

Prevention and Treatment of Multisystem Inflammatory Syndrome in Children

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DESCRIPTION

A dangerous disorder known as Multisystem Inflammatory Syndrome in children (MIS-C) appears to be connected to coronavirus disease (COVID-19). The majority of children who contract the COVID-19 virus only have a moderate sickness. However, various organs and tissues such as the heart, lungs, blood vessels, kidneys, digestive system, brain, skin or eyes, become severely inflamed in infants who go on to develop MIS-C.

The common signs and symptoms of multisystem inflammatory syndrome in children includes Fever lasting more than 24 hours, vomiting, diarrhea, skin rash, stomach pain, unusual fatigue, and rapid heartbeat, rapid breathing, red eyes, Lips and tongue edema or redness, Hands or feet that are irritated or swollen, headache, lightheadedness, or vertigo, an increase of lymph nodes. In severe conditions, the symptoms may include a terrible stomachache, difficulty in breathing, depending on skin tone, pale, gray, or blue nails, lips, or nail beds are possible, difficulty in waking up etc.

Prevention

There are several actions which can be taken to avoid spreading of the COVID-19 virus if children have not taken the necessary vaccination. The following measures are advised by the CDC in order to prevent contact with the COVID-19 virus:

- Keep the hands tidy.
- Better to avoid sick people.
- Maintain social distance.
- In public places, put on a cotton face mask.
- Do not touch the lips, eyes, or nose.
- When cough or sneeze occurs, cover the mouth with a tissue or elbow.
- Disinfect and clean high-touch surfaces.
- Wash clothing and other items as needed.

Diagnosis

Some tests are performed by the physicians to diagnose the MIS in children. The tests may include:

- The development of blood proteins (antibodies) that fight the COVID-19 virus by the child's immune system. Sometimes the results of the blood test are the sole proof that the kid has ever been ill. This is often verified by finding the virus on a swab obtained from the throat or back of the nose.
- Including those that searches for an abnormal amount of inflammatory markers in the blood, such as blood and urine tests.
- Include the chest X-ray, an echocardiography, an abdominal ultrasound or a CT scan.
- Depending on the indications and symptoms, other tests are performed.

Treatment

Depending upon the type and severity of symptoms and which organs and other body areas are inflamed, all influence the appropriate course of treatment. Supportive care and steps to minimize inflammation in any effected essential organs are typically part of the treatment, protecting them from long-term harm.

Supportive care might consist of:

- If levels are too low, add fluids (dehydration)
- Oxygen for breathing assistance
- Blood pressure drugs to restore shock-related low blood pressure or to support cardiac function
- A breathing apparatus (ventilator)
- Drugs like aspirin or heparin that lower the risk of blood clots
- Extracorporeal membrane oxygenation (ECMO), which uses a machine to replace the heart and lungs, is only used in extremely rare circumstances.
- Additional forms of care

The following are possible remedies for swelling and inflammation:

- Steroid treatment and antibiotics
- Intravenous immunoglobulin (IVIG), an antibody-rich blood substance
- Other forms of therapy such as targeted medicines, try to lower high amounts of cytokine-producing proteins that might activate inflammation.

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