



Scourge of Monsoon-Leptospirosis

Authors

Ms. Vrinda Sara Reji, Dr Ashish Jitendranath

Background and Rationale

A zoonotic disease which caused a lot of fatalities in the near past, especially in Kerala. With long monsoons and frequent flood our state serves as an ideal place for its transmission. Leptospirosis is a bacterial infection caused by certain members of the genus *Leptospira*. Mostly who develop a leptospirosis infection gets only mild symptoms. In a minority of infected persons, it develops into the dreaded Weill's disease. Incubation period is usually one to two weeks. Symptoms include: calf muscle pain, fever, diarrhea etc. In view of this our study was conducted in Sree Gokulam Medical College and Research Foundation, Kerala.



Objectives

Estimate the proportion of Leptospirosis in rural areas of Trivandrum, Kerala

Methodology

We conducted a Retrospective observational study. The 190 blood samples were collected from our hospital suspected of having leptospirosis during the period of January to October of 2019 from patients residing from rural areas of Trivandrum.

The blood samples were collected & tested for leptospirosis specific IgM antibodies by ELISA. We persuaded case sheets, discharge summaries and microbial test results of the study subjects with the help of infection control department of the institution.

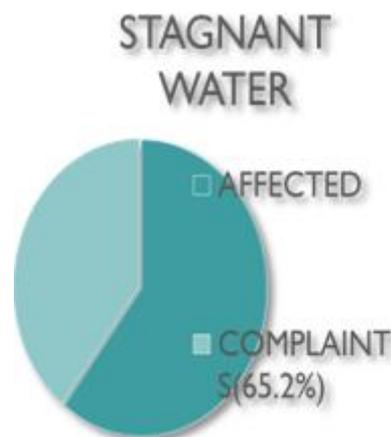


Result

Out of the 190 suspected cases, 23 were IgM ELISA positive for leptospirosis in leptospirosis reported areas from January to October 2019 and maximum cases reported during the monsoon floods, risk factors include:

- Inadequate prophylaxis
- Water stagnation
- Heavy Monsoon
- Uncontrollable rodents.

Among this only 23 of them were provided with prophylactic measures (12%). Among the 23 affected, 19 of them had rodent disturbances (82.6%) and 15 of the affected complaints of stagnant water in the surrounding (65.2%).



Discussion

In the study LEPTOSPIROSIS IN URBAN SLUMS by Karande S Kulkarni – leptospirosis was frequent in urban slum population
 In the study by Mark Moosley- AN INFECTIOUS WATER BORNE leptospirosis is found most common among farmers and occupation associated with water and animal contact.

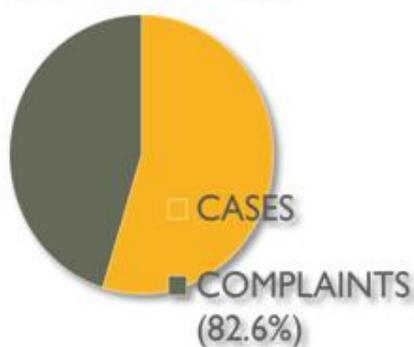
Conclusion

Prevalence of leptospirosis is seen maximum during monsoon season. Among the suspected cases 87.5% didn't prophylactic measures during heavy monsoon and floods though all the affected cases spread of leptospirosis through different Medias.
 This can be tackled by
 Social awareness-key to proper and early diagnosis
 Screening of fever with Unknown origin
 Rodent control programs
 Cleaning of river banks and sewage systems to minimize flood risks
 Protective clothing/footwear in soil and water

PROPORTION



RODENT DISTURBANCES



References

1. Karande S Kulkarni-LEPTOSPIROSIS IN URBAN SLUMS
2. Mark Moosley-AN INFECTIOUS EMERGING WATER BORNE
3. ZOONOSIS OF GLOBAL SIGNIFICANCE -Mahindra Pal