

SHINGLES CASE STUDY

C O M P E T I T I O N

1. Patient Details

Age: 71 years Sex: Male

Immune Status: not immunologically compromised in any way

Concomitant Diseases: Herpes Labialis

Concomitant Drug Therapy: Nil

Date of Diagnosis: 3 December 1993

Date of Appearance of Rash: 1 December 1993

2. Patient Treatment

Therapy Prescribed:

Zovirax 800mg 5 x daily x 7 days

Neurobion 1 Amp IMI Stat

Reassurance, explanation of his condition and discussion treatment options.

Date of Initiation of Therapy:

4 December 1993

3 December 1993

3 December 1993

Date of Completion of Therapy:

11 December 1993

3 December 1993

Ongoing until his departure for Germany on 11th December 1993

3. Comments on Treatment

When does Zoster cross the midline?

When it involves the S2 Dermatome!

Mr HS, a visitor from Germany, presented with his daughter, a patient of mine, at about 3.30pm on Friday 3rd December 1993 with a rash of his buttocks involving mainly the left buttock but with a few blistery areas on the right buttock, it had started about 42 hours prior to presentation.

The rash was typically Zoster in appearance, and I was nonplussed for a few seconds until I realised the S2 Dermatome was involved!! He was under the impression that he had been "affected by the sun" which was probably the trigger stimulus, as he was otherwise quite well apart from extensive Herpes Labialis of his lower lip, also probably sun-induced.

A Zovirax Shingles Pack was unavailable in East London and had to be couriered up from Port Elizabeth overnight. I therefore gave him an ampule of Neurobion intramuscularly and arranged to see him the following morning when the Zovirax arrived and he could start treatment.



When seen the next morning the rash was fairly extensive and very painful. (See Photograph 1). Pain was experienced in both area (buttocks and lower lip) as reflected on the scale: (See Table) but by Monday 6th December, 4½ days after the onset of the rash and 48 hours after starting Zovirax, pain

had completely disappeared from both buttocks and lip and did not recur at all.

He described his maximum pain intensity as: "Like red hot needles sticking into my backside". Its severity prevented him from sitting for a period of some 12 hours on Saturday the 4th. (During the first 24 hours of therapy), but then rapidly subsided and disappeared from both his buttocks and his lip. Photographs were taken every 48 hours from start of therapy and show the progression of the lesions. He returned to Germany on Saturday 11th December. Fortunately the Rand/Deutschmark exchange rate helped ease the shock of the cost of the therapy!

When he phoned his daughter from Germany on the 18th December, the lip rash was completely better, the Zoster rash 90+% healed and he was delighted with the result.

4. Measurements/results

Time to Cessation of New Lesion Formation:

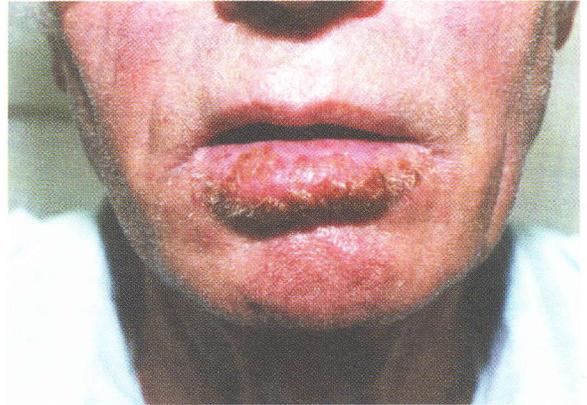
From onset of rash = 72 hours
From onset of Zovirax therapy = 24 hours

Time to Healing of Lesions:

From onset of rash 7 days
From onset of treatment 4½ days

Duration and Intensity of Pain:

Zoster	Duration in days from onset of lesion	6	5	4	1	2	3
	Pain	0	5				10
		Min					Max
Herpes Labialis	Duration in days from onset of lesion	5	4	1	2	3	
	Pain	0	5				10
		Min					Max



5. Side Effects/Problems Experienced with Therapies

None whatsoever
None whatsoever

6. Additional Information

See 3 above.

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