

MONO

Teenagers and college kids frequently complain of being tired and tend to sleep a lot. Usually this is part of being a young adult but occasionally can be a symptom of something much more serious. When these symptoms are accompanied by headache, sore throat and fever they may be indicative of Mono. While Mono is uncomfortable, it is rarely dangerous and normally resolves with home care with no lasting complications.

What is it: Mono, short for mononucleosis, is a viral disease that affects certain blood cells. It is more commonly known as the kissing disease because it can be spread via saliva (such as when kissing) or by person to person contact.

Who is at risk: Teens and young adults.

Cause: Epstein-Barr Virus (EBV)

Symptoms: Severe fatigue, fever, sore throat, swollen glands that develop 4-6 weeks after exposure.

How is it diagnosed: Blood tests can detect the presence of the EBV

Complications: Swelling of the spleen and liver.

Home Treatment: Rest and over the counter treatment of individual symptoms. Gargling with warm salt water or using throat lozenges can soothe a sore throat. Tylenol or Ibuprofen for a sore throat or headache and fever.

Did you know? Patients should avoid contact sports and heavy lifting until cleared by a doctor, usually 3 to 4 weeks after symptoms develop.

When triaging a young person with fever, headache and very sore throat the triage nurse should ask questions to rule out Mono. While usually not a life threatening condition, giving the proper home care advice can help to make her patient more comfortable while they recover. As part of her encounter the nurse should also take a minute to educate her caller about the prevention of Mono- such as washing hands frequently and not sharing utensils or drinks.

Source/s:

www.webmd.com

www.medlineplus.gov

www.mayoclinic.com