Measles: in older children and adults

“Boris Johnson orders action to stop measles spread”, BBC news, August 2019. The UK is no longer a measles-free country. This is a real tragedy and a result of incomplete vaccination coverage. There have been 231 reported measles cases in the first quarter of 2019.

Measles: the challenge in primary care

The challenge for us in primary care is two-fold:
- Promoting and maximising uptake of full vaccination, including catch-up for those who have historically chosen (or had the choice made by parents) not to be vaccinated.
- Spotting cases as they occur.

Two-thirds of recent UK measles cases have been in individuals aged 15y or older. Many of us would not consider this diagnosis in this age group. And those of us who started practice in the past 15 years have seen very few clinical cases.

For this reason, measles in older children and adults was the subject of a BMJ ‘Easily Missed’ article (BMJ 2017;356:j426).

Facts and stats

- The WHO reports that, globally, measles cases are rising year on year, and 2019 has seen a 300% increase in reported cases.
- There were 291 confirmed cases of measles in the first 3m of 2019 in the UK.
- Outbreaks and transmission tend to occur in unvaccinated or incompletely-vaccinated individuals.
- Only 87% children are receiving the second dose of vaccine – the target is 95% to enable measles elimination.
- Incubation period varies from 7 to 21d.

Presentation

Early features are a flu-like illness with:
- Fever.
- Cough.
- Coryza.
- Conjunctivitis.

2–4d days later:
- Red maculopapular rash spreading downwards from the face.
- Koplik spots (white lesions on the buccal mucosa) – not universal.

However, this is all rather non-specific, and other conditions, e.g. parvovirus B19, rubella and dengue, can have similar symptoms.

One study in London during a period of high transmission showed that this typical presentation (as described) had a positive predictive value for measles of only 19%, improving to 50% if Koplik spots are present.

Confirming the diagnosis

Measles is a notifiable disease and laboratory confirmation is essential. If you suspect a case:
- Discuss with and notify your local Health Protection Unit (see links below).
- Send a blood sample for measles IgM (present within 2d of rash onset).
- A PCR test using a throat swab or urine/oral fluid sample may also be requested.

Post-exposure prophylaxis

The Health Protection team will undertake contact tracing, and may offer post-exposure prophylaxis with immunoglobulin to non-immune high-risk individuals (pregnant women, immunocompromised or aged <1y). It is effective up to 6d after exposure.

Management

Most patients can be managed symptomatically:
- Isolate at home for infectious period: 4d before to 4d after onset of rash.
- Rest, fluids and paracetamol analgesia as needed.
Consider admission if:
- Immunocompromised, pregnant or malnourished (usually developing-world setting).
- Be explicit on discussion of reason for admission because they will need to be isolated and nursed by a team with documented adequate vaccine protection.

Remember complications:
- Otitis media.
- Pneumonitis.
- Encephalitis.
- Secondary bacterial infections, e.g. pneumonia.
- Late-onset subacute sclerosing panencephalitis.

Prevention by vaccination

Two doses of the MMR vaccine are thought to offer lifelong protection.
- Overall vaccine uptake of first dose in England is 92% but falls below 80% in London. Uptake of the second dose of MMR has dropped to 87% in children in 2019.
- Population immunity of more than 95% is necessary to prevent ongoing transmission.

Offer opportunistic vaccination to anyone aged >1y who has an incomplete vaccination history.

Measles: in older children and adults
- Think about it in a flu-like illness with conjunctivitis that is followed by a rash.
- Remember, unvaccinated or incompletely-vaccinated individuals are at greatest risk.
- Test for measles IgM and notify your local HPU – it may offer some individuals post-exposure prophylaxis.
- Isolate at home until at least 4d after the rash appears, and manage symptomatically.

Do you know levels of vaccine uptake at your practice? Do a search and find out. Proactively offer all eligible individuals the measles vaccine. Offer opportunistic vaccination to individuals aged >1y with an incomplete history.

