# Out-patient Management - Case Studies

### **Management of dengue**

Step 1: History taking

Step 2: Clinical examination: 5-in-1 magic touch

Step 3: Investigations

Step 4: Diagnosis with dengue phase and severity

Step 5: Management decision

#### **Group A**

Out-patient management

#### **Group B**

 Refer for inhospital management

#### **Group C**

 Require emergency treatment and urgent referral

#### **Step 4: Diagnosis, phase of disease and severity**

1. Does the patient have dengue or other illnesses?

2. Which phase of dengue (febrile/critical/History of Fluid

3. What is the hydration state?

4. Are dengue warning signs present?

5. What is the haemodynamic state?

intake & Urine output <u>more</u> reliable than physical signs

9 parameters

6. What is the best medical plan for the patient?

# Case Study – 1

• A 6-year-old boy presented to the hospital with the chief complaints of fever and abdominal pain for 2 days.

# History of Presenting Illness

- Fever for 2 days
- On and off fever
- Had Paracetamol after visiting Klinik
  - Documented temperature: 38.5°C
  - Refer to Hospital AA from Klinik Kesihatan AP

#### Abdominal pain for 2 days

- Started 2 days ago
- Generalized abdominal pain
- Dull and sudden onset
- On and off pain
- 5 episodes per day
  - 10 minutes each episode
- No exacerbation/relieving factor
- No radiation

- Vomiting
  - 1 episode on the day of presentation
  - Vomitus: food and fluid, no blood or bile
  - Non-projectile
- Generalized body ache
- Lethargic
  - Patient was less active than usual

- Otherwise,
- Patient is still able to tolerate orally – 2 cups of water daily and small amount of porridge
- No diarrhea
- No bleeding tendencies
- No respiratory symptoms
- No altered urinary habit

Fogging around the house area 2 days ago

# Physical Exam:

- Temperature: 37.8 °C (Febrile)
- Blood pressure: 96/60 mmHg (Normal)
- Pulse rate: 140 bpm (Tachycardic)
- Respiratory rate: 34 breaths/min (Tachypneic)
- SpO2: 99% under room air (Normal)

- Alert and obeying commands
- Lethargic looking
- Cool peripheries
- Capillary refill time 3-4 seconds
- Good pulse volume
- Dry lips and coated tongue
- No recession
- No rash or active bleeding noted
- No pedal edema or facial puffiness

# Systemic Examination

#### Abdomen

- Soft, not tender
- Liver was 1 cm palpated
- Spleen not palpated
- Kidney not balloted
- Normal bowel sound

- Cardiac
- Tachycardic
- Normal heart sound
- No additional heart sound or murmur
- Respiratory
- Tachypneic
- No abnormal breathing sound

# Summary

- 6-year-old boy, recent fogging at the housing area; chief complaints of fever and abdominal pain for 2 days.
- 1 episode of vomiting, lethargic and body ache.
- Physical examination, lethargic, febrile, tachycardic, tachypneic and dehydrated.

#### **Provisional Diagnosis:**

Day 2 Dengue Fever in febrile phase with warning sign of abdominal pain and lethargic in compensated shock

# Full Blood Count & Rapid Diagnostic Test

• NS1 Antigen: Positive

Dengue IgM: Negative

Dengue IgG: Negative

Hemoglobin	g/dL	13.5	10.5-14.0	Normal
Hematocrit	%	38.7	33-42	Normal
MCV	fL	73.1	70-74	Normal
МСН	pg	26.2	25-31	Normal
МСНС	g/dL	34.9	32-36	Normal
RDW	%	13.3	12.0-14.8	Normal
Platelet	K/uL	225	150-400	Normal
White Blood Cell count	K/uL	11.8	6-15	Normal
Absolute Neutrophil	K/uL	6.8	3.9-7.1	Normal
Absolute Lymphocyte	K/uL	3.0	1.8-4.8	Normal
Absolute Monocyte	K/uL	0.7	0.4-1.1	Normal
Absolute Eosinophil	K/uL	0.2	0.0-0.8	Normal
Absolute Basophil	K/uL	0.0	0.0-0.1	Normal

