Measles

and Other Fine Rashes

Antonio Brandt, MD



Why talk about measles?

- Measles is in the news
- Extremely contagious
- If we see a suspected case, we may need to consider options other than transport
- Our communities look to us as experts, and they will seek our advice

Outbreak

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Cowlitz
Clark
Multnomah
Clackamas
Washington
Oregon
worldatlas

And more than just measles

- Measles
- Other interesting or life threatening rashes
- Rash Jeopardy

Measles

- Also known as:
  - Rubeola (not rubella, that's a different virus)
  - Red measles
  - English measles
  - Morbilli



Measles Outbreak

- In Clark County (as of this morning's report)
  - 68 in children (< 18 years)
  - 70 cases in unimmunized or unverified immunity
  - 2 cases had only one MMR vaccine
- CDC recommends 2 MMR vaccinations

Measles Transmission

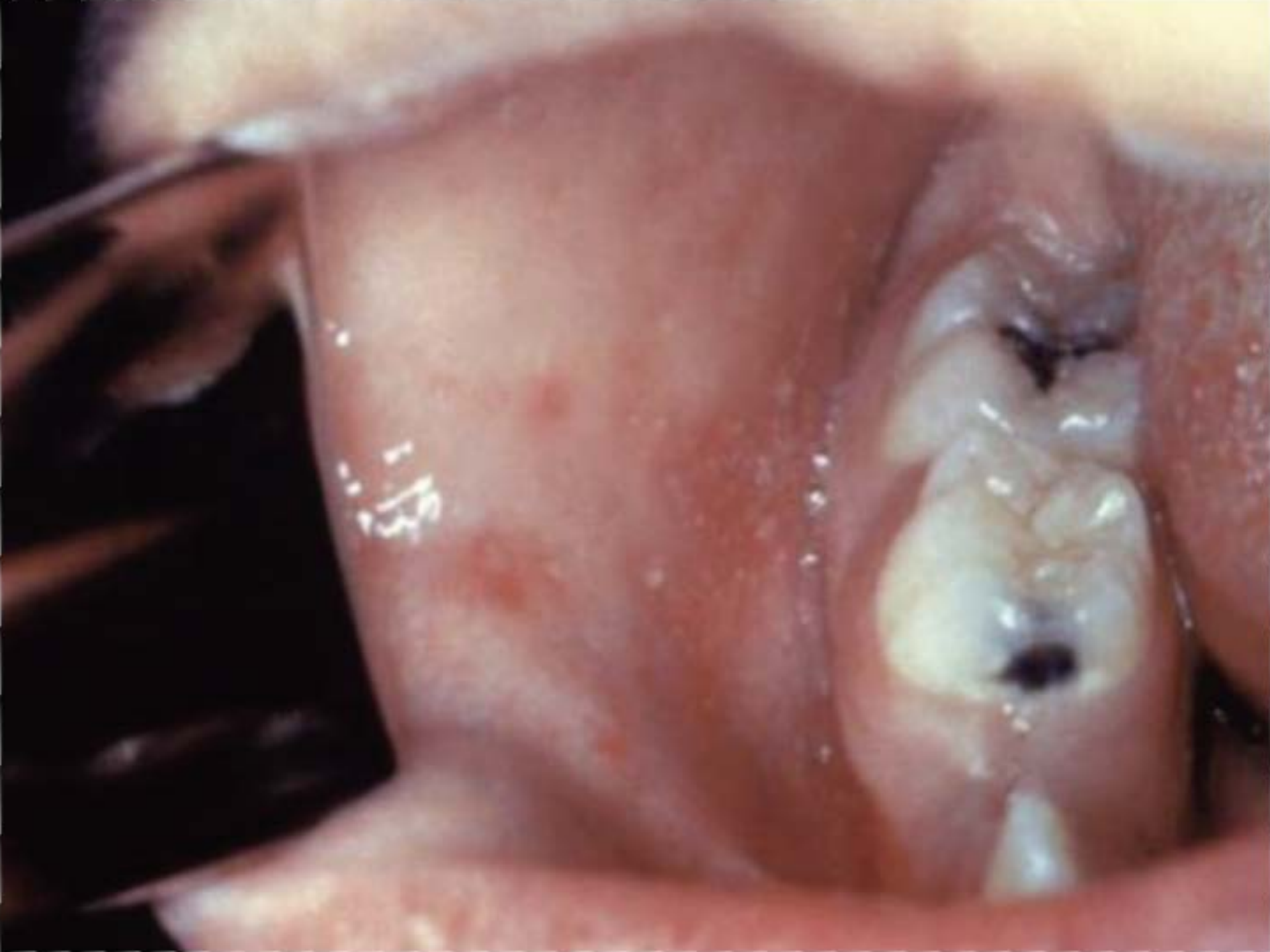


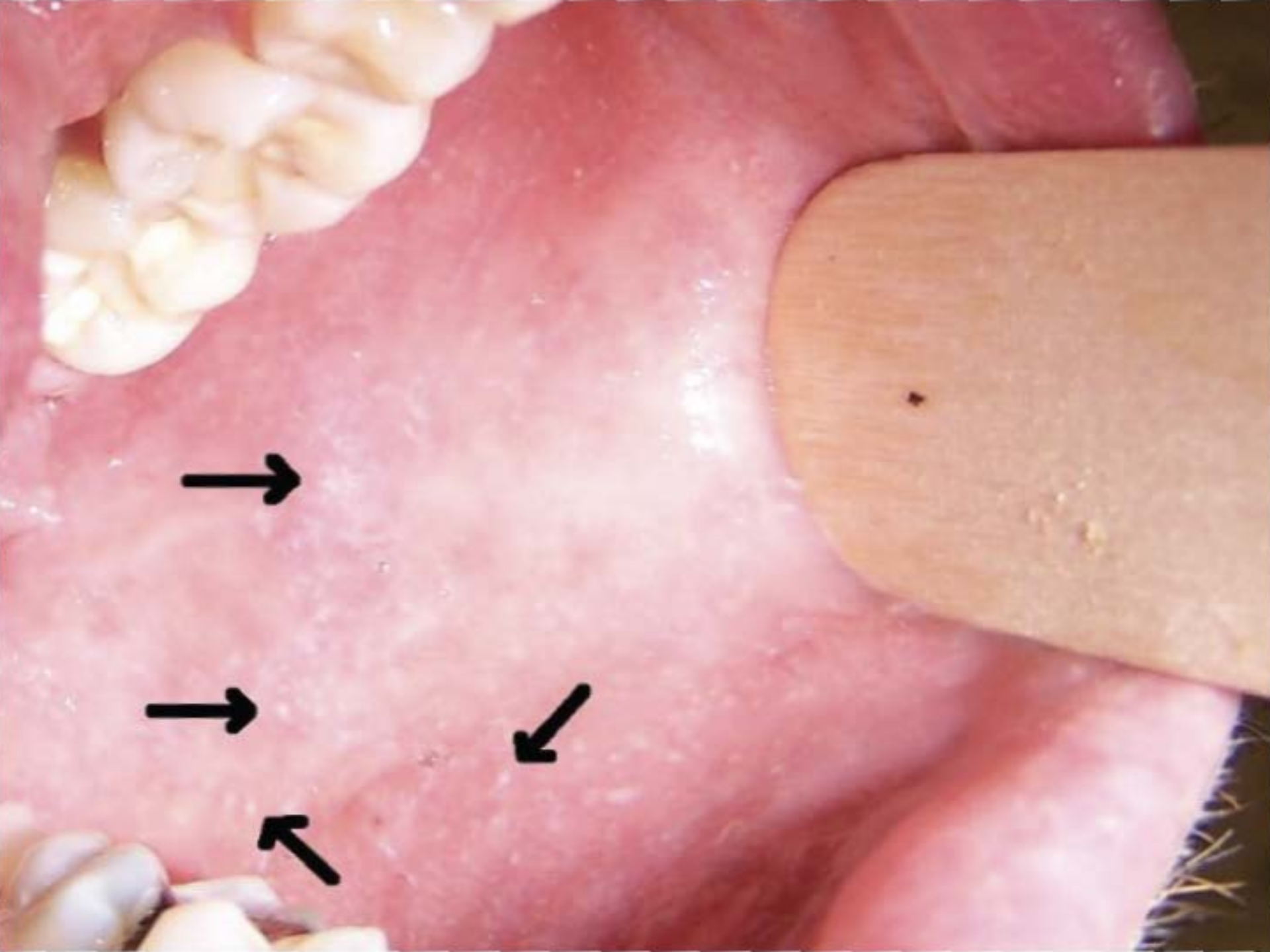
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Measles Symptoms

