Measles: in older children and adults

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

Unfortunately, there are still intermittent outbreaks in the UK due to incomplete vaccination coverage. We may see a resurgence in this issue with the recent release of the Andrew Wakefield film “Vaxxed” which has a popular following in the USA – ironically the first region declared free of measles!

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

- Globally there were 134,000 deaths from measles in 2015.
- There were 477 confirmed cases of measles in the first 9 months of 2016 in the UK and 65% of these were in individuals aged 15y or older.
- Outbreaks and transmission tend to occur in unvaccinated or incompletely vaccinated individuals.
- Incubation period varies from 7 to 21d.

Presentation

Early features are a flu-like illness with:

- Fever
- Cough
- Coryza
- Conjunctivitis.

Two to four days later:

- Red maculopapular rash spreading downwards from the face.
- Koplik spots (white lesions on the buccal mucosa) are 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, 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 in England is 92% but falls below 80% in London.
- 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.

<table>
<thead>
<tr>
<th>Measles: in older children and adults</th>
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<tr>
<td>• Think about it in a flu-like illness with conjunctivitis that is followed by a rash.</td>
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<tr>
<td>• Remember unvaccinated or incompletely vaccinated individuals are at greatest risk.</td>
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<tr>
<td>• Test for measles IgM and notify your local HPU – they may offer some individuals post-exposure prophylaxis.</td>
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<tr>
<td>• Isolate at home until at least 4d after the rash appears and manage symptomatically.</td>
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Do you know levels of vaccine uptake at your practice?

How are you countering the negative publicity of projects such as the Vaxxed film?

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.
All our courses are:

<table>
<thead>
<tr>
<th>Relevant</th>
<th>Developed and presented by practising GPs and immediately relevant to clinical practice.</th>
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<tr>
<td>Challenging</td>
<td>Stimulating and thought-provoking.</td>
</tr>
<tr>
<td>Unbiased</td>
<td>Completely free from any pharmaceutical company sponsorship.</td>
</tr>
<tr>
<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 and help with AKT and CSA revision.
• GPs who want to be brought up to speed following maternity leave or a career break.
• General Practice Nurses, especially those seeing patients with chronic diseases.

What’s included?

• 6 CPD credits in a lecture-based format, with plenty of time for interaction, humour and video clips, to keep you focussed and awake.
• A printed copy of the relevant handbook including the results of the most important research in primary care over the last 5 years and covering the subjects more extensively than possible in the course.
• 12 months’ subscription to www.gpcpd.com. With three times the content of the handbook, it allows you to capture CPD credits as you read on the site and use it in consultations! It also comes with Focused Learning Activities – online learning activities to provide evidence for your appraisal and earn hundreds of further hours of CPD credits.
• Buffet lunch and refreshments throughout the day!

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 – ALL NEW CONTENT!

Our Women’s Health Update has ALL NEW CONTENT for 2018! This completely refreshed 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, post-coital 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!

**Exeter**  
Wed 16 May 2018

**Bristol**  
Thur 17 May 2018

**London**  
Fri 18 May 2018

**London**  
Sat 19 May 2018

**Newcastle**  
Wed 6 Jun 2018

**Sheffield**  
Thur 7 Jun 2018

**Manchester**  
Fri 8 Jun 2018

**Birmingham**  
Sat 9 Jun 2018

**Norwich**  
Wed 13 Jun 2018

**London**  
Thur 14 Jun 2018

**Reading**  
NEW LOCATION  
Fri 15 Jun 2018

**Oxford**  
Fri 28 Sep 2018

**Southampton**  
Sat 29 Sep 2018

**Cardiff**  
Wed 3 Oct 2018

**Exeter**  
Thur 4 Oct 2018

**London**  
Fri 5 Oct 2018

**London**  
Sat 6 Oct 2018

**Leeds**  
Wed 10 Oct 2018

**Liverpool**  
Thur 11 Oct 2018

**Manchester**  
Fri 12 Oct 2018

**Birmingham**  
Sat 13 Oct 2018

**Cambridge**  
Tue 16 Oct 2018

**London**  
Wed 17 Oct 2018

**Nottingham**  
Thur 18 Oct 2018

**Inverness**  
Wed 7 Nov 2018

**Edinburgh**  
Thur 8 Nov 2018

**Glasgow**  
Fri 9 Nov 2018

**Brighton**  
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The MSK and Chronic Pain Update Course – New

MSK problems are the most common reason for seeing a GP and represent 30% of repeat GP visits. We want to help build your confidence. On the course we will tackle:

- The evidence-base for common MSK conditions including osteoarthritis, spondyloarthritis, polymyalgia, fibromyalgia and much more.
- Diagnosis: why waddling like a duck might help; and what to do when there is no diagnosis!
- Why chronic pain is ‘in the brain’ – and more importantly, what we and our patients can do about it.

