

# INDIAN MEDICAL ASSOCIATION TAMIL NADU STATE BRANCH



## GENERAL ADVISORY ON MANAGEMENT OF SEASON'S FEVER (DENGUE)

1. Make sure it's really the first day of fever (may be got treatment elsewhere).
2. Make sure there are no warning signs- restlessness, positive torniquet test, petechial spots, mucosal bleed, abdominal cramps or black stools- Do CBC, ELISA if in doubt.
3. CBC - increased Hematocrit and reduced platelets- probability of Dengue high
4. Avoid card tests  
Do ELISA for confirmation- NS1 in the first five days & IgM next five days of fever
5. Type A- Any viral fever Dengue negative  
Type B- Dengue positive with mild to moderate symptoms  
Type C- Dengue positive with severe symptoms- haemorrhagic, shock
6. Type A- can treat in your clinic or consulting rooms with injections and tablets  
Type B- should admit and treat ( only if you have back up emergency facilities)  
Type B& C- health care facilities with only primary care- refer  
Type C- Always refer to tertiary care facilities and government centres with facility for dengue treatment.
7. Adequate hydration is the key- neither overload nor allow dehydration
8. Make sure patient needs injections- can't tolerate oral, children who refuse oral, fever with fits, unconscious  
Use of injections - only in Type A- sparingly that too Paracetamol only“- IV better than IM
9. Avoid NSAIDs and steroids - definitely not Diclofenac- tablet or injection
10. No need for platelets infusion until count gets down to 10,000  
Platelets Infusions needed only in shock or haemorrhagic fever  
In extreme cases FFP,or whole blood transfusion maybe needed.