

Symptoms of Measles in Children, Criteria for Early Diagnosis, Treatment and Prevention

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Annotation: This article focuses on the mechanisms of development of Measles, symptoms, ways of transmission, early diagnosis, treatment and preventive measures to combat the disease. The purpose of the article is to provide insights into measures to protect against the disease, the procedure and necessity of vaccination against measles, and the use of a health-oriented lifestyle.

Keywords: Measles, intoxication, infection, virus, Belsky-Filatov Kuplik spots, contiguous erythema, prevention, prodromal, immunity.

Measles is an acute infectious disease that occurs mainly in childhood and is characterized by general intoxication, inflammation of the mucous membranes of the respiratory tract, eyes and mouth, and spots on the skin. The disease mainly occurs in autumn and winter. It peaks in the winter months.

Measles has been known to humanity for a long time, and it is a disease with a high mortality rate, which is common among young children. But nowadays active immunity against measles is created.

The causative agent is a virus. The causative agent of the disease can remain in the human body for a very long time. Antibiotics do not affect the measles virus. The virus dies under the influence of interferon. The disease is transmitted by airborne droplets. The measles virus is transmitted to healthy children through air droplets when the patient coughs, sneezes and talks. The level of susceptibility to measles is very high in children. After children recover from measles, strong and stable immunity is formed and they will not be infected with measles again. If a pregnant woman gets measles, she can pass it on to the fetus. Measles often turns into bacterial pneumonia. In children from 1 to 3 years old, it can cause laryngitis, bronchitis, asphyxia, stomatitis. The disease can cause meningitis, polyneuritis, meningoencephalitis. Measles encephalitis is rarely observed as the most dangerous complication of measles. Measles infection during early pregnancy leads to spontaneous abortion of the fetus.

Measles has 4 stages. Latent, prodromal, rash and rash recurrence. On average, the latent period lasts 9-11 days, the prodromal period lasts 3-4 days, the rash period lasts 3-5 days, and the return period of the rash lasts 10-21 days. In sick children, high temperature, lack of appetite, catarrhal inflammation of the mucous membrane of the eyes and mouth, dry short cough, Belsky-Filatov Kuplik spots (measles-like rash on the mucous membrane of the larynx), intoxication and skin rashes such signs are observed. The patient experiences a severe headache. Measles rash is a bright red-brown spotted-papular exanthema. It can have a hemorrhagic character. It first forms behind the ears and on the head, then it moves to the neck and face. Then it spreads to the whole body and limbs. After rashes, light brown spots remain on the skin. Sometimes the disease can be noted in persons who have received gamma globulin and vaccination, in such cases the disease passes easily.

Diagnosis of the disease is based on epidemiological data and laboratory diagnostics. For laboratory diagnosis, a pair of blood serum is taken and RTGA serologic reaction is performed. Antibody titer should increase at least 4 times in the 2nd serum taken after 7-10 days. If the disease occurred in a child with a severe background, the patient should undergo X-ray of the lungs (to confirm pneumonia),

lumbar puncture (to confirm meningitis developed from measles). Children must be vaccinated against measles so that the disease does not cause complications and death.

There are no special medicines to treat measles. All treatment measures are based on symptomatic signs. Hormonal drugs, vitamin groups, antibiotics, and lytic drugs are widely used. Also, patients are recommended to avoid bright lights, to carefully monitor eye and mouth hygiene. The skin is wiped with a cloth soaked in warm water. The child's eyes are washed several times a day with warm water or 2 percent boric acid. After that, 10 percent Albutsid solution is dripped 2-3 times a day. When the nose is blocked, 1-2 drops of 2% ephedrine solution are applied 2-3 times a day, then petroleum jelly mixed with boric acid is applied. After eating, the mouth is rinsed with warm water or 2 percent soda solution.

Diet table number 13 is prescribed for measles. Nutrition is a factor that significantly affects the state of human health, the ability of the body to resist the effects of the external environment. Hippocrates said about this, "food should be medicine and medicine should be food". The food served is cooked in a more liquid form so that it is easily digestible. Yogurt, sour cream, butter are served. It is necessary to drink a lot of liquid to remove toxins from the body. It is necessary to eat a lot of fruits and vegetables. Meat broths and vegetable soups are described. All fatty and spicy foods, hard foods, spices and carbonated drinks are prohibited.

Folk medicine: a tablespoon of dried raspberry is poured with a glass of boiling water and waited for 30 minutes, it is prescribed to drink 20 ml 2-3 times a day. You can also add honey. This tool helps to increase immunity and normalize body temperature. Put 2 tablespoons of dried violet flowers in a thermos, pour 400 ml of boiling water. Wait for 2 hours. It is recommended to drink this tincture before meals during the day. Tincture helps to eliminate headache and clean blood.

Prevention of the disease is carried out mainly in two directions: fight against the epidemic and in the form of special prevention. In order to prevent an epidemic, patients must be isolated and admitted to the Infectious Diseases Hospital. 3 ml of anti-measles gammaglobulin is immediately injected intramuscularly to unvaccinated children who are in contact with the patient. A 21-day quarantine will be introduced in areas where measles has been detected. According to the preventive vaccination schedule, children are vaccinated with KPK-1 at the age of 12 months and KPK-2 at the age of 6. Only if more than 90 percent of the children who need to be vaccinated are vaccinated, the immunity of the community will be good and the morbidity will decrease sharply.

In conclusion, it can be said that active immunity against measles is being formed at the present time. UNICEF is regularly training medical staff on the schedule of preventive vaccinations and transition to a healthy lifestyle, increasing the medical capacity of the population. It is worth mentioning that in 2023, the WHO organization called on the population of Europe and Central Asia to be vaccinated against measles immediately. This year, an "alarming increase" in the incidence of measles was observed. Therefore, the vaccination schedule is the only way to protect children from potentially dangerous diseases.

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