

**JANUARY 2025  
HIPC NEWSLETTER**

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**HUMAN META PNEUMO VIRUS**

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**Important Dates**

- | World Hand Hygiene Day- May 5th
- | Global Hand washing day –October 15th
- | AMR Awareness Week-18-24 November
- | International Infection Prevention Week –Every 3rd Week Of October

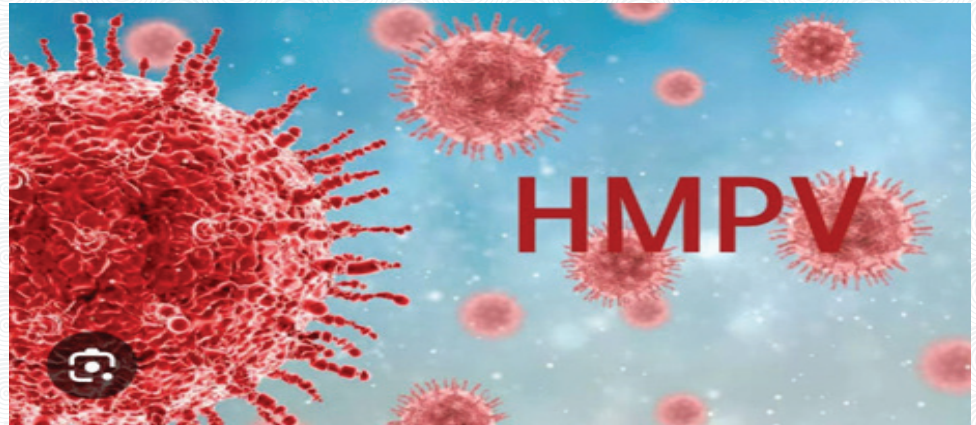
**Guideline Updates  
Quick Links**

<https://my.clevelandclinic.org/health/disease/22443-human-metapneumovirus-hmpv>

[https://www.google.com/search?q=human+metapneumovirus&sca\\_esv=75eba5d28b097118&rlz=1C1FHFK\\_enIN1094IN1094&ei=Zv6FZ\\_](https://www.google.com/search?q=human+metapneumovirus&sca_esv=75eba5d28b097118&rlz=1C1FHFK_enIN1094IN1094&ei=Zv6FZ_)

[https://www.google.com/search?q=human+metapneumovirus+cdc&sca\\_esv=75eba5d28b097118&rlz=1C1FHFK\\_enIN1094IN1094&ei=gf6FZ\\_bJBrDkseMPzseLyQc&ved=0ahUKEwi2jra1xfSKAxUwcmwGHc7jinkQ4dU](https://www.google.com/search?q=human+metapneumovirus+cdc&sca_esv=75eba5d28b097118&rlz=1C1FHFK_enIN1094IN1094&ei=gf6FZ_bJBrDkseMPzseLyQc&ved=0ahUKEwi2jra1xfSKAxUwcmwGHc7jinkQ4dU)

**HUMAN METAPNEUMOVIRUS (HMPV)**



**INTRODUCTION**

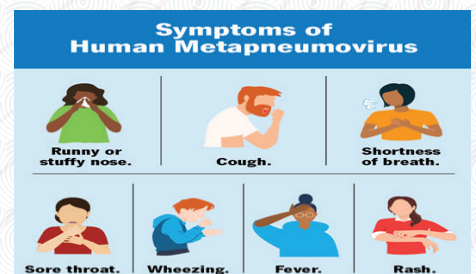
***“Human Metapneumovirus (HMPV) is a common respiratory illness. If you’re experiencing symptoms, please don’t be panic. Stay home, rest and prioritize your recovery to avoid spreading the virus to others.”***