Images of typical rash and Koplik spots:
www.dermnetnz.org/topics/measles/

Link to notifiable disease form:
http://tinyurl.com/GPU-Notifiable-disease-form

To find your local Health Protection Unit:
www.gov.uk/health-protection-team

We make every effort to ensure the information in these articles is accurate and correct at the date of publication, but it is of necessity of a brief and general nature, and this should not replace your own good clinical judgement, or be regarded as a substitute for taking professional advice in appropriate circumstances. In particular check drug doses, side-effects and interactions with the British National Formulary. Save insofar as any such liability cannot be excluded at law, we do not accept any liability for loss of any type caused by reliance on the information in these articles.
Our comprehensive one-day update courses for GPs, GP STs, and General Practice Nurses. We do all the legwork to bring you up to speed on the latest issues and guidance.

**All our courses are:**

<table>
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<tr>
<th>Relevant</th>
<th>Developed and presented by practising GPs and immediately relevant to clinical practice.</th>
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<td>Challenging</td>
<td>Stimulating and thought-provoking.</td>
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<td>Unbiased</td>
<td>Completely free from any pharmaceutical company sponsorship.</td>
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<td>Fun!</td>
<td>Humorous and entertaining – without compromising the content!</td>
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**Are they for me?**

Our courses are designed for:

- GPs, trainers and appraisers preparing for appraisal and revalidation or wanting to keep up to date across the whole field of general practice.
- GP ST1, 2 & 3, looking for the perfect launch pad into general practice.
- GPs who want to be brought up to speed following maternity leave or a career break.
- General Practice Nurses.

**What’s included?**

- 6 CPD credits to help you with appraisal and revalidation, plenty of time for interaction, humour and video clips – to keep you focused and awake!
- The Handbook – comprehensive and fully referenced, covering all the most recent research and guidelines pertinent to primary care, but interpreted for real life General Practice.
- **gpcpd.com** – 12 months FREE access to 500 articles, covering 97% of the RCGP determined curriculum for primary care. Many articles with free online learning opportunities to earn extra CPD! Includes super-easy link up to FourteenFish appraisal app.
- Coffee, snacks and lunch – plenty of breaks to fuel your mind.
- NEW! A fancy Red Whale re-usable cotton bag to carry your Handbook home! We’re happy to say we’ve banished plastic bags for good!

**What’s not included?**

Our courses contain NO theorists, NO gurus, NO sponsors, NO reps on the day! Just real-life GPs who will be back at the coal face as soon as the course has finished.

www.gp-update.co.uk
The Women’s Health Update Course

This one day update will arm you with the skills to manage this area of general practice with confidence! Expect the latest on perimenopausal contraception, low libido, fertility, abnormal bleeding and the ‘abnormal’ cervix as well as benign breast disease and lots more! We promise it’ll be interactive, entertaining and relevant for ALL GPs and GP STs!

Southampton Sat 28 Sep 2019
Exeter Wed 2 Oct 2019
Cardiff Thur 3 Oct 2019
London Fri 4 Oct 2019
London Sat 5 Oct 2019
Leeds Wed 9 Oct 2019
Liverpool Thur 10 Oct 2019
Manchester Fri 11 Oct 2019
Birmingham Sat 12 Oct 2019
Cambridge Tue 15 Oct 2019
London Wed 16 Oct 2019
Nottingham Thur 17 Oct 2019
Inverness Wed 6 Nov 2019
Edinburgh Thur 7 Nov 2019
Glasgow Fri 8 Nov 2019
Durham Roadshow Thu 28 Nov 2019
Brighton Fri 29 Nov 2019

The GP Update Course – our flagship course!

With the sheer amount of evidence and guidelines inundating us, it can be hard to know which bits should change our practice, and how. We collate and synthesise this evidence for you, so you don’t have to! We look at the most recent hot topics for primary care in the high impact journals national guidelines. Importantly, we also identify common clinical conundrums – the things that make consultations tricky – and proactively address these within the limitations of the evidence available. The GP Update Course is designed to be very relevant for all clinicians working in primary care. It offers abundant material to help you meet the requirements for appraisal and revalidation. Using a highly interactive lecture based format, the GP presenters discuss the results of the most important evidence and guidance, placing them in the context of what is already known about this topic. The day is challenging and fun and we guarantee you will come away with great ideas to put into practice tomorrow.