- Cough
- Coryza (URI symptoms)
- Conjunctivitis
- Fevers up to 5 days
- Koplik spots











Clinical Presentation

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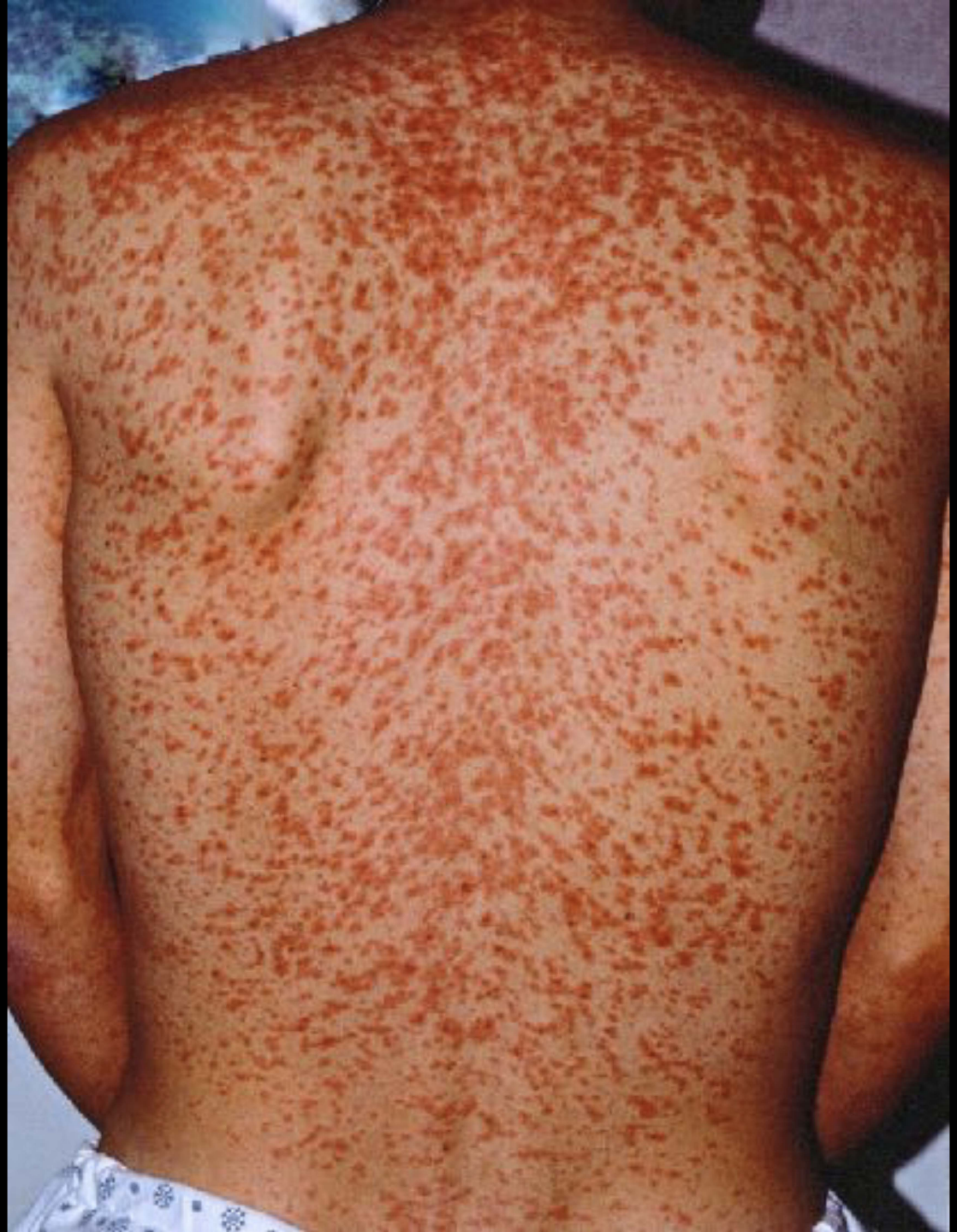
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Rash