# Full Blood Count & Rapid Diagnostic Test

• NS1 Antigen: Positive

Dengue IgM: Negative

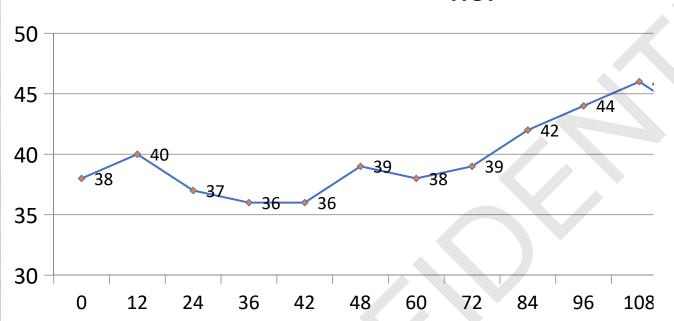
Dengue IgG: Negative

Hemoglobin	g/dL	13.5	10.5-14.0	Normal
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Absolute Eosinophil	K/uL	0.2	0.0-0.8	Normal
Absolute Basophil	K/uL	0.0	0.0-0.1	Normal

# Case Study 2

- A 6-year-old girl, admitted on Day 1 of fever because of high fever, vomiting and not able to tolerate any fluids.
- Day 1, Hct 37%, NS1 Ag positive; started on IV fluid therapy, at maintenance rate (25 kg).
- IVF therapy reduced on Day 2 and Day 3 of fever.
- On Day 4, IV line tissued!

# HCT

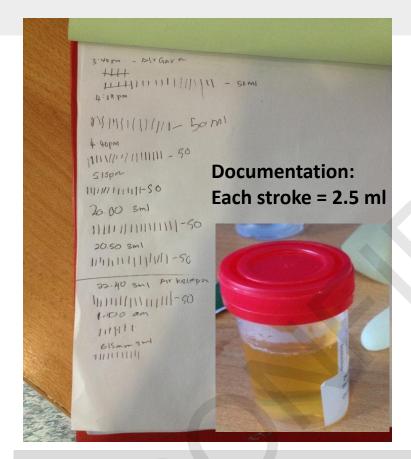


**→** HCT

- 18 Unsuccessful venipuncture attempts:
- Hct increased from 37% to 46%
- Cool extremities
- Thready pulses



