Travancore Medical College Hospital
A Unit of Quilon Medical Trust

NOVEMBER 2026
HIPC NEWSLETTER

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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://www.google.com/search?q=+DENGUE+ACCORDING+TO+CDC&sca_esv=dc136fae24f1631a&rlz=1C1VDKB_enIN1059IN1059&sxsrf=AKL5yDhGNGZQ7EBQiQ8q-iVWcKwu1njkug%3A1793852441128&ei=GQTsavWkB-aShvcPoIq6kAI&biw=1455&bih=703&uact=5&oq=+DENGUE+ACCORDING+TO+CDC&gs_lp=Egxnd3Mtd2l6LXNIcnAiGCBERU5HVUUgQUNDT1JESU5HIFRPIENEQzIFEAAY7wUyBRAAGO8FMggQABiABBiiBDIFE

DENGUE FEVER



INTRODUCTION

Dengue, also known as break-bone fever, is a disease caused by a virus that is transmitted from mosquitoes to humans. It is more common in tropical and subtropical climates.

The most common symptoms are high fever, headache, body aches, nausea, and rash. Most will get better in 1-2weeks .few develops dengue hemorrhagic fever and dengue shock syndrome.

SOURCE OF INFECTION

- Vector-borne diseases transmitted by infected Aedes aegypti.

TYPES/CLASSIFICATION

- Dengue without Warning Signs
- Dengue with Warning Signs
- Severe Dengue

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SYMPTOMS

>DENGUE WITHOUT WARNING SIGNS

- Nausea /vomiting.
- Rash
- Headache,eye pain,muscle ache or joint pain.
- Leukopenia.
- Positive tourniquet test.

>DENGUE WITH WARNING SIGNS

- Abdominal pain and tenderness
- Persistent vomiting.
- Clinical fluid accumulation(Asitis,pleural effusion)
- Mucosal bleeding.
- Lethargy/Restlessness.
- Hepatomegaly >2 cm.
- Increase in hematocrit concurrent with rapid decrease in platelet count.

>SEVERE DENGUE

- **Severe plasma leakage leading to:**
  - Shock
  - Fluid accumulation with respiratory distress.
- **Severe bleeding(as evaluated by clinician)**
- **Severe organ involvement**
  - Aspartite aminotranseferase(AST) or alanine aminotranseferase(ALT)>1000iu/l
  - Impaired consciousness
  - Oragan failure.

TRANSMISSION

Bites of an infected Aedes mosquito .dengue can be transmitted by pregnant women to foetus during pregnancy or around the time of birth

It bites throughout the day, especially between 6 and 8am and 4 and 6 pm ,sunrise and sunset

Human-to-mosquito transmission

Mosquitoes can become infected by people who are viraemic with the dengue virus. This can be someone who has a symptomatic dengue infection, someone who is yet to have a symptomatic infection (they are pre-symptomatic), and also someone who shows no signs of illness (they are asymptomatic).

Human-to-mosquito transmission can occur up to 2 days before someone shows symptoms of the illness, and up to 2 days after the fever has resolved.

Other transmission modes

Rare cases of transmission via blood products, organ donation and transfusions have been recorded. Similarly, transovarial transmission of the virus within mosquitoes have also been recorded.

DIAGNOSTIC TESTS

Laboratory Tests:

- **NS1 Antigen Test:** Detects a viral protein, helpful in the early stages of infection. Can be tested from Day 1 to 5.
- **IgM Antibody Test:** Identifies antibodies produced by the body in response to the infection. Can be tested from Day 5 onwards.
- **Nucleic Acid Amplification Test (NAAT):** A PCR test to detect the virus's genetic material. Can be tested from Day 1 to 5.

TREATMENT

- **Rest** as much as possible.
- Take acetaminophen (also known as paracetamol to control fever and relieve pain.
    - Do not take aspirin or ibuprofen!
- **Drink plenty of fluids** to stay hydrated. Drink water or drinks with added electrolytes.
- No antibiotics ,steroids and routine platelet transfusions.

PREVENTIVE MEASURES

The mosquitoes that spread dengue are active during the day.

Lower the risk of getting dengue by protecting yourself from mosquito bites by using:

- Clothes that cover as much of your body as possible;
- Mosquito nets if sleeping during the day, ideally nets sprayed with insect repellent;
- Window screens;
- Mosquito repellents (containing DEET, Picaridin or IR3535); and
- Coils and vaporizers.