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Southbound Mom





Clinical Course

- Based on data prior to widespread vaccination (1963)
  - The vast majority recovered without known sequelae
  - 1 in 10 were hospitalized
  - 1 in 20 developed pneumonia
  - 1 in 500 developed encephalitis
  - 1 in 1000 died

Complications

- Highest risk in patients < 5 or > 20 years old
- Overall, 30% of cases have complications
- However, most of these complications are diarrhea, otitis media and pneumonia

Complications

- Pregnancy – low birth weight, prematurity

- Long-term complications
  - SSPE
  - Disability from encephalitis, pneumonia, hospitalization
  - Hearing loss
  - Seizures

Treatments

- None
- Well, supportive care
- No aspirin for kids
- GamaSTAN immune globulin recently approved for post-exposure prophylaxis
- Can give vaccination for post-exposure prophylaxis

Measles Summary

- URI » Koplik spots » rash
- High rate of complications compared to other viral exanthems
- Very contagious
- Vaccination works, adverse events very rare



Other Interesting Rashes



Stretch Break







First Case

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Shingles

- Reactivation of varicella zoster virus (chicken pox)
- **Dermatomal (can spill over a little)**
- Contagious, virus is in the blisters
- Usually benign, but painful

Shingles

- Postherpetic neuralga, herpetic keratitis
- Disseminated shingles can be lethal
- Antiviral treatments and neuropathic pain meds
- Vaccine available

Next Case

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Meningococcemia

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Next Case

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Staphylococcal Scalded Skin Syndrome

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Next Case

- 24 year old female with 36 hours of fevers, rash on hands & feet
- HR 130 bpm, BP 70/palp, 101 F
- Looks toxic







Toxic Shock Syndrome

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- **Desquamation of palms and soles**
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Next Case

- 30 year old with 24 hours of very itchy rash
- Onset soon after hiking
- Normal vitals







Poison Ivy

- Western poison ivy and Pacific poison oak in WA
- Urushiol usually causes local reaction, but anaphylaxis possible
- Wash/rinse, steroids, antihistamines