### Oral Rehydration

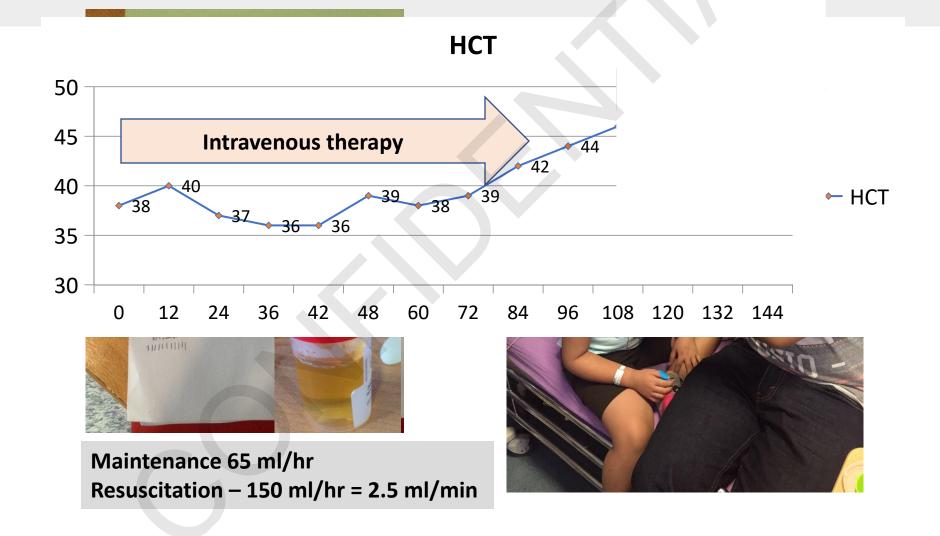


Maintenance 65 ml/hr Resuscitation – 150 ml/hr = 2.5 ml/min

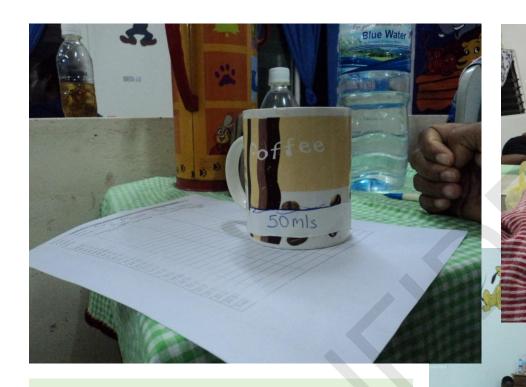
#### Oral drip with 2.5 ml syringe, ORS



## Oral Rehydration

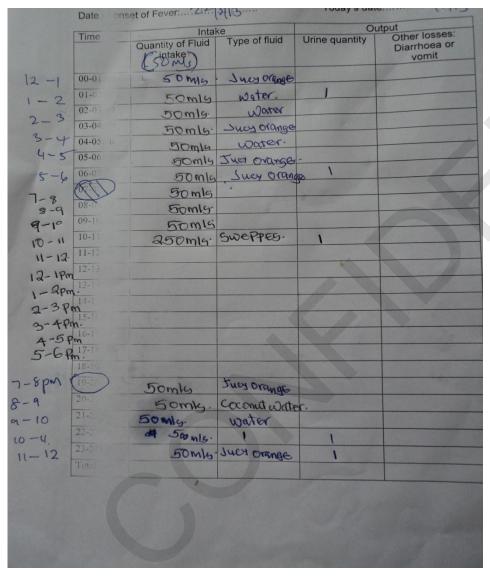


#### Increasing awareness of oral hydration



Encourage drinking: aliquots of 50 ml or less in patients with nausea

#### Empowering parents to document intake & output chart



Mother's documentation of her child's oral intake,
Volume
Type of drinks,
Urine frequency

## Coconut – natural rehydrating fluid



# Case management

- 6-year-old boy, recent fogging at the housing area; chief complaints of fever and abdominal pain for 2 days.
- 1 episode of vomiting, lethargic and body ache.
- Physical examination, lethargic, febrile, tachycardic, tachypneic and dehydrated.

#### **Provisional Diagnosis:**

Day 2 Dengue Fever in febrile phase with warning sign of abdominal pain and lethargic in compensated shock Dehydration

How would you manage him?

#### **Outpatient management: Group A**

# Patients who are able to "drink enough to pee enough"

# Group A – Send home if patient meets <u>all</u> of the following

**Intake:** Getting adequate volume of oral fluids

**Output:** Passing urine at least once every 4 to 6 hours

Does **NOT** have any warning signs

Has stable haematocrit and hemodynamic status

Does NOT have co-existing conditions

- **1. Laboratory confirmation** of Dengue
- 2. Baseline Full blood count: HCT/Hb
- **3. Give anticipatory guidance** before sending home
- 4. Educate on Defervescence and warning signs

Monitor daily for **progression to** severe disease

5. Do serial CBCs

### **Keys to good home care**

- 1. Bed rest
- 2. Encourage oral intake

What is **adequate** oral intake?

6 to 8 glasses of fluid for adults and accordingly in children

**How** to achieve adequate fluid intake?

What types of fluid?

3. Manage fever

### **Keys to good home care**

#### 2. Encourage oral intake

#### What types of fluid?

Milk, coconut water, fruit juice (caution with diabetes patient), oral rehydration solution, barley water, rice water, clear soup

