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# Polio

## Definition:-

Any child under 15 years of age with acute flaccid paralysis or any person of any age with paralytic illness if polio is suspected.

### Types:

There are three individual and immunologically - distinct wild poliovirus strains.

WPV1 = Wild polio virus type 1

WPV2 = Wild polio virus type 2

WPV3 = Wild polio virus type 3

\* Polio is also known as poliomyelitis before 1789 polio was known as Heine-medin disease.

## Symptoms:-

Initial symptoms include fever, fatigue, headache, vomiting, stiffness of neck and pain in limbs. Polio mostly causes paralysis of legs. Sometimes the whole body gets paralysed and the affected person cannot walk, cannot speak, cannot eat by self.

Polio mainly affects children under age of 5.

## Diagnoses of polio:-

Poliovirus can be detected by analysing the samples of stool (feces) or cerebrospinal fluid. The virus is isolated or cell cultured through polymerase chain reaction.

## Causes:-

Polio is caused by 1 of three types of polio virus.

It spreads from one person to other

Through infected feces i.e poor hand washing.

It can also happen from eating or drinking contaminated food but this case is rare.

## Treatment:

There is no treatment/no cure for polio once a person got infected.

Heat and physical therapy can be used to stimulate muscles and some antispasmodic drugs can be used to give relaxation to muscles.

→ polio is still incurable but in future it might be curable.

## Preventive measures:-

→ The only preventive measure to save your children from polio infection is proper polio immunisation i.e polio vaccination.

Two types of polio vaccines are available.

IPV: Inactivated poliovirus vaccine

OPV: oral polio vaccine

OPV has been used globally in polio campaigns to prevent polio.

## Polio Campaigns:-

→ Polio campaigns are sponsored by Bill and Melinda Gates Foundation.

→ WHO also provide funds to Pakistan for the eradication of polio.

→ Polio campaigns are strictly monitored by related health faculty members.

→ Lady Health Workers [LHW's] are the front line warriors during this campaign.

→ Every children who is under 5 years, has been given/provided with two drops of polio vaccination.

## Role of unicef.

UNICEF's, as a partner of the global polio eradication initiative (GPEI)

helps to vaccinate over 400 million children globally.

## High Risk areas:

3 districts of Balochistan, 2 districts of KPK and 6 districts of Sindh are classified as Tier one. i.e. highly risked areas.

## Active polio cases:-

In 2023 There are 6 active polio cases reported in which 4 cases are related to KPK and 2 cases are related to Sindh.

| Province | District | No. of cases |
|----------|----------|--------------|
| KPK      | Bannu    | 3            |
| KPK      | Orakzai  | 1            |
| Sindh    | Karachi  | 2            |

Total = 6