

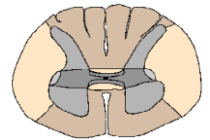
Herpes Zoster (Shingles)

What is it?

- **Acute viral infection with vesicles**- confined to specific nerve tract
- Reactivation of varicella virus- chickenpox, severity correlated with age

Signs and Symptoms:

- Neurological pain in affected nerve, fever, anorexia, malaise, enlarged lymph nodes
- Bacterial infection of the lesion, risk of dehydration, poor nutritional status
- Chill, fever, diarrhea, nausea, difficulty urinating 3-4 days before Shingles develop

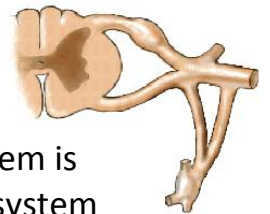


Medications:

- **Acyclovir/Famciclovir/Valacyclovir**- administer immediately, monitor for nausea, vomiting, diarrhea, GI distress
- **Capsaicin Cream**- from hot peppers, used for pain relief
- **Elavil/Antidepressants**- relieves neurological overstimulation, may increase appetite and weight, monitor for constipation, dry mouth
- **Narcotics/Analgesics**- to reduce pain
- **Prednisone**- alter sodium intake as needed, monitor for glucose intolerance

Facts:

- **Important to Learn**- Infectious Precautions
- Shingles occurs when the virus is reactivated, body's immune system is reduced- AIDS, Hodgkin's Disease, drugs that impair the immune system



What can I do?



- **See your Health Care Provider**- Prevent infection, reduce fever, correct malnutrition, constipation, encephalitis, severity of post-herpetic neuralgia, correct weight loss
- **See a Registered Dietitian**- for help as needed
- **See a FoodFitnessFirst RD**- on line for help
- **Increase**- Fiber, Fluids as needed, adequate Nutrition- Vitamins, Minerals, Vitamin A, C, E, (B12 for pain relief/recovery of damaged nerve)
- 6 to 8 Small Feedings Daily