Cambridge Tue 15 Oct 2019
London Wed 16 Oct 2019
Nottingham Thur 17 Oct 2019
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Leeds Thur 10 Oct 2019
Nottingham Fri 11 Oct 2019
London Wed 13 Nov 2019
Manchester Thur 14 Nov 2019
Durham Roadshow Tue 26 Nov 2019

The MSK and Chronic Pain Update Course

MSK problems are the most common reason for a primary care appointment and represent 30% of repeat primary care appointments. Some of these consultations are straightforward, but others, particularly persistent pain can represent a real challenge. We want to help build your confidence. On the course we will tackle the evidence-base for common MSK conditions including back pain, osteoarthritis, spondyloarthritis, polymyalgia, fibromyalgia, hypermobility and much more. We will look at some diagnostic tricks and pitfalls. We will explore why chronic pain can only be ‘in the brain’ – and more importantly, what we and our patients can do about it. And we will provide you with a new narrative and a tool box of strategies you can start using the next day. If you see patients with MSK problems and persistent pain, this course is for you. We welcome all clinicians working in this field.

Leeds Thur 10 Oct 2019
Nottingham Fri 11 Oct 2019
London Wed 13 Nov 2019
Manchester Thur 14 Nov 2019
Durham Roadshow Tue 26 Nov 2019

To book go to www.gp-update.co.uk, call us on 03330 093 090 or use the booking form.
# The Lead. Manage. Thrive! Course – The management skills course for GPs

If you’ve been waiting for a job as a leader to develop your leadership and management skills then you’re missing out! Leadership starts with identifying and taking control over what is in your hands right now! The Lead. Manage. Thrive! Course will give you the confidence to skilfully negotiate, deal with difficult conversations, influence colleagues and bosses, delegate and be proactive about managing your workload. The course is for anyone who wants to step up, find a better way of working and gain a toolkit of strategies to become a successful and resilient practitioner!

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# The Cancer Update Course

The role of primary care in supporting cancer patients is changing beyond recognition and the Red Whale Cancer Course can help you tackle the challenges this brings with confidence. The most recent epidemiological data suggests that 1 in 2 of us will get cancer in our lifetimes. With survival rates increasing, cancer becomes a long term condition for many patients which often interacts with other co-morbidities. And with so many news stories about cancer, patients want to know whether they need screening/risk assessments/ genetic tests. There is increasing evidence to support us in making early diagnoses and pressure to do so. Patients with a cancer diagnosis question if they might be suitable for new immunotherapies (and the small proportion that are suitable remain at risk of side effects for years after treatment). Patients living with cancer as a long term condition often experience late effects of treatment that can be complex and difficult to spot and treat. The Red Whale Cancer Course will guide you through these pitfalls and focus on practical help and useful tools.

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# Our Consultation Skills Courses

Delivered by our longstanding partner EPI, these small group courses have a different feel and flavour to our topic-based Updates and are packed with interactive activities designed to review and refine your consultation skills! But don’t worry – we won’t ask you to role-play in front of the group! Perfect for GPs, GP STs and Practice Nurses. For more information, please visit [www.gp-update.co.uk/courses](http://www.gp-update.co.uk/courses)

# The Telephone Consultation Course

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# The Effective Consultation Course

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# The Medically Unexplained Symptoms Course

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**The Red Whale Durham Roadshow 26-30 November 2019**

Choose up to five courses from six Updates over five days!

