

# Poliomyelitis.

The term poliomyelitis is derived from Greek word referring to inflammation (itis) of the grey (polios) matter of spinal cord (myelosis).

It is a disease of anterior horn motor neurons of spinal cord and brain stem caused by poliovirus.

As per WHO; at July 2021, only 2 countries cases of wild polio virus have been recorded globally this year to date: one each in Afghanistan and Pakistan.

## Causes:

- Poliomyelitis is caused by virus
- Virus typically enters the body through mouth and proceeds through the digestive tract into the intestines.
- From there it is multiplied in body and shed in the faeces, where it can cause further infections.

## Transmission:

- Polio spreads from person to person through contact with faeces of an infected person.
- It can also spread through sneeze or cough droplets from an infected person.

## Symptoms:

Mild form of disease:

- fever
- Headache
- Sore throat
- fatigue
- Nausea and vomiting
- Muscle or stomach pain.

- Severe form of disease:  
A smaller proportion of people will develop more serious symptoms that affect brain and spinal cord, including:

→ Paresthesia

→ Meningitis

→ Paralysis

→ cranial and facial palsy.

Sometimes the virus affects the part of the brain that controls breathing and heartbeat, resulting in death.

### Diagnosis:

Diagnosis is made by;

throat cultures

stool sampling

Samples of fluid from brain and spinal cord.

Blood tests to confirm antibodies.

### Treatment:

As yet there is no cure for polio.

However simple treatments can lessen the severity of disease like;

1. Heat therapy for muscles.
2. Artificial respirators.
3. Physical Therapy

### Prevention:

#### ① Immunization:

The most effective way to prevent polio is through vaccination.

— The oral polio vaccine (OPV) or inactivated polio vaccine (IPV) is administered to infants and children.

as part of routine immunization schedules.

## 2. Hand and Respiratory hygiene:

→ Wash hands often with soap and water.

Alcohol based sanitizers do not work on some types of germs, like polio.

→ Cough or sneeze into a tissue or your elbow.

## 3. Public Awareness:

Public awareness campaigns plays a crucial role in educating communities about the importance of vaccination programs.