#### Water alone may cause electrolyte imbalance.





LIK CPRIMARIA A LITER GUE TRAINING PROGRAMME FOR FRONT-LINER: AN INTEGRATIVE APPROACH, UITM KAMPUS SELAYANG 24 OGOS 202

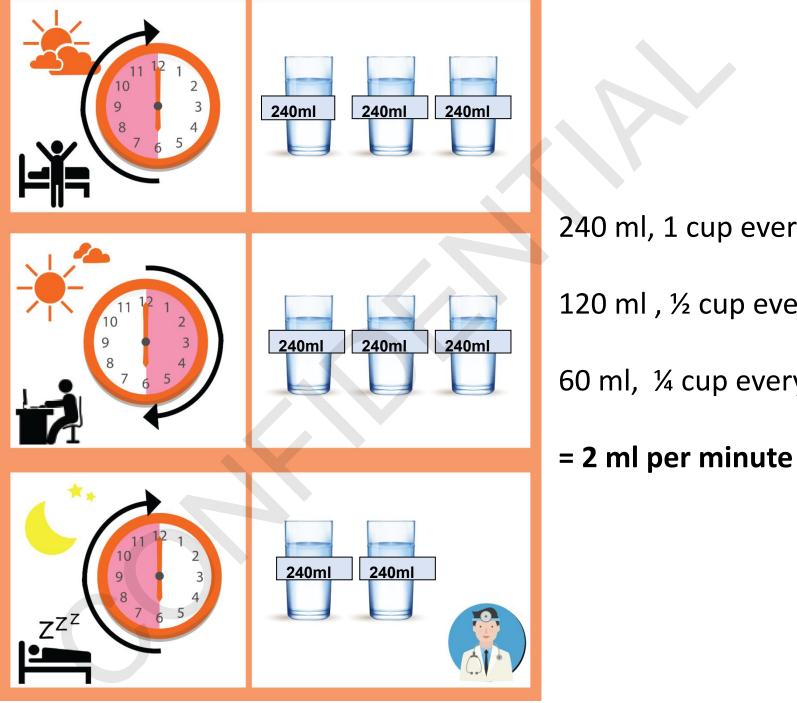
# Oral rehydration therapy in dengue

Randomized controlled study: Primary care setting

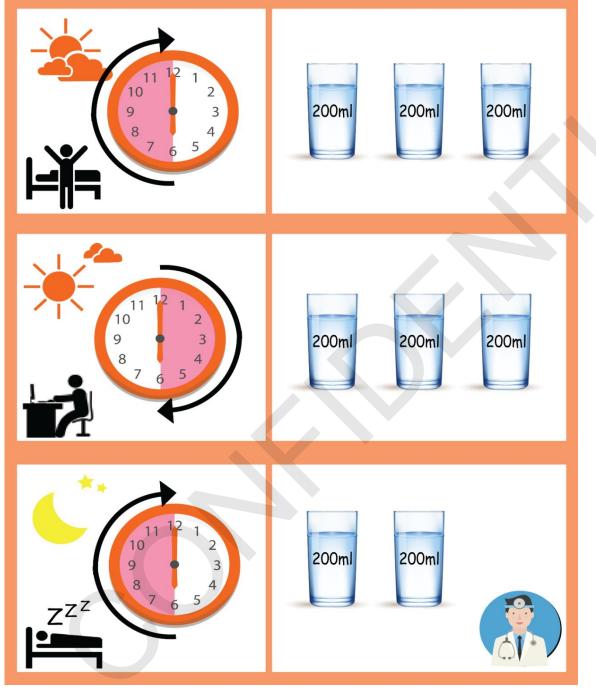
• 138 patients >12 years of age, randomized to fluid chart and cup (intervention) and usual treatment (control)

- Reduced hospitalizations:- 10% vs 17%
- Reduced Need for IV fluid requirement 13% vs 22%
- Increased amount of fluid intake
- However, differences were not significant

Nazir NH et al, 2017 PLoS



240 ml, 1 cup every 2 hours 120 ml, ½ cup every hour 60 ml, ¼ cup every ½ hour



1 cup every 2 hours

½ cup every hour

¼ cup every ½ hour

= 1.5 ml per minute

### **Keys to good home care**

#### 1. Bed rest

#### 2. Encourage oral intake

What is adequate oral intake?

6 to 8 glasses of fluid for adults and accordingly in children

What types of fluid?

Milk, coconut water, fruit juice (caution with diabetes patient), oral rehydration solution, barley water, rice water, clear soup

Water alone may cause electrolyte imbalance.

#### 3. Manage fever

Give paracetamol if fever is higher than 38°C

Adult - not more than 4 g per day

Child - 10 mg/kg/dose, not more than 4 times a day

#### **Tepid (lukewarm water) sponging**

Do **NOT** give ibuprofen or aspirin (or other non-steroidal anti-inflammatory drugs)

#### Effect of standard dose paracetamol versus Temp >38°C antipyretic therapy on liver injury in adult c a multicentre randomised controlled trial

Vasin Vasikasin, Thanawith Rojdumrongrattana, Worayon Chuerboonchai, Thanawhan Siriwiwattana, Suchada Niyasom, Nawarat Lertliewtrakool, Sitawee Jitsiri, Dhitiwat Changpradub

#### Summary

Background Dengue is a common cause of acute liver failure in tropical countries. antipyretic for dengue. Related observational studies in dengue have suggested th related to hepatic injury. We aimed to evaluate whether standard dose paraceta infection caused transaminase elevation, and to evaluate the efficacy of paracetame

