



Shingles or Herpes Zoster

## Shingles Ouch!

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<http://www.shinglesinfo.com/shingles-in-depth/shingles-pictures.xhtml>

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### Objectives

- What is Shingles
- Who is at risks
- Before, During, and After the disease
- Signs and symptoms
- Is Shingles contagious?
- Effects on the body
- Effects on the eye
- Treatment

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### What Is Shingles?

After you have chickenpox, the virus that caused it, called **varicella-zoster virus**, remains in your body. It's always inside you, lying dormant (or asleep) in your nerve cells. At some point later in life, **your immune system may weaken**, allowing the virus to resurface as Shingles. **You may be feeling great, but if you've had chickenpox, the Shingles virus is already inside you. And your risk for Shingles increases as you get older.**

<http://www.mayoclinic.org/diseases-conditions/shingles/basics/symptoms/con-20019574>

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At Risk

• If you've had chickenpox, the Shingles virus is inside you. And as you get older, you're at increased risk for developing the painful, blistering rash. So don't wait to talk to your doctor or pharmacist. To help you start the conversation about Shingles, here are some questions you may want to ask. You can print them and take them with you the next time you see your doctor or pharmacist. Be sure to add any other questions you may have.

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Before

- It's not easy to tell if you have Shingles before the actual outbreak of the rash. Many of the symptoms (itching, burning, pain) some people feel before the rash can often resemble other diseases and conditions, including a bad sunburn or an allergic reaction. But this tool can help you learn more about the symptoms of Shingles and what you can do about them. If you think you have Shingles, see your doctor as soon as you can.
- A few days before the Shingles rash appears, some people may first experience itching, pain, burning, or a tingling sensation on part of the skin.
- **Duration:**
- **2-3 days**
- **Location:**
- Because the Shingles virus travels through the nerves, you will usually experience one or more of these symptoms in one localized area of the body, where one of the nerves from the spinal cord connects with the skin. Most often, these symptoms are felt on the torso, but you may feel them anywhere. When the rash appears, it will be in the same place where you felt the initial itching, pain, burning, or tingling.

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During



- A few days after you feel the initial burning, tingling, itching, or pain of Shingles, a rash will appear in the same area on the skin.
- The Shingles rash may begin as fluid-filled blisters. These may look similar to chickenpox blisters, but can be much more painful. In mild cases of Shingles, only a few blisters may appear on the skin. In moderate cases of Shingles, blisters may appear in small groups on the skin. In severe cases of Shingles, the blisters may merge and form a band in a specific section of skin on one side of the body that can resemble a severe burn.
- **Duration:**
- Usually, Shingles blisters take 2 to 4 weeks to turn to scabs and fall off.
- **Location:**
- Because Shingles travels through the nerves, the blisters usually affect one side of the torso, and can stretch from the center of the back to the center of the chest or stomach. This area is called the dermatome, and it's where one of the nerves from the spinal cord connects with the skin. Shingles may also appear on the side of the face and forehead, although the blisters can surface on any part of the body.

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### Is Shingles Contagious?

- **Shingles is contagious** and can be spread from an affected person to babies, children, or adults who have not had chickenpox. But instead of developing shingles, these people develop chickenpox. Once they have had chickenpox, people cannot catch shingles (or contract the virus) from someone else. Once infected, however, people have the potential to develop shingles later in life.
- **Shingles is contagious** to people who have not previously had chickenpox, as long as there are new blisters forming and old blisters healing. Similar to chickenpox, the time prior to healing or crusting of the blisters is the contagious stage of shingles. Once all of the blisters are crusted over, the virus can no longer be spread and the contagious period is over.

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### After

- Shingles can lead to a complication called postherpetic neuralgia, or PHN, which is long-term nerve pain. The number of cases of PHN is higher among older adults.
- In cases of PHN, the pain has been described as dull, persistent, aching, stabbing or shooting.



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### Signs and Symptoms

- **The signs and symptoms of shingles usually affect only a small section of one side of your body. These signs and symptoms may include:**
  - Pain, burning, numbness or tingling
  - Sensitivity to touch
  - A red rash that begins a few days after the pain
  - Fluid-filled blisters that break open and crust over
  - Itching
- Some people also experience:
  - Fever
  - Headache
  - Sensitivity to light
  - Fatigue

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Pain



- Pain is usually the first symptom of shingles. For some, it can be intense. Depending on the location of the pain, it can sometimes be mistaken for a symptom of problems affecting the heart, lungs or kidneys. Some people experience shingles pain without ever developing the rash

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Cont...



- Most commonly, the shingles rash develops as a stripe of blisters that wraps around either the left or right side of your torso. Sometimes the shingles rash occurs around one eye or on one side of the neck or face

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No Cure

- **There is no cure for Shingles, but the pain can be treated.**
- Shingles may bring deep, intense, and stabbing pain. While there are some things you can do to feel more comfortable, and some treatments that can help alleviate symptoms and shorten the duration of the rash, it's not likely that anything will completely relieve the pain or itch of Shingles. The Shingles rash usually lasts up to 30 days and people who get it will experience some level of discomfort until the rash goes away.