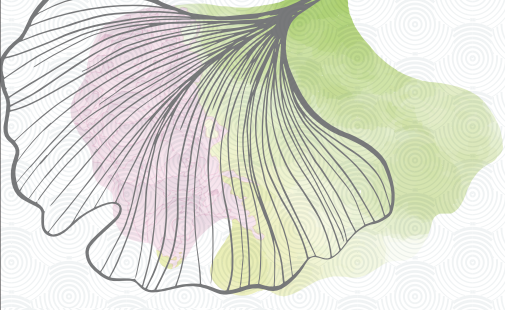
Human metapneumovirus is a negative-sense single-stranded RNA virus of the family Pneumoviridae and is closely related to the Avian metapneumovirus subgroup C. It was isolated for the first time in 2001 in the Netherlands by using the RAP-PCR technique for identification of unknown viruses growing in cultured cells.

Human metapneumovirus (HMPV) is a virus that usually causes symptoms similar to a cold. You might cough or wheeze, have a runny nose or a sore throat.

**SYMPTOMS**

- Fever: Low-grade to moderate fever.
- Cough: Persistent and may become severe.
- Congestion: Nasal stuffiness or runny nose.
- Difficulty breathing: Rapid or labored breathing, wheezing, and flaring nostrils.
- Fatigue: Increased irritability and reduced activity
- Wheezing





## RISK FACTORS

- Age.
- Weakened immune systems.
- Damaged skin.
- Personal contact.
- Sharing of needles
- Accidental needle sticks
- Pregnant person to newborn

## TRANSMISSION

HMPV is transmitted through direct contact with someone who has it or from touching things contaminated with the virus.

The virus spreads primarily through droplets or aerosols from coughing or sneezing, through direct contact with an infected individual or through exposure to contaminated surfaces

## DIAGNOSIS

The gold standard for HMPV testing is Polymerase Chain Reaction (PCR). Polymerase Chain Reaction (PCR): PCR tests detect the genetic material of the virus in respiratory samples, such as nasal or throat swabs. This method is highly sensitive and specific, making it the most reliable diagnostic tool for HMPV.

## COMPLICATION

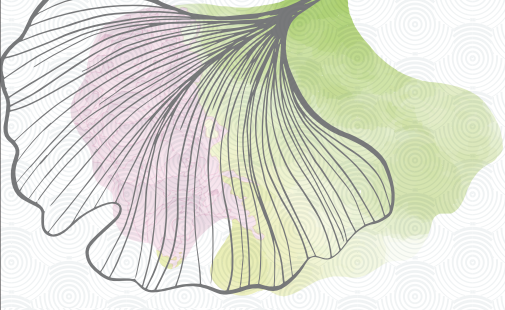
- Bronchiolitis
- Bronchitis
- Pneumonia
- Asthma or COPD flare-ups
- Ear infection (Otitis media)

## TREATMENT

Currently, there is no specific antiviral medication or vaccine available for HMPV. Treatment is supportive and depends on the severity of the infection. For mild cases, rest, adequate hydration, and over-the-counter medications to manage fever and nasal congestion are sufficient.

