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MUMPS

According to the NHS (2021), MUMPS is a disease resulting from infection by the mumps virus.

The disease is characterised by the gushing of one or both cheeks or sides of the jaw.

The disease is contagious and it used to be common in children, before the introduction of the MMR the vaccine in 1988 in England. However, MUMPS was previously Introduced in the United States in 1967.

A study made by the European Centre for Disease Prevention and Control (ECDC)states that Europeans had routine childhood mumps immunisation in the 1980s.

MEASURE



The World Health Organisation (2013) defines an outcome measure as a “change in the health of an individual, group of people, or population that is attributable to an intervention or series of interventions.”

The Mumps spread through saliva or mucus from the mouth, throat or nose and it results in painful, tender swelling to your parotid salivary glands.

There are currently no medications to cure mumps. The infections usually pass within a week or two weeks. The government has introduced measures to help release the pain caused by the disease.

According to Young, C., et al.,(2002-2006) states that the MUMPS vaccination was introduced in the UK as a single dose amount for children 12 to 15 months of age in October 1988. In 1996 the second dose was added to the schedule and was given to children by the age of five years. According to GOV.UK the immunisation is the only effective procedure however it protects only for the 88% the first dose and 94% of the second one, which means people can still get it after the vaccine.

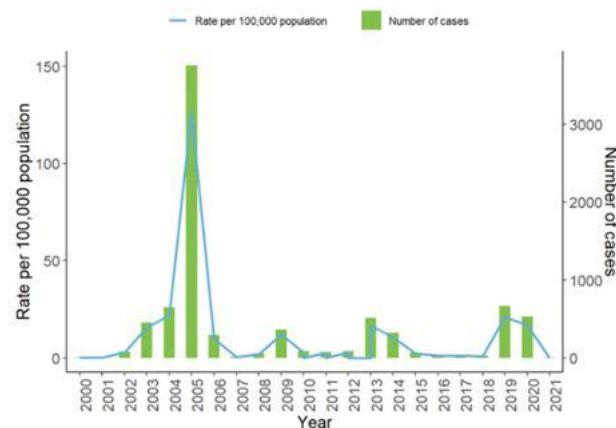
Since 1998, perhaps many young people have had several MUMPS outbreaks and the Government introduced the vaccine also for adolescents and young people.

Since the disease has no medication the Government suggests anyone with MUMPS to get plenty of rest until the symptoms have passed.

Drink plenty of fluids but avoid soda or acid fruit juice as these can irritate your parotid glands by producing a lot of saliva; water is usually the best fluid to drink.

Authorities also suggest eating food that doesn't require a lot of chewing, such as yoghurt, soup and mashed potatoes...

MONITORING



According to the NHS (2013), Monitoring is the observation of a disease, condition or one or several medical parameters over time. The monitor is accountable for protecting and promoting the welfare of patients, by making sure that healthcare provision is effective.

MUMPS It is normally spread by tiny water droplets that are coughed into the air by an infected person. The mumps virus can be breathed in from droplets in the air, or picked up from infected surfaces.

About 1 in 3 people do not show symptoms when they are infected, but they can still pass the disease on to others. The first sign of symptoms for people who contract the MUMPS are:
(fever, pain, lack of hunger, sore throat, headache and lack of energy)

People with MUMPS are most transmittable a few days before symptoms develop and for a few days afterwards.

RISK FACTORS

According to the NHS (2021), Mumps usually pass without causing serious damage to a person's health, perhaps in some cases, the potentially serious intricacies of mumps include an infection of the brain itself, known as encephalitis. This is thought to occur in around 1 in 1,000 cases of mumps. Encephalitis is a potentially fatal condition that requires admission to a hospital intensive care unit.

DATA

Before the MMR vaccine was introduced in 1988, more than 8 out of every 10 people in the UK developed mumps. Mumps used to cause about 1200 hospital admissions each year in England and Wales. According to the Centre of Disease and Control and Prevention () each year In the United States around 3-4 million people were infected each year, among reported cases, an estimated 400 to 500 people died, and 48,000 were hospitalised, a massive number compared to England, but after the introduction of the vaccine, the number drastically went down.

Provisional data from Public Health England (2004), states that the number of mumps notifications in England and Wales increased to 16 436 from 4204 in 2003. A total of 8104 cases of mumps were confirmed in 2004-2005.

CONTROL



According to the Centres for Disease Control and Prevention, all cases should be reported to the state or local health department. The HPT will arrange for a sample of saliva to be tested to confirm or rule out the diagnoses.

Always see a GP if you think you or your child has mumps. They may suggest things like rest, fluids and painkillers to relieve the symptoms.

Anyone who has symptoms of MUMPS must stay isolated to prevent it from spreading since the disease can be transmitted either by physical contact or non-physical. The adult or the child must stay at home from work or school for at least five days.

People infected with mumps can also help to prevent it spreading by regularly washing their hands, using tissues when they sneeze and throwing them away immediately, and avoiding school or work for at least five days after symptoms develop.

CONCLUSION

Mumps is an infection caused by mumps viruses and in most cases the virus goes away within a week. In some dangerous cases mumps can be a serious infection when the virus arrives to the brain. Thankfully the government has introduced policy and prevention to help the individual and others by introducing measurement. However the vaccine till today is the best way to prevent the mumps virus and the government has introduces vaccine also for young adult.

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