Methods In this randomised, double-blind, placebo-controlled trial, adult participa as confirmed by either positive NS1 antigen, positive dengue IgM antigen with the test, were enrolled at three Royal Thai Army hospitals in Thailand. Key exclusion concentrations of more than 3 times the upper limit of normal, cirrhosis, indication infection, concurrent diagnosis of other causes of fever, or pregnancy. Patients w computer-generated block randomisation procedure (block size of six), to receiv placebo (500 mg) every 4 h when body temperature exceeded 38°C during investigators were masked to treatment assignment. The primary outcome was t transaminase elevation, defined as serum aspartate transaminase (AST) concentrations of more than 3 times the upper limit of normal on recovery day, in the intention-to-treat population. Internal Medicine Anada Prespecified interim analyses for safety and efficacy were performed with group seq trial is registered with ClinicalTrials.gov, number NCT02833584.

Findings Between Sept 1, 2016, and Dec 12, 2017, 125 participants were rand paracetamol (n=63) or placebo (n=62). 123 participants were included in the it median daily dose of study medication was 1.5 g (IQR 0.8-2.0). The study was to rate of transaminase elevation in the paracetamol group than in the placebo group (22% vs 10%: incidence rate ratio 3.77, 95% CI 1.36-10.46, p=0.011). The change of AST and ALT concentration higher than in the placebo group (mean difference 12.43 U/L per day, 7.16-17.71, 1 day, 95% CI 3.68-11.13, p=0.0001 for ALT). Three participants in the paracetar two had upper gastric haemorrhage and one had acute kidney injury. No patients di

Interpretation Use of standard dose paracetamol in dengue infection increased the inci and also overall transaminase concentrations in the absence of a counterbalancing re

Funding Phramongkutklao College of Medicine.

www.thelancet.com/lancetgh Vol 7 I

**Paracetamol** 500 mg every 4 hourly

123 patients (63/62) Median daily dose – 1.5 g Mean 2.5 g

ALT/AST >3x upper limit:

22% in paracetamol group vs 10% in placebo group

Fever duration, pain score – no difference

3 patients in the paracetamol group had severe dengue with upper GI bleed and 1 patient **AKI** 

#### Paracetamol for dengue fever: no benefit and potential harm?

Jacqueline Deen, \*Lorenz von Seidlein

NO antipyretic and NO analgesic **benefit** in adults with dengue fever. Paracetamol useless in dengue fever, Also unsafe.



A 43-year-old with dengue,
Voltaren three times daily for 3 days,
Presented with hematochezia (fresh bleed). This is not melena.
Transfused 42 units of fresh blood, but still passed away.

#### CASE STUDY 3: 16-year-old girl, Day 3 of fever

Presented to Primary Care with high fever, 39°C.

Headache, myalgia for 2½ days.

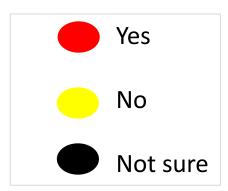
Poor appetite and reduced fluid intake

Drank ½ glass of milk that morning

Passed scanty urine

This morning started to have epigastric pain.

#### Is the epigastric pain a warning sign?



The day before, had poor appetite and reduced oral intake. Drank less than 3 glasses of water

Saw a GP, who suspected she might have dengue, because neighborhood fogging last week, asked to return for blood test next day.

What other questions would you ask?

### Medications cause "warning signs"

#### **Erythromycin, Mefenemic acid**



#### **Erythromycin, Sodium Diclofenac**



#### NJ – 54 yr old female

### Time-line

Day 1 16 Feb	Day 2 17 Feb	Day 3 18 Feb	Day 4 19 Feb	
Fever onset	Fever, Myalgia Headache	Dizziness, Headache		
	Decr oral intake	Decr oral intake.	Less oral intake, nausea	
	NO D,V,AP,WS	NO D,V,AP, WS	NO D, V, AP, WS	
	Temp 39.2°C	Temp 37.9°C	Temp 36.5°C	
	Good perfusion	Good perfusion	Good perfusion	
		WBC 3.1, HCT 39.6	WBC 2.9, HCT 39.8	
		Hb 13.7, Platelet 132	Hb 13.2, <b>Platelet 88</b>	
	Encourage oral fluid	Encourage oral fluid	Encourage oral fluid	