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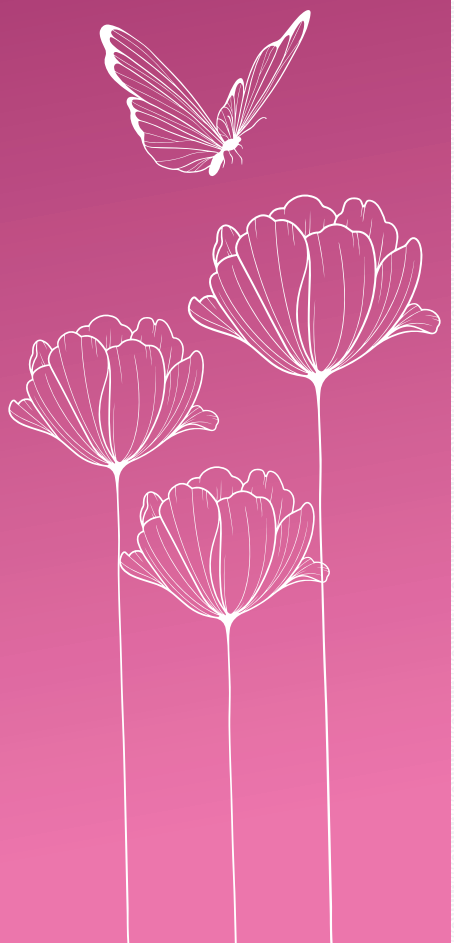
Mosquito breeding can be prevented by:

- Preventing mosquitoes from accessing egg-laying habitats by environmental management and modification;
- Disposing of solid waste properly and removing artificial man-made habitats that can hold water;
- Covering, emptying and cleaning domestic water storage containers on a weekly basis;
- Applying appropriate insecticides to outdoor water storage containers.

If you get dengue, it's important to:

- Rest
- Drink plenty of liquids
- Avoid non-steroidal anti-inflammatory drugs, like ibuprofen and aspirin; and
- Watch for severe symptoms and contact your doctor as soon as possible if you notice any.



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INTERNATIONAL INFECTION PREVENTION WEEK-2026

HAND HYGIENE AWARNESS PROGRAM



IPC VIDYARAMBHAM



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PATIENT SAFETY & QUALITY OF CARE
NABH
ACCREDITED

CONTINUOUS MEDICAL EDUCATION







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POSTER COMPETITION AND HAND HYGIENE CHAMPIONS





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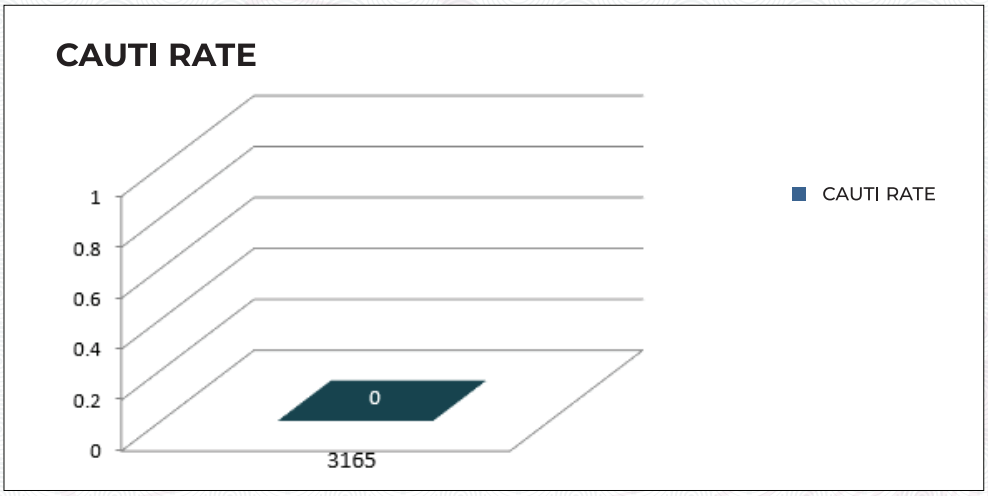
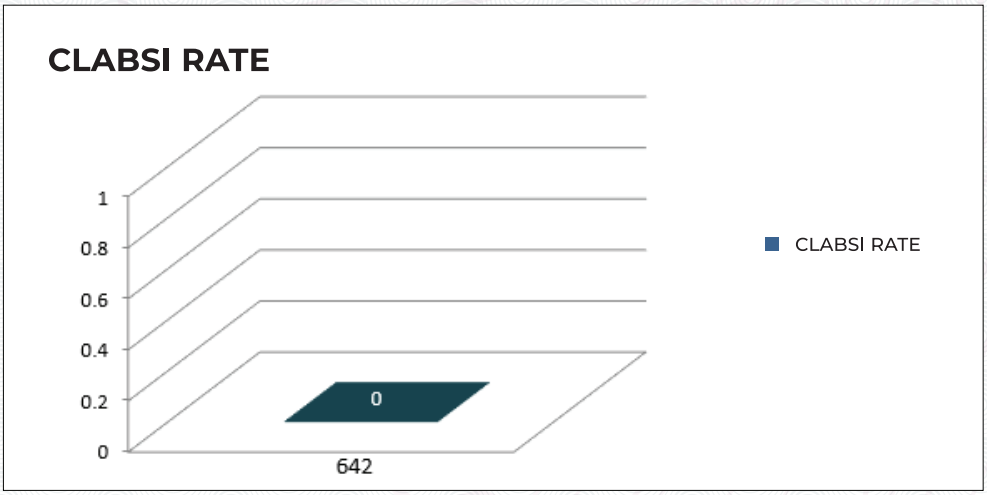
HAI DATA - OCTOBER 2026