- Oxygen Therapy
- IV Fluids
- Corticosteroids



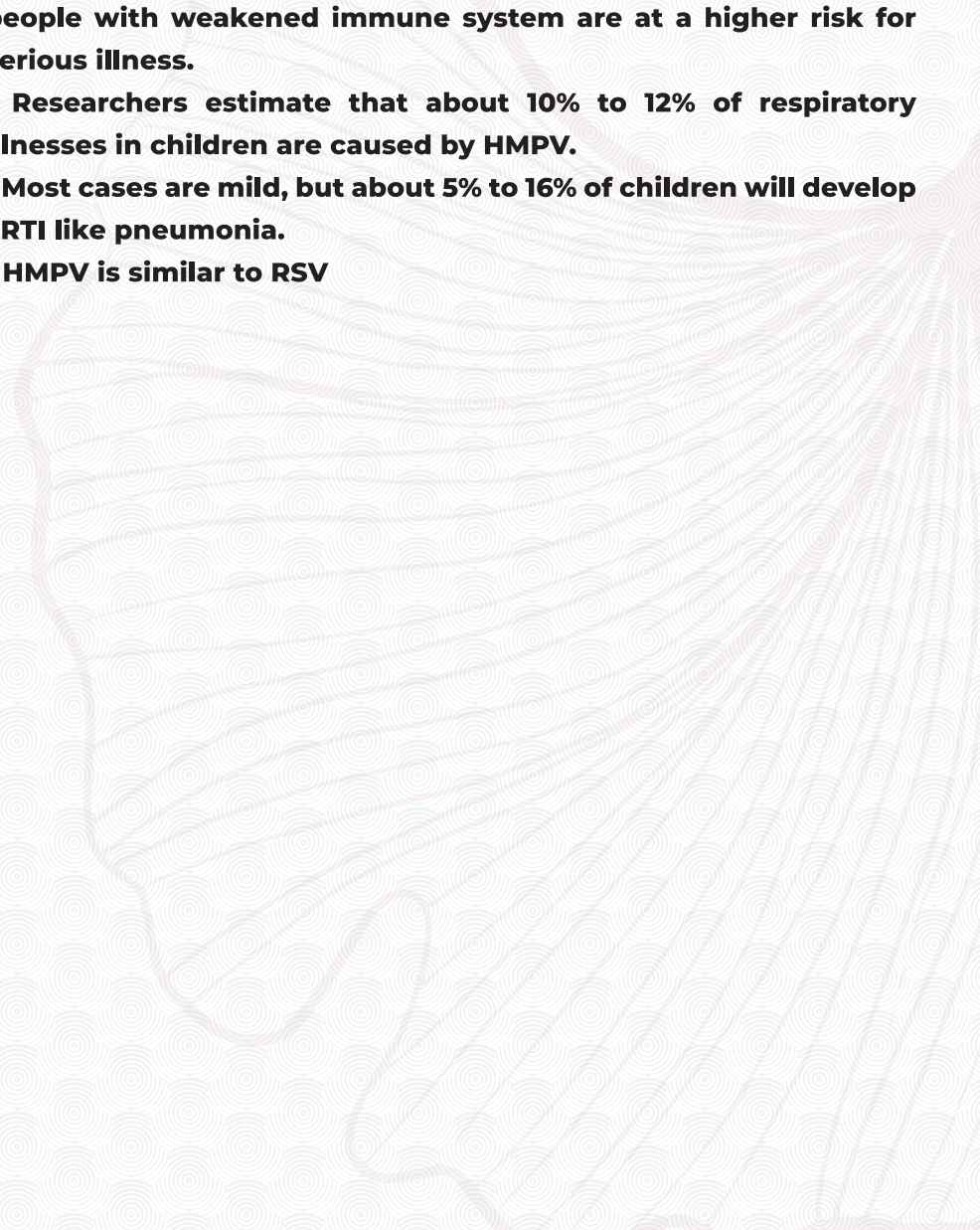


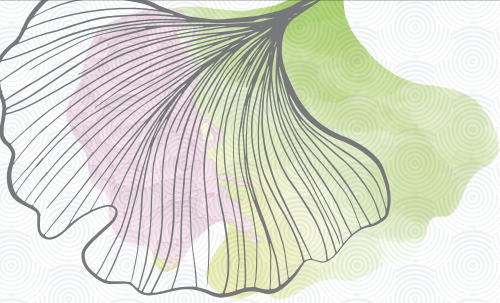
## PREVENTION

- Hand hygiene
- Avoiding contact with the infected
- Disinfecting surfaces

## KEY FACTS

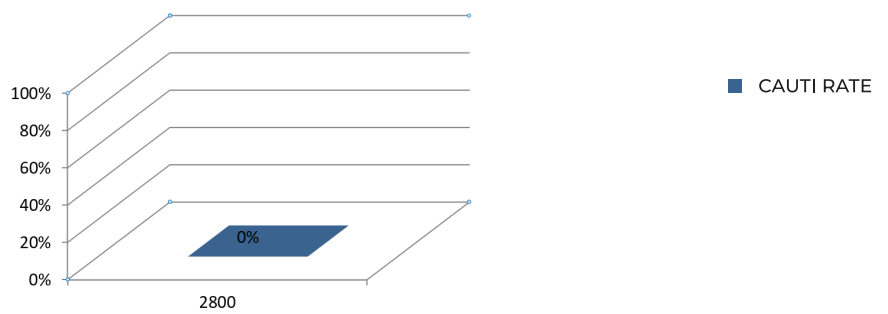
- **HMPV-is a virus that usually causes symptoms similar to cold**
- **Most cases are mild, but young children, adults over 65 and people with weakened immune system are at a higher risk for serious illness.**