#### NJ – 54 yr old female

### Timeline

Day 1	Day 2	Day 3	Day 4	Day 5
16 Feb	17 Feb	18 Feb	19 Feb	20 Feb

Fever onset	Fever, Myalgia Headache	Dizziness, Headache		Dizziness,
	Decr oral intake	Decr oral intake	Less oral intake, nausea	not eaten anything for past 2 days.
	Temp 39.2°C	Temp 37.9°C	Temp 36.5°C	Temp 36.7°C
	Good perfusion	Good perfusion	Good perfusion	Poor perfusion
		WBC 3.1,	WBC 2.9,	WBC 2.6,
		HCT 39.6	HCT 39.8	HCT 46.2,
		Hb 13.7,	Hb 13.2,	Hb 15.2,
		Platelet 132	Platelet 88	Platelet 56
	Encourage oral fluid	Encourage oral fluid	Encourage oral fluid	Dengue Shock
				Syndrome

## Case study: 6-year-old girl

Triage entry: recorded at **1730H**, 5 Aug Category 3

• SpO2: 100%

Non-invasive BP: 105/56

• Heart rate: 148 bpm

• Temp: 40°Celcius

• Weight: 27.7kg

History of Presenting illness: 5 Aug Patient seen at 1900H

- Fever x 4/7
- started on 02/08/17
- up to 40°C documented in ED
- last paracetamol suppository, 10am
- Reduced oral intake x 4/7
- had small amount of porridge
- last drank at 1500H that day
- associated with nausea

# History continued... 5 Aug

- Last urine 1500H that day
- No diarrhea
- Mild cough, no coryza
- No abdominal pain
- No sore throat

- Alert, GCS 15/15
- Appeared miserable
- Dry, cracked lips
- Moist mucous membranes
- Cool peripheries
- Good pulse volume
- Cap Refill Time <2s
- Throat injected, tonsils inflamed with exudate

- Impression –
- Acute exudative tonsillitis,
- To exclude Dengue Fever
- Investigations Urine FEME, FBC, Renal Profile
- Initial management:
- 1. Paracetamol given stat
- 2. Encouraged orally in ED
- 3. To re-check vital signs in 1 hour

Reassessed in ED at 20:30

Temp 38.2°C, HR 135/min

Appeared tired, able to converse

Able to walk

CRT <2s, good pulse volume

Peripheral perfusion improved

Took sips of water in ED, refused food.

No vomiting

FBC & Urine results reviewed

:st	Unit	Ref. Range	lag	Result
RENAL FUNCTION TEST				
Sodium (Serum)	mmol/L	136 - 145	L	134
Potassium (Serum)	mmol/L	3.6 - 5.2		4
Chloride (Serum)	mmol/L	99 - 109		99
Carbon Dioxide (Serum)	mmol/L	20.0 - 31.0		21
Anion Gap (Serum)	mmol/L	10 - 20		18
Urea (Serum)	mmol/L	3.2 - 8.2		4.9
Creatinine (Serum)	umol/L	44 - 71	L	43
Comment				eGFR is no old.
Complete Blood Count				
HGB	g/L	110.0 - 140.0		111
HCT	L/L	0.34 - 0.40		0.35
RBC	10^12/L	4.00 - 5.20	Н	5.62
MCV	fl	75 - 87	L	62
MCH	pg	24.0 - 30.0	L	19.8
MCHC	g/L	310 - 370		319
RDW	%	11.6 - 14.0	Н	14.8
WBC	10^9/L	5.0 - 15.0	L	3.4
Platelet	10^9/L	200 - 450	L	86
DC (Manual)				
Neutrophil	%			58
# Neutrophil	10^9/L	1.50 - 8.00		1.97
Lymphocyte	%			32
# Lymphocyte	10^9/L	6.00 - 9.00	L	1.09
Monocute	0/_			7

## How would you manage this child?

רכ (בווצנומווופוונ)			
rine FEME			
Biochemistry			
Specific Gravity		1.005 - 1.030	1.026
На		5.0 - 7.0	5
Leucocyte Esterase	/uL		0
LeucocyteEsterase I			Negative
Nitrite			Negative
Protein	g/L		0.75
Protein (I)	3		2+
Glucose	mmol/L		0
Glucose (I)			Negative
Ketone	mmol/L		1.5
Ketone (I)			2+
Urobilinogen	umol/L		0
Urobilinogen (I)			Negative
Bilirubin	umol/L		17
Bilirubin (I)			1+
Haemoglobin	/uL		25
Haemoglobin (I)			2+
Microscopy			
Erythrocyte	/uL		Negative
Leucocyte	/uL		Negative
Epithelial cells	1000000		Negative
Casts			Negative
Crystals			Negative
Bacteria			Negative
Others			Negative

