

Mumps

Introduction:

Welcome to this presentation about the Mumps infection, Presented by UCP Seguin of Greater Chicago's Infinitec. In this presentation, we will review the characteristics of Mumps and discuss some instructional strategies and classroom accommodations that may prove to be beneficial for these students.

Mumps is a viral infection that primarily affects the parotid glands, which are one of three of the saliva-producing (salivary) glands, situated below and in front of your ears. The infection typically begins with a few days of fever, headache, muscle aches, tiredness, and loss of appetite followed by swollen salivary glands.

Mumps was common in the U.S. until the mumps vaccinations came out in 1967. Since then, the number of cases has dropped dramatically. Before the vaccine, more than 200,000 cases occurred each year in the U.S. Since the vaccine, the number of cases has dropped to fewer than 1000 a year. Most cases of mumps are in children ages 5-14, however the rate among young adults has increased over the last 2 decades.

<http://kidshealth.org/en/parents/mumps.html>

<http://www.mayoclinic.org/diseases-conditions/mumps/basics/definition/con-20019914>

<http://www.cdc.gov/mumps/>

Symptoms and Behaviors

If not vaccinated, mumps spreads easily from person to person through infected saliva. A person can contract mumps by breathing the saliva droplets of an infected person who has just sneezed or coughed.

In addition, a person can contract mumps from sharing utensils or cups with or touching objects or surfaces that were touched by someone who has mumps.

Some people who get mumps have very mild or no symptoms. In fact they often do not know that they have the disease. Doctors believe that about 1 in 3 people may have a mumps infection without symptoms. When signs and symptoms do develop, they usually appear about 2 to 3 weeks after exposure to the virus. Most people recover completely in a few weeks.

The Symptoms of mumps are:

- Fever

- Headache
- Muscle aches
- Weakness and fatigue
- Loss of appetite
- Swollen and tender salivary glands under the ears on one or both sides (parotitis)
- Pain while chewing or swallowing

If you suspect that you or your child has mumps, see your doctor. Be sure to inform the doctor's office that you suspect mumps prior to your visit, to reduce wait time. This will decrease the chances of infecting others.

Children usually recover from mumps about 10-12 days after the symptoms begin. It takes about one week for swelling to disappear in each parotid gland, and it is common that swelling occur in one gland at a time.

Since mumps can also involve the brain and its membranes, call the doctor immediately if the individual has a diagnosis of mumps and further develops any of the following symptoms:

- Stiff neck
- Convulsions (seizures)
- Extreme drowsiness
- Severe headache
- Changes of consciousness

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Prevention:

There are many things that one can do to prevent the spread of mumps. The first method of prevention is to receive

- Vaccination: the vaccine is given as part of the measles-mumps-rubella (MMR) immunization, which is usually given to children at 12-15 months of age. A second dose of MMR is generally given at 4-6 years of age. If they haven't already received them, students who are attending colleges and other post-high school institutions should be sure they have had two doses of the MMR vaccine.
- In addition, to prevent the spread of mumps, encourage that individuals Wash hands with water and soap frequently, and
- Cover the nose and mouth with a tissue when sneezing or coughing

- To prevent the spread of this infection to others, be sure to ask a doctor about the best time to return to school/work after the illness is detected.

<http://www.medicalnewstoday.com/articles/224382.php>

<http://kidshealth.org/en/parents/mumps.html>

Complications: (rare)

- In rare cases, mumps will attack other groups of salivary glands instead of parotids. If this happens, swelling may be noticed under the tongue, under the jaw, or all the way down to the front of the chest.
- Although this is not common, mumps can lead to inflammation and swelling of the brain and other organs. Inflammation of the brain is known as Encephalitis and inflammation of the lining of the brain and spinal cord is known as Meningitis.
- Inflammation of the testicles can also occur in males who have reached puberty; While it is very painful, rarely does this lead to fertility problems.
- Other complications include Inflammation of the ovaries and/or breasts in females who have reached puberty.
- Pancreatitis: signs and symptoms include pain in the upper abdomen, nausea and vomiting.
- And Hearing loss (although this is very rare)

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Instructional Implications

- It is rare for mumps to cause complications, however if any of the aforementioned complications occur, these may impact a person's ability to attend the school or training environments.
- If mumps has caused hearing loss, neurological problems or damage to the central nervous system, make sure the the educational or training team members understand the student's needs in order to provide him or her with the necessary support.
- If you work in the educational or training environment and you suspect that an individual has mumps, call their parents, guardians and/or health care professional immediately!

Treatment:

- If you think that an individual has the mumps, encourage parents or guardians to call a medical professional. This person will confirm the diagnosis and work with the family to monitor this person for complications. The doctor will also notify the health authorities, who keep track of childhood immunization programs and mumps outbreaks.
- Since mumps is caused by a virus, it cannot be treated with antibiotics
- A Patient can use non-aspirin fever medications such as acetaminophen or ibuprofen to reduce fever and relieve the pain in the swollen parotid glands. Aspirin should never be used in children with viral illnesses because its use has been associated with the development of Reye syndrome.
- If you are the caretaker for an individual with mumps, keep track of temperature.
- Serve a soft, bland diet that does not require a lot of chewing, and encourage the individual to drink plenty of fluids
- Avoid serving tart or acidic fruit juices (like orange juice, grapefruit juice, or lemonade) as they will make parotid pain worse.
- Water, decaffeinated soft drinks, and tea are better tolerated
- A person with mumps does not need to stay in bed, but may participate in leisure activities that are calm.

Keep in mind that teaching/instructional strategies are greatly dependent on the specific needs of the individual. If a person exhibits complications due to mumps, check with a healthcare professional to ensure that the appropriate plans are in place.

<http://kidshealth.org/en/parents/mumps.html>

Remember, not all children with the mumps infection are the same, and each student is an individual. It is important for staff to work together to ensure all are aware of each individual's needs.