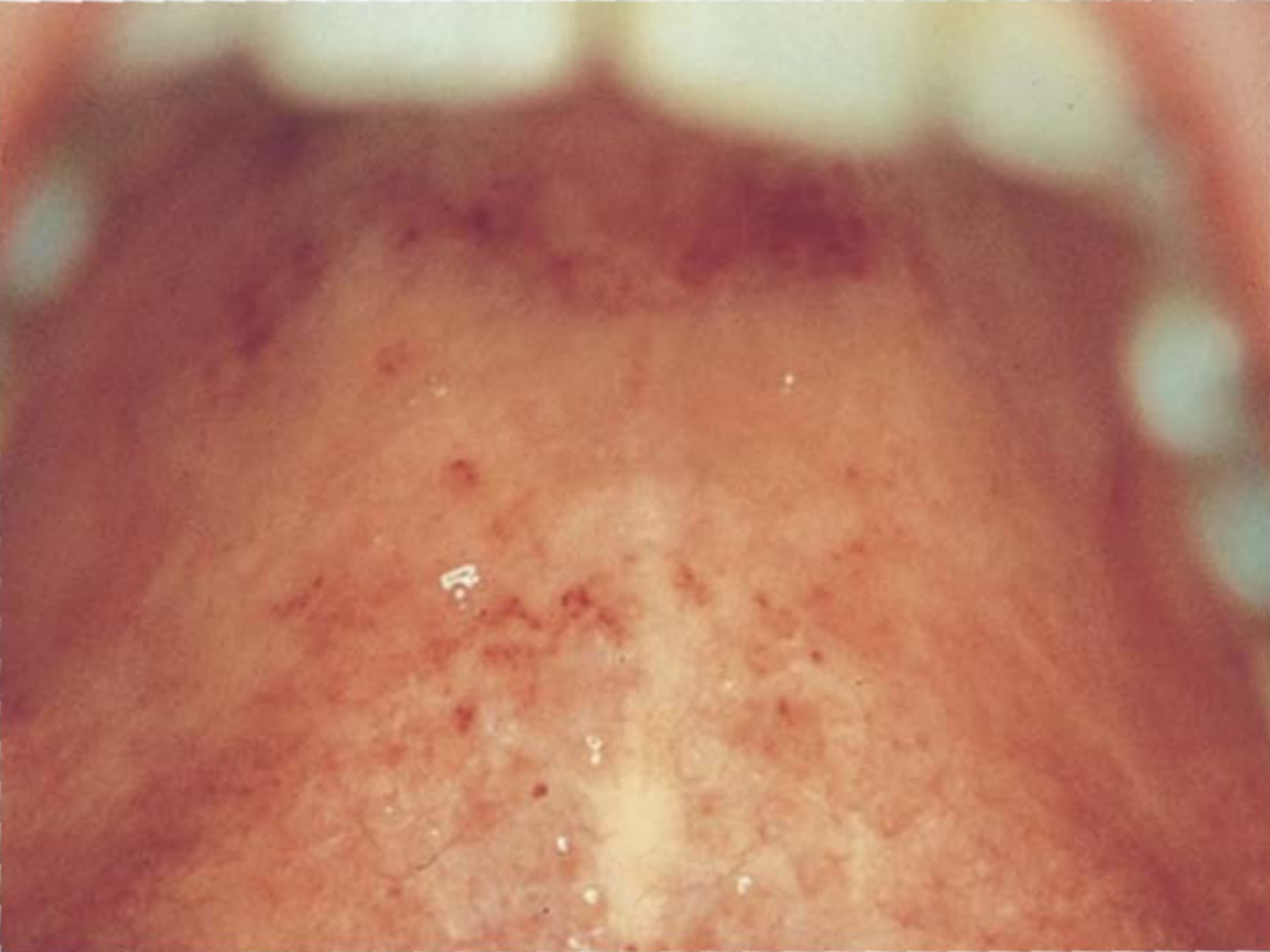


Next Case

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Rubella

- German measles, 3 day measles
- Similar to rubeola, but milder and shorter
- Lymphadenopathy, orchitis, **Forchheimer's spots**
- Good outcomes except for congenital rubella
- No treatment, but vaccine works

Next Case

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Stevens-Johnson / TEN

- SJS and TEN different spectrum of same disease
- Autoimmune reaction to medication or infection
- Treatment is controversial
- Remove offending agent, treat in burn center

Next Case

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Rocky Mountain Spotted Fever

- Spread by tick bites, usually summer time
- Uncommon, < 5,000 / year in US
- Fever, headache, **centripetal rash**
- 1 in 8 die without treatment, 1 in 200 with doxycycline

Last Case

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Chicken Pox

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- **Vesicles in different stages at the same time**
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