# Electrolyte disturbances and abnormal urinalysis in children with dengue infection

	DF	DHF	<i>p</i> -value
Serum electrolyte (mEq/l)			
Sodium	$133.5 \pm 3.52$	$133.5 \pm 3.20$	0.938
Potassium	$3.89 \pm 0.42$	$3.93 \pm 0.52$	0.565
Chloride	$100.6 \pm 3.94$	$99.8 \pm 3.81$	0.214
Bicarbonate	$21.4 \pm 2.71$	$21.4 \pm 2.43$	0.983
Prevalence of hyponatremia	61% (44/73)	72% (55/77)	0.149
Serum Na 130- <135 mEq/l	44% (32/73)	56% (43/77)	0.103
Serum Na 125-129 mEq/l	14% (10/73)	16% (12/77)	0.744
Serum Na 120-124 mEq/l	3% (2/73)	0% (0/77)	0.072
Prevalence of hypokalemia	14% (10/73)	17% (13/77)	0.588
Serum K 3.0-<3.5 mEq/l	14% (10/73)	14% (11/77)	0.918
Serum K 2.5-2.9 mEq/l	0% (0/73)	3% (2/77)	0.166
Serum K <2.5 mEq/l	0% (0/73)	0% (0/73)	-
Prevalence of metabolic acidosis	11% (8/73)	7% (5/77)	0.260
Urinalysis	A CONTRACTOR OF THE SECOND	11. 1. 10. 11. Dear	
% Urine sp gr $\geq 1.020$	63% (42/67)	60% (44/73)	0.770
% Hematuria	18% (12/67)	27% (20/73)	0.182
% Proteinuria	15% (10/67)	27% (20/73)	0.072
% Ketonuria	48% (32/67)	47% (34/73)	0.888

# **Calculations for normal maintenance of intravenous fluid infusion**

Normal IV fluid maintenance per hour by Holliday-Segar formula:

4 mL/kg/h for first 10 kg body weight

+ 2 mL/kg/h for next 10 kg body weight

+ 1 mL/kg/h for subsequent kg body weight

For overweight/obese patients, calculations for normal maintenance of IV fluid **should be** based on ideal body weight (IBW)

The Malaysian CPG uses adjusted body weight which is:

Adjusted body weight = Ideal body weight + 0.4 (actual body weight-ideal body weight)

Either way, treat the patient clinically.

Do not just follow numbers.

# How to calculate ideal body weight for overweight/obese patients

Ideal body weight (IBW) for overweight/obese adults can be estimated based on the following formula\*

#### Female:

#### Male:

#### Example:

A 90 kg man 5' 5" tall:

$$IBW = 50 \text{ kg} + (2.3 \text{ kg} \times 5) = 61.5 \text{ kg}$$

Maintenance fluid =  $(4 \times 10) + (2 \times 10) + (1 \times 41.5) = 101.5 \text{ ml/hr} (~2.4 \text{ litres/day})$ 

\*Gilbert DN, et al 2007

# How to calculate ideal weight for overweight/obese children

There is no consensus on the best method for calculating IBW for children.<sup>1</sup>

If a child is overweight or obese (i.e. BMI-for-age ≥85% and ≥95%, respectively) use US growth charts<sup>2</sup>:

Calculate IBW using Body Mass Index Method:

[BMI at the 50th percentile for that child's age × (height in metres)<sup>2</sup>]

#### Example:

What is the IBW of a girl who is 4 years old and 105 cm tall?

