Herpesvirus infections remain an actual problem of infectious diseases. In the opinion of the WHO, currently it is a pandemic of herpesvirus infections: up to 90% of the adult and infant population of the planet are infected with herpesviruses, with 50% of them mention the manifestation, recurrent course of diseases caused by them. Infectious mononucleosis (IM) is the most typical clinical manifestation of herpesvirus infections.

Aim: to analyze the features of clinical and laboratory diagnostics of IM in children.

Materials and methods. The history of the diseases of 60 patients (random sampling) hospitalized in the infectious department of the Regional Infectious Children’s Clinical Hospital during 2018 has been studied. The age of children was 2 to 16 years old, boys were 34 (56.7%), girls — 26 (43.3%). Diagnosed with IM with a typical course of mild degree in 4 (6.6%) patients with moderate severity - 49 (81.7%), severe — 7 (11.7%). Acute course occurred in 43 (71.7%) patients, protracted — 11 (18.3%), relapse — 6 (10%). The revealed complications: thrombocytopenic purpura in 1 patient — (1.7%), convulsive syndrome — 2 (3.3%).

Results. During the hospitalization the following complaints were found: increase of cervical lymph nodes — 58 (96.6%) patients; pain in the throat during swallowing — 51 (85%), difficulty in nasal breathing — 49 (81.6%), febrile fever, for at least 3 days — 53 (88.3%), exanthema in the skin — 7 (11.6%); sluggishness, drowsiness, general weakness — 60 (100%) patients. During the physical examination, attention was drawn to: enlarged painful palpation of the group of anterior and posterior cervical lymph nodes to 1.8±0.19 cm — 54 (90%) patients, hyperemia of the posterior wall of the oropharynx, enlarged tonsils with a bite — 51 (85%), the liver protruded from under the edge of the right edicular are 1.6±0,11 cm — 42 (70%), the spleen increased 1,21±0,17 cm — 39 (65%). In the clinical analysis of blood during the first or second week of the disease, the following changes were observed: leukocytosis <15*10⁹ — 44 (73.3%), leukocytosis > 15*10⁹ — 7 (11.6%), leukocyte formula displacement to the left — 19 (31.6%), lymphomonocytosis was recorded in 41 patients (68.3%), atypical mononuclear to 10% — 27 (45%), atypical mononuclear more than 10-20% — 14 (23.3%), anemia — 47 (78.3%). A direct
correlation between the number of mononuclear cells and the severity of the disease is noted, and the peak of the appearance of virocytes in most patients was noted at 14±0.12 days of the disease. Specific diagnosis included a positive Paul-Bunnel reaction to detect heterophilic antibodies, which was detected only in 22 (36.6%) children. VCA (viral capsid) Ig M was detected in 60 (100%) patients, VCA Ig G — 5 (8.3%), and antibodies to the EA complex — 12 (20%) by immunoassay analysis. DNA polymorphism of the Epstein-Barr virus in blood was detected in 58 (96.6%) patients with polymerase chain reaction.

Conclusion. IM has a bright clinical symptomatology, but without specific features. Changes in the clinical analysis of blood are associated with the appearance of virocytes in 43 (71.6%) children, but also characteristic of parotitis, viral hepatitis. Reactions detecting heterophilic antibodies were positive in 22 (36.6%) patients, but especially in children under 3 years of age, there may be false negative results.

References:

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PSYCHOLOGICAL MALADAPTATION STATE OF INTERNSHIP DOCTORS

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The current unfavorable socio-economic and political conditions in Ukraine have significantly exacerbated the problem of doctor’s adaptation to professional activity, have increased the requirements for quality and efficiency of medical care. The role of the doctor is crucial and leading at all stages of the medical-diagnostic and rehabilitation processes. The profession of physician is of great social importance, since it is the responsibility of healthcare professionals to bear responsibility not only for the physical health of the patient who has entrusted the physician to his or