- **Researchers estimate that about 10% to 12% of respiratory illnesses in children are caused by HMPV.**
- **Most cases are mild, but about 5% to 16% of children will develop LRTI like pneumonia.**
- **HMPV is similar to RSV**



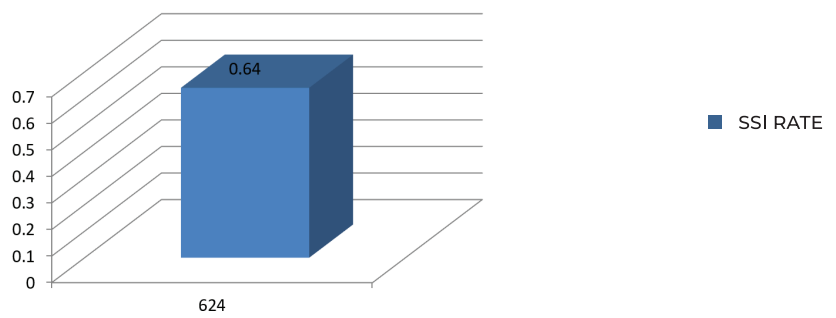


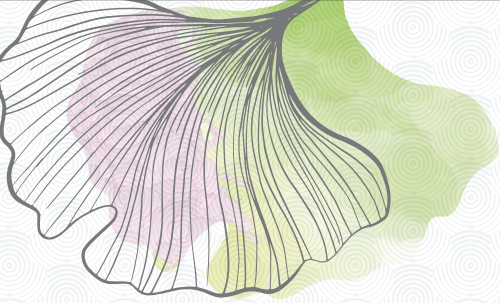
## HAI DATA - NOVEMBER, 2024

### CAUTI RATE

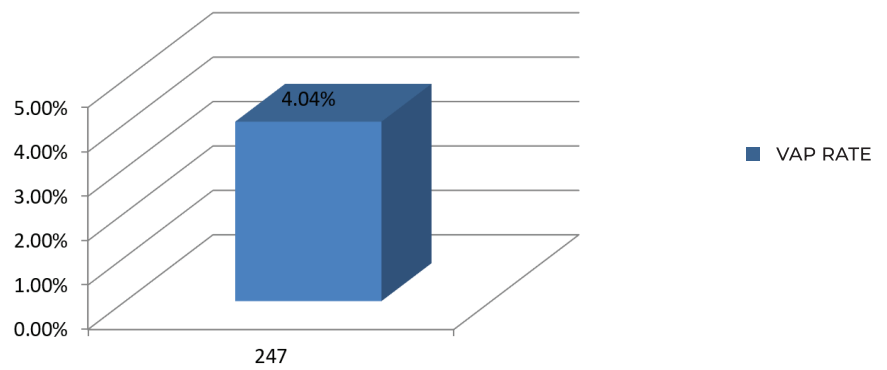


### SSI RATE





### VAP RATE



### PERCENTAGE OF HAND HYGIENE COMPLIANCE