(BMI at 50th percentile for age/sex is 15.3)<sup>2</sup>

 $IBW = 15.3 \times 1.05 \times 1.05 = 16.9 \text{ kg}.$ 

# Quick reference table for ideal body weight of obese/overweight adults

Height (cm)	Female (kg)	Male (kg)
150	45.5	50
160	52	57
170	61.5	66
180	70	75

# **Quick calculation for normal maintenance intravenous fluid regime**

For adults with IBW >50 kg: 1.5 to 2 ml/kg/hr

For IBW < 50 kg: 2 to 3 ml/kg/hr

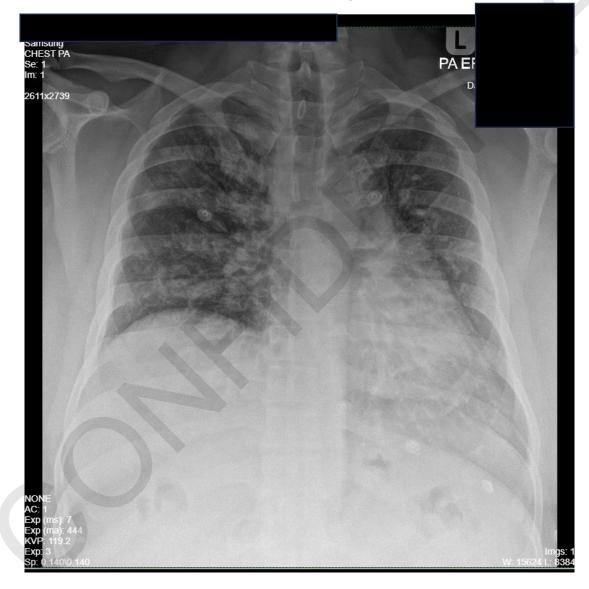
# Quick reference for normal maintenance rate of intravenous fluid according to ideal body weight

Ideal body weight	Normal maintenance rate of IVF				
	ml/hour	ml/kg/hour			
70 kg	110	1.6			
60 kg	100	1.7			
50 kg	90	1.8			
40 kg	80	2			
30 kg	70	2.3			
20 kg	60	3			
10 kg	40	4			

# Quick reference for normal maintenance rate and bolus intravenous fluid according to ideal body weight

	IV N	laintenance	Bol	lus
Ideal body weight	ml/hour	ml/kg	10 ml/kg	X Maintenance
70 kg	110	1.6	700 ml	6.4x
60 kg	100	1.7	600 ml	6.0x
50 kg	90	1.8	500 ml	5.6x
40 kg	80	2	400 ml	5.0x
30 kg	70	2.3	300 ml	4.3x
20 kg	60	3	200 ml	3.3x
10 kg	40	4	100 ml	2.5x

# Baseline CXR – July 2022



### **Dynamic phases & Clinical problems of dengue**

Viremic phase (3-5 days)

Immunological phase, (from 3 to 7<sup>th</sup> day onwards)

#### **Clinical Problems:**

- High fever, nausea:
- **Dehydration**, Electrolyte Imbalance
- Ketosis
- Co-morbid conditions

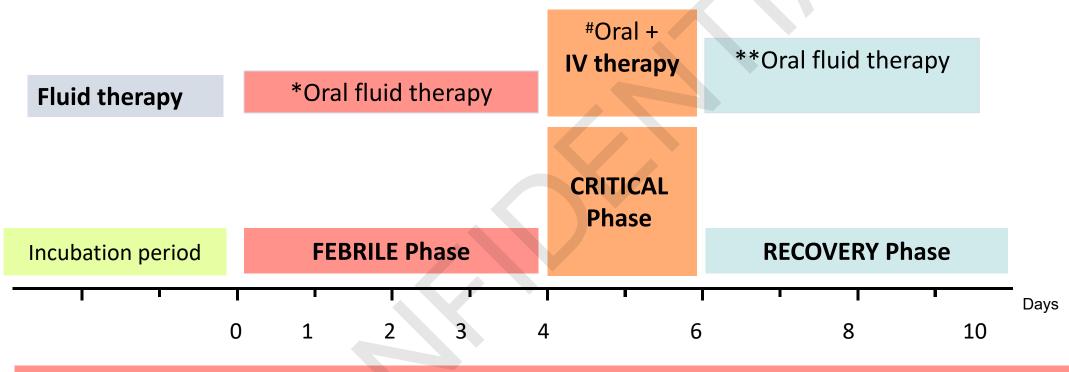
#### **Clinical Problems:**

- Hypovolemia PlasmaLeakage + SevereBleeding
- Organ Impairment
- Dehydration & Electrolyte Imbalance
- Co-morbid conditions
- ?Paracetamol/ NSAIDS toxicity

# Clinical Problems: Fluid Overload

Respiratory Distress/Failure

### Fluid therapy and phases of dengue



- \*Prescribed oral fluid & electrolytes therapy
- \*Prescribed oral fluid & electrolytes & IV fluid resuscitation therapy + Frequent Reviews
- \*\*Prescribed oral fluids therapy, correct electrolytes