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Clinical Presentation

- Usually the rash or bumps are in a elongated pattern
- Can be anywhere on the body... caution when they want to show you



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Shingles Case



- "My husband was undergoing chemotherapy treatment for prostate cancer," says Julia Hershfield, of Kensington, Md., "when he developed shingles in his right eye. The pain was so bad, that **he lost all will to live**. Shingles finished him." In people whose immune systems are extremely weakened, the [shingles virus](#) can also spread to the internal organs and affect the lungs, central nervous system and the brain, sometimes causing death

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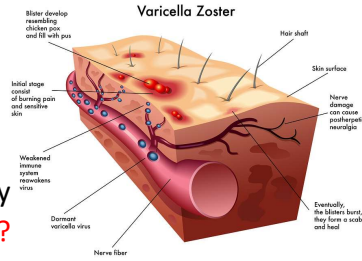
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Questions for Case History

- When, Where
- How long
- Pain level
- Visual impact
- Fever or illness lately
- **Pregnant? Stressed?**



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### Manifestations: **Early Signs**

- The rash, which is the most common sign of Shingles, emerges in a band along one side of the body. Some people may first experience burning, tingling, or itching in a specific area on one side of the body before the rash appears. They will usually experience these symptoms in one localized area of the body, where the nerves connect with the skin.

<http://www.shinglesinfo.com/do-you-have-shingles/signs-of-shingles.shtml>

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Cont...

- Although there's no cure, if you think you may have Shingles, it's important to see your doctor right away. He or she may be able to prescribe antivirals that may help reduce the severity of your rash if it's caught early enough. To work best, an antiviral should be administered **within 72 hours of the onset of symptoms**.

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### Ears

- Very rarely, hearing loss and other problems associated with the ear can result from complications of Shingles.
- When Shingles occurs inside or near the ear, it can lead to Ramsay Hunt syndrome. This rare disorder causes facial nerves to become paralyzed. Ramsay Hunt syndrome can lead to hearing and balance problems, as well as weakness of the muscles on the affected side of the face.



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Pain



• Shingles may bring deep, intense, and stabbing pain. While there are some things you can do to feel more comfortable, and some treatments that can help alleviate symptoms and shorten the duration of the rash, it's not likely that anything will completely relieve the pain or itch of Shingles. The Shingles rash usually lasts up to 30 days and people who get it will experience some level of discomfort until the rash goes away.

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Eyes



• When Shingles affects the eye, it's called ophthalmic Shingles. Ophthalmic Shingles can occur in or around the eye; it can cause painful eye infections, and in rare cases, immediate or delayed vision impairment.

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Face



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Active Shingles



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Body



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Body ....



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### No Age Requirement



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### Children



- Surprisingly, you can get shingles at almost any age, and about five percent of cases occur in children under age 15.
- Still, shingles is much more common in adults. In fact, 75% of shingles cases occur in adults over age 45.

[http://pediatrics.about.com/od/weeklyquestion/a/1108\\_shingles.htm](http://pediatrics.about.com/od/weeklyquestion/a/1108_shingles.htm) term=Medication%20treatment%20for%20shingles&utm\_content=3-main-6-medi&utm\_medium=mem-e&utm\_source=medi&utm\_campaign=adid-83a7131-e432-4839-a64-3a22a05587b-0\_ab\_mab\_code-29778&ad=em&admm=1&admb=ad&admc=Medication%20treatment%20for%20shingles&adpa=shingles-symptoms-and-treatment-options&adps=29778&adpq=shingles&adpqr=shingles-symptoms-and-treatment-options&adpr=83a7131-e432-4839-a64-3a22a05587b-0-ab\_mab

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### Ophthalmic Shingles



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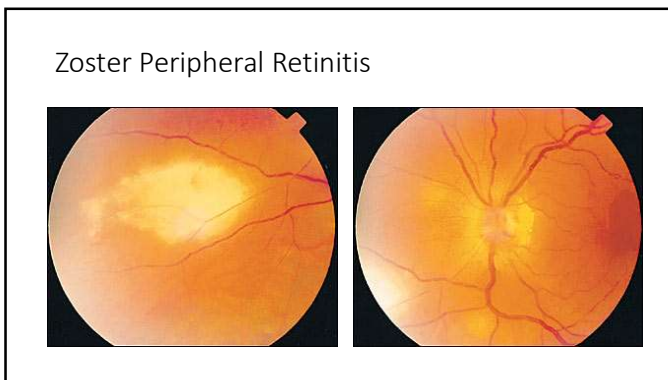
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Co-Manage with PCM

- The pain and rash occur near an eye. If left untreated, this infection can lead to permanent eye damage.
- You're 70 or older, because age significantly increases your risk of complications.
- You or someone in your family has a weakened immune system (due to cancer, medications or chronic illness).
- The rash is widespread and painful



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Protect Your Staff and Patients

- Proper staff training
- Proper provider coordination
- Proper patient coordination
- Proper isolation



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Treatment

- Vaccine
- Anti-virals
- Terrasil ointment




- The **antidepressants** most often used to treat shingles pain are known as **tricyclic antidepressants (TCAs)**. Examples of TCAs most commonly prescribed for people with shingles are **amitriptyline, imipramine and nortriptyline**

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Questions  
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