Health, Viral Meningitis, 11/2006

³ Centers for Disease Control, www.cdc.gov/meningitis/bacterial.html

⁴ 2014 Healthgrades Operating Company, Inc.