For more information about the courses available and to book your place, visit: [www.gp-update.co.uk/Durham2019](http://www.gp-update.co.uk/Durham2019) or call us on 03330 093 090.
I would like to come on the following course(s) (please write legibly!):

- The GP Update Course
- The MSK and Chronic Pain Update Course
- The Lead. Manage. Thrive! Course
- The Cancer Update Course
- The Women’s Health Update Course
- The Telephone Consultation Course
- The Effective Consultation Course
- The Medically Unexplained Symptoms Course

I can’t attend a course, but would like to order your Handbook:

- GP Update Handbook and 12 months’ access to GPCPD £150
- Lead. Manage. Thrive! Handbook (no GPCPD) £70
- Pharmacist Update Handbook (no pharmacist-CPD) £70
- GPN (Nurse) Update Handbook (no GPN-CPD) £70
- Women’s Health Update Handbook (no GPCPD) £70
- Cancer Update Handbook (no GPCPD) £70
- MSK and Chronic Pain Handbook (no GPCPD) £70
- Working at Scale? Handbook (no GPCPD) £70

Name ................................................................................. Address .................................................................

Email ........................................................................................................

(We will send your booking confirmation and receipt to you via email. We would also like to send you our FREE clinical updates and information about our other courses. Please tick here if you are happy to receive our emails: ☐ Rest assured we will never share your information with anyone else. To see our privacy policy please go to www.gp-update.co.uk/privacy).

Mobile Number (We can’t complete your course booking without this, but it will only be used if we need to contact you urgently about the course.)

Price as stated in the flyer for each course. If applicable, please provide your discount code here .................................................................

Please send this form with your cheque payable to GP Update Limited to: Red Whale, University of Reading, Reading Enterprise Centre, Earley Gate Entrance, Whiteknights Road, Reading, Berkshire RG6 6BU
Deep Dives
WEBINAR SERIES

Join us while we dive deep into those trickier areas of primary care – answering your conundrums and helping you change your practice. Catch our Deep Dives webinars live every month, or watch on demand afterwards – whenever it suits you!

What?
Red Whale Deep Dives are monthly webinars, created to support the educational needs of busy primary care practitioners. They’re designed to be a little bit different – capturing the magic of a face-to-face course, and transferring it to the small screen.

Why?
A lot happens in a year, and some subjects are better suited to a deeper exploration than we can offer on our action and information packed one-day Update courses.

The Red Whale team is always uncovering answers to niggly primary care conundrums, PUNS and DENS if you like – and we want to share them with you!

Sometimes you need a bit of inspiration to find those extra CPD points to complete your appraisal. Or you just need a bit more Red Whale in your life!

Red Whale Deep Dives are split into bite-sized learning chunks – so you can choose to watch the whole hour in one go, or just one short segment at a time. Watch them at a time which suits you – when you can relax and learn at your best – preferably with your feet up and a cuppa in hand, or a cheeky G&T!

www.gp-update.co.uk/deepdives
Red Whale Deep Dives give you:

- A chance to take a ‘deep dive’ into important, difficult or controversial topics in more detail.
- At least 3 ‘microlearning segments’ per webinar – or Quick Dips as we like to call them – perfect for fitting into your busy daily routine.
- Cases, quizzes and polls to test your knowledge.
- Great resources to download and use back at the surgery the next day.
- The most relevant information for primary care, delivered by the Red Whale team.

How it works

- You choose which webinars you want access to and buy them online.
- Each webinar lasts one hour and you can either watch them live on the dates and times shown or on demand.
- You’ll also have access to lots of useful resources to download and use straightaway in your practice!
- Get each webinar at an introductory discounted price of £20 per webinar (normally £25!).

Where do I sign up?

Visit [gp-update.co.uk/deepdives](http://gp-update.co.uk/deepdives) to find out more about each webinar and sign up. After purchase, watch on-demand webinars straight away and get reminder emails for your upcoming live webinars.

What’s on in 2019?

- **AVAILABLE ON DEMAND NOW!**
  - Inflammatory bowel disease: It’s all diarrhoea isn’t it?
- **AVAILABLE ON DEMAND NOW!**
  - The menopause laid bare
- **AVAILABLE ON DEMAND NOW!**
  - Anxiety: A Cinderella condition?
- **LIVE** 10 September 8pm
  - Diabetes in remission: A story of hope?
- **LIVE** 22 October 8pm
  - Contraception laid bare
- **LIVE** 14 November 8pm
  - Emergencies in primary care
- **LIVE** 12 December 8pm
  - The best of 2019: Our top 10 practice-changing points