

INFECTIOUS MONONUCLEOSIS: CLINICAL AND EPIDEMIOLOGICAL PECULIARITIES

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Infectious mononucleosis in children is a relatively widely spread viral infection which persists for a long period of time but rarely threatens teenagers and young people. Many children suffer from Infectious mononucleosis easily. Relapses of Infectious mononucleosis (IM) in children are observed rarely, but sometimes exacerbations occur immediately after recovery.

The goal was to study the clinical and epidemiological features of the course of IM in children over the past 5 years. We observed 61 children between the ages of 6 months to 18 years. The age structure of hospitalized patients was as follows: children under 1 year of age - 2 (3,3 %), from 1 to 3 years - 20 (32,8%), from 3 till 6 years - 21 (34,4 %), aged over 6 years - 18 (29,5%). So often (67,2 %), the disease occurred in children of preschool age. Boys accounted for 65,6% while girls - 34,4%. Almost all patients (85,2 %) had a moderate severity during the course of the disease. The diagnosis was confirmed by the identification of antibodies of class IgM to VCA / EBV (viral capsid antigen) in these patients.

Majority of patients were hospitalized in autumn (32,8 %) and spring (37,7 %) seasons of the year. Hospitalization of patients was mainly late. During the first 3 days of the illness were hospitalized only 26,2% of the patients, by the end of 1st week - 41,0% and in the 2nd week - 22,9 %. According to the analysis of the hospital booklets of the hospitalized patients, late hospitalization was due to inadequate treatment in the clinic of "acute respiratory viral diseases" (SARS) or follicular and lacuna tonsillitis (42,6 %). In most patients, the disease began with a stuffy nose, sore throat and swollen lymph nodes. Fever was noted in all patients; in 49 cases (88,5 %), it persisted up to 7 days, while in others, it lasted up to 10 - 14 days. Increase in submandibular lymph nodes was noted in all patients: anterior - in 42 cases (68,8 %) and posterior in 17 cases (31,1 %). Lacuna tonsillitis was registered in 21 (34,4 %) patients. Maculopapular rash occurred in 3 (4,9 %) children. Hepatosplenic syndrome was recorded in 29 (47,5%) patients while others had an isolated liver enlargement. according to laboratory studies, 2 (3,3 %) patients showed elevated levels of bilirubin, 21 (34,4 %) patients had increased levels of ALT and 26 (42,6 %) patients had a positive thymol test. Leukocytosis was recorded in 48 (78,7 %) patients. 96,7 % of patients had changes in their leukocyte counts (leukocytic formula) patterning to lymphomonocytosis, lymphocytosis and monocytosis. Different opportunistic microorganisms, as well as the association of pathogens were found in the oropharynx of 21 (34,4 %) children. While specific diagnosis was carried out, only 34 (55,7 %) patients had antibodies of class IgM to VCA/ EBV.

Thus, the characteristic peculiarities of infectious mononucleosis in children include high rates of morbidity among boys, particularly pre-school kids, in autumn and spring seasons. The absence of a classical course of the disease in some patients requires the need of a specific set of tests to confirm the diagnosis.