

In Clinical Pearl

Monkey Pox-

- Monkeypox (MPX) is a viral zoonotic disease with symptoms similar to smallpox, although with less clinical severity.
- The first human case of monkeypox was reported from Democratic Republic of the Congo (DRC) in 1970.
- At present there are four cases reported from India. 3 from Kerala, 1 from Delhi.
- Monkeypox virus (MPXV) is an enveloped double-stranded DNA virus, belongs to the Orthopoxvirus genus of the Poxviridae family.
- The incubation period (interval from infection to onset of symptoms) of monkeypox is usually from 6 to 13 days, can range from 5 to 21 days. Patient remains infectious 1-2 days before the rash to until all the scabs fall off/gets subsided.
- **When to suspect Monkey pox?-** A person of any age having history of travel to affected countries within last 21 days presenting with an unexplained acute rash AND one or more of the following signs or symptoms • Swollen lymph nodes • Fever • Headache • Body aches • profound weakness. Rash all over the body, goes through a macular, papular, vesicular and pustular phase. Classic lesion is vesicopustular.
- **Diagnosis-** Nasopharyngeal and Oropharyngeal swabs, Venous Blood, Urine sample, Lesion roof, base scrapping, fluid and crust/scab collection from multiple sites. Positive polymerase chain reaction (PCR) and/or sequencing.
- **Treatment-** Patient isolation • Protection of compromised skin and mucous membranes • Rehydration therapy and Nutritional support • Symptom alleviation • Monitoring and treatment of complications.
- Guidelines for Management of Monkeypox Disease.pdf (mohfw.gov.in)

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