

EBOLA VIRUS DISEASE –A LITERATURE REVIEW

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ABSTRACT

Ebola virus disease (EVD), often known as Ebola hemorrhagic fever, is an uncommon but serious and often fatal infection that affects people. The virus is passed from animals to humans and then spreads across the population.

Ebola Virus Disease (EVD) is a devastating disease that affects humans and nonhuman primates. EVD viruses are mostly found in Sub-Saharan Africa. Direct contact with an infected animal (bat or nonhuman monkey) or a sick or deceased person infected with the Ebola virus can cause EVD.

KEYWORDS: Ebola virus, PPE (Personal Protective Equipment), Ebola hemorrhagic fever.

INTRODUCTION

Ebola is an uncommon but fatal virus that causes fever, body pains, diarrhoea, and, in some cases, internal and external bleeding. The immune system and organs are harmed when the virus travels across the body. As a result, the number of blood-clotting cells decreases. Severe, uncontrollable bleeding develops as a result of this. Ebola hemorrhagic fever was the previous name for the disease; however, it is now known as Ebola virus. It kills up to 90% of those who become infected.

WHAT IS EBOLA VIRUS DISEASE?

A disease caused by the Ebola virus is a condition that is transmitted from animals to humans; this virus spreads through direct contact with the bodily fluids of an infected person or animal.

HISTORY OF EBOLA VIRUS: Ebola initially occurred in Yambuku, a town in northern Zaire, on August 26, 1976. He went to the doctor with a high fever, and he was given a quinine shot, which is effective against malaria. He had uncontrollable vomiting, bloody diarrhoea, difficulty breathing, and then nose, mouth, and anus bleeding a week later.

-He died 14 days after his symptoms began.

- He triggered an outbreak that killed 280 of the 318 people who became afflicted (88 percent).

- Natural Reservoir—unknown at this time, but possibly a local bat population

-In 1976, the Zaire Ebola Virus (ZEBOV) and the Sudan Ebola Virus (SEBOV) were identified as two separate species (SEBOV)

HOW IS THE EBOLA VIRUS TRANSMITTED?

- Exposure to bodily fluids.
- Injections that haven't been sterilized.
- Infected person's skin piercing devices.
- Consuming bush meats, particularly monkeys, chimps, bats, and dead animals.
- Eating fruits that have been partially devoured by bats or wild animals (bat meat).
- Direct personal contact with a person who has died of Ebola.
- When someone dies of Ebola, their body releases virus-infected fluids, making them highly contagious. As a result, no one should contact the body without wearing protective gear.

EBOLA VIRUS SIGNS AND SYMPTOMS:

- Fever
- Bloody diarrhea
- Vomiting blood
- Bleeding through the nose and urine
- Muscle and joint pain
- A rash on the skin

GO TO A HEALTH FACILITY IMMEDIATELY IF

- You have a sudden fever or diarrhea or vomiting or you have recently come into direct contact with wounds or body fluids of an infected person.

WHAT SHOULD BE DONE IF SOMEONE HAS EBOLA?

- Proper treatment
- Personal protective equipment (PPE) should be worn when caring for an infected person
- Disinfection of used clothing and utensils.

RISK: (i) Ebola patients are contagious, and anyone who comes into direct contact with their bodies is at risk. (ii) Handling should be kept to a minimum and protective clothing should be worn.

Incubation period: 2-21 days.

Diagnosis: Blood test

Treatment: There is no cure for Ebola fever.

1. Total isolation / Quarantine.
2. Intensive care treatment
3. The only available treatments are those meant to help to ease symptoms.

These may include

- ✓ Oxygen therapy
- ✓ Intravenous fluids
- ✓ Blood transfusions
- ✓ Medications to treat shock
- ✓ Pain medications.

MEASURES TAKEN BY THE GOVERNMENT TO PREVENT DISEASE SPREAD:

1. Travelers from impacted countries will be rigorously checked.
2. Passengers from or transiting through the impacted countries must self-report at the time of immigration screening.
3. Designated facilities at airports/ports to manage travellers who are exhibiting illness symptoms.
4. States are being encouraged to designate nodal offices and hospitals with isolation wards, as well as maintain personal protective equipment on hand.
5. The Indian Medical Association has been enlisted to educate doctors on diagnostic and treatment procedures.

PREVENTION

1. Anyone suspected of having died with Ebola should contact a health care provider immediately, avoid washing the body, and bury it as soon as possible.
2. After handling a patient or the body of someone who has died of Ebola, wash your hands with soap and warm water.
3. Meats should be avoided.
4. Never exchange sharp things like needles or razor blades.
5. Use bleach or soap to disinfect the clothing and bedding of suspected Ebola patients.

6. Do not consume fruits that have been partially consumed by bats or other wild creatures (Bat Mot).

CONCLUSION

The virus is propagated via direct contact with bodily fluids, such as blood from infected humans or animals. Spread through a contaminated person's bodily secretions.

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