CAUTI RATE - OCTOBER 2026



CLABSI RATE - OCTOBER 2026



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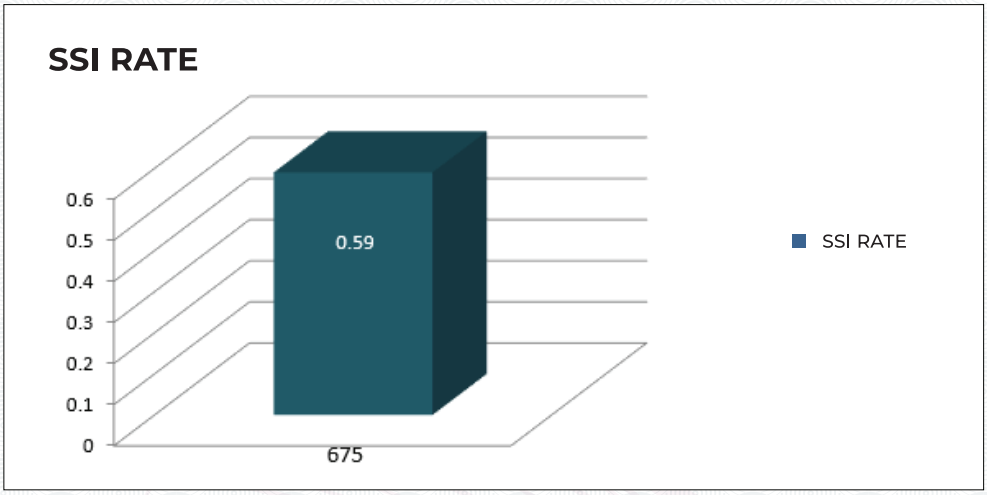
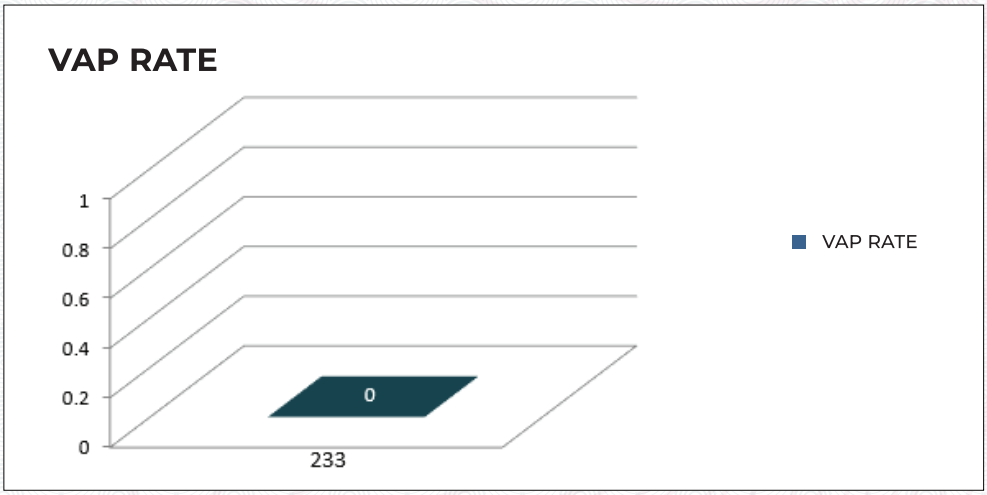
SSI RATE - OCTOBER 2026



VAP RATE - OCTOBER 2026



PERCENTAGE OF COMPLIANCE TO HAND HYGIENE- OCTOBER 2026