We will provide you with a new narrative and a tool box of strategies you can take back to the surgery and start using the next day.

**London**  
Thur 17 May 2018

**Manchester**  
Wed 6 Jun 2018

**Leeds**  
Thur 11 Oct 2018

**Birmingham**  
Fri 12 Oct 2018

**London**  
Fri 5 Oct 2018

**Birmingham**  
Fri 12 Oct 2018

**Manchester**  
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**Bristol**  
Fri 16 Nov 2018

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**London**  
Thu 18 Oct 2018

**Brighton**  
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Wed 21 Nov 2018
Lead. Manage. Thrive! – 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! Lead. Manage. Thrive! 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!

The BRAND NEW Working at Scale Course!

If you're worried about the sustainability of your practice yet feel uncertain about working on a larger scale, then we are here to help! The Working at Scale Course is perfect for all GPs, Practice Managers and primary care practitioners who want to learn more about taking the next steps to working at scale, be it in a federation, through a merger or one of the other host of different models. We'll give you the confidence to weigh up your options and make the best choices for your practice – and we'll show you how to implement the changes successfully! This brand new course will help ease your transition and prepare you for the changes ahead!

London Fri 22 Jun 2018

Lead. Manage. Thrive! – The management skills course for GPs

London Fri 18 May 2018
Manchester Thur 7 Jun 2018
London Fri 5 Oct 2018
Nottingham Wed 17 Oct 2018

Edinburgh Wed 7 Nov 2018
Brighton SEE BACK PAGE Sat 24 Nov 2018

The Cancer Update Course

Within the next 15 years the need for cancer care will double and you will look after as many cancer survivors as diabetics. Shared care follow up will become the norm, and secondary care will pass responsibility to us. A key 2015 Lancet Oncology commission paper warned that: “GPs are inadequately trained and resourced to manage the growing demand for cancer care in high income countries”. Education for GPs was one of their five key recommendations – we can help you get ahead of the curve! Established GPs and GP STs can use this course to bridge the gap in traditional GP cancer education which has focussed heavily on referral and end of life care missing out the whole journey in between. This course is able to look in much more detail at the big picture behind the disease perhaps most feared by our patients and, let's face it, that 1 in 2 of us will be diagnosed with over our lifetime.

London Wed 23 May 2018
Manchester Thur 7 Jun 2018
London Sat 6 Oct 2018

Brighton SEE BACK PAGE Sat 24 Nov 2018

Our Consultation Skills Courses

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

The Telephone Consultation Course

London Thur 17 May 2018
Birmingham Fri 8 Jun 2018
Leeds Fri 15 Jun 2018
London Thur 28 Jun 2018

London Thur 4 Oct 2018
Manchester Thur 11 Oct 2018
Brighton SEE BACK PAGE Thur 22 Nov 2018

The Effective Consultation Course

London FULLY BOOKED Fri 18 May 2018
Manchester Thur 15 Nov 2018

Leeds Fri 16 Nov 2018
London Fri 23 Nov 2018

The Medically Unexplained Symptoms Course

Manchester Thur 7 Jun 2018

London Thur 18 Oct 2018
I would like to come on the following course(s) (please write legibly!):

- The GP Update Course ............................................................... (location) ............................................................... (date) ................................
- The MSK and Chronic Pain Update Course ............................................................... (location) ............................................................... (date) ................................
- The Working at Scale Course ............................................................... (location) ............................................................... (date) ................................
- Lead. Manage. Thrive! Course ............................................................... (location) ............................................................... (date) ................................
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- The Medically Unexplained Symptoms Course ............................................................... (location) ............................................................... (date) ................................

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

- GP Update Handbook and 12 months’ access to GPCPD £150
- GP Update Handbook, DVD and 12 months’ access to GPCPD £225*
- Women’s Health Update Handbook (no GPCPD) £70
- Cancer Update Handbook (no GPCPD) £70
- MSK and Chronic Pain Handbook (no GPCPD) £70

* (pre-order for delivery late May 2018)

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Name
Address

Email. (Please write your email address clearly as we’ll use it to send your confirmation letter and receipt.)
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

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