

WELCOME  
TO  
NORTH EAST NURSING COLLEGE



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# Chikungunya

**Definition:** **Chikungunya** is a viral disease transmitted to humans by infected mosquitoes. It is caused by the **chikungunya** virus (CHIKV). It causes infection, fever and severe joint pain. Other symptoms include muscle pain, joint swelling, headache, nausea, fatigue and rash.

**Vector:** *Aedes aegypti*



## **Type of infectious agent: Virus**

Causes:

1. Mosquito bite
2. Crowded place
3. Unhealthy environment
4. Lack of clean environment

### **Clinical Features:**

- Fever
- Severe Joint pain
- Severe muscle pain
- Headache
- Muscle pain
- Joint swelling
- Rash

## **Investigations:**

- Viral culture
- RT-PCR
- Igm antibody test

## **Management:**

### **General Management:**

- Get plenty of rest.
- Drink fluids to prevent dehydration.
- Take medicine according to doctor's prescription.
- Do not take aspirin and other non-steroidal anti-inflammatory drugs
- If you are taking medicine for another medical condition, talk to your healthcare provider.

## **Nursing Management:**

### **Nursing Assessment**

Assessment of a patient with Chikungunya include:

- **History.** Chikungunya fever is an acute febrile illness with an incubation period of 3-7 days; it affects all age groups and both sexes equally,
- **Physical examination.** Clinical examination reveals high-grade fevers (up to 105°F), pharyngitis, conjunctival suffusion, conjunctivitis, and photophobia; lymphadenopathy has also been reported in rare cases.

## **Nursing Diagnosis**

Based on the assessment data, the following are some of the nursing diagnoses for patients with Chikungunya:

- **Hyperthermia** related to increase in metabolic demand.
- **Deficient fluid volume** related to dehydration.
- **Pain** related to joint inflammation.

**Impaired skin integrity** related to cutaneous manifestations

## **Nursing Care Planning and Goals**

The major [nursing care planning](#) goals in a patient with Chikungunya virus include:

- Patient will improve the body temperature.
- Patient will restore an adequate amount of fluid volume.
- Patient will experience relief from pain.
- Patient will show an improvement of the integrity of the skin.

## **Nursing Interventions**

The nursing interventions for a patient with Chikungunya virus are:

- **Improve the body temperature.** Eliminate excess clothing; give antipyretic medications as prescribed; perform tepid sponge bath.
- **Restore adequate amount of fluid volume.** Assess skin and oral mucous membranes for signs of dehydration; assess color and amount of urine and report urine output less than 30 ml/hr for 2 consecutive hours; Encourage the patient to drink the prescribed amount of fluid, and administer parenteral fluids as prescribed.
- **Relief from pain.** provide rest periods to promote relief, sleep, and relaxation; and provide analgesics as ordered. inspect for any signs and symptoms of adverse effects.

**Improve the integrity of the skin.** Monitor site of impaired tissue integrity at least once daily for color changes, redness, swelling, warmth, pain, or other signs of infection; provide tissue care as needed; tell the patient to avoid rubbing and scratching; provide gloves or clip the nails if necessary; administer antibiotics as ordered.



## **Evaluation**

Nursing Goals are met as evidenced by:

- Improve the body temperature.
- Restore adequate amount of fluid volume.
- Relief from pain.
- Improve integrity of the skin.

## Prevention:

There are many ways to prevent **Chikungunya** but there are no vaccines available yet.

- **Avoid crowded places.**
- **Mosquito repellents.** Use mosquito repellents that are mild for the skin, even indoors.
- **Proper clothing.** When outdoors, wear long-sleeved shirts and long pants and socks.
- **Mosquito-free environment.** Make sure window and door screens are secure and free of holes or use mosquito nets.

## **Complications:**

- Meningoencephalitis
- Chronic arthritis
- Stroke
- Paralysis
- Acute kidney disease
- Inflammation of eye
- Heart infection

THANK YOU

The End.

