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SUBJECT: GSA

BATCH # 59

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## POLIOMYELITIS

### Introduction:-

It is a disabling and life-threatening disease that mainly affects children under 5 years. It can infect a person's spinal cord causing reversible or irreversible paralysis.

### Etiology:-

It is caused mainly by polio virus that spreads via oro-fecal route.

### Signs & Symptoms:-

- Fatigue
- Headache
- Vomiting
- Stiffness of neck
- Pain & Muscle weakness
- Constipation
- Sore throat
- Flaccid paralysis

## Types:-

- 1) Spinal polio (79% of paralytic cases)
- 2) Bulbospinal polio (19% " " " )
- 3) Bulbar polio (2% " " " )

## Treatment:-

There is no specific cure for polio virus but supportive measures include:

- Treatment of pain with analgesics
- Antibiotics for secondary infections
- Fluid therapy
- Adequate diet with bed rest
- Hot packs for muscle pain
- Physiotherapy may be necessary
- Catheterization may be required
- Proper ventilation (iron lung)

## Prevention:-

Preventive measure can be:

- Ensuring hygiene and good sanitation practices
- Polio vaccination
  - Inactivated polio vaccine (IPV)
  - Oral polio vaccine (OPV)