

Bacterial Meningitis Guide (Adult)

Signs and Symp - no single feature is diagnostic, (Get senior input)

Non-specific

- **Common;** Fever, Vomiting, Lethargy, Irritable, Headache, Muscular/joint pain
- **Less Common;** Shivers, Diarrhoea, Abdo pain, Sore throat, Coryza

More-specific

- Petechial rash, stiff neck, Altered mental state, Photophobia, Kernigs sign

Investigations

- **Bloods**
 - Blood Culture
 - FBC
 - I-Stat & VBG
 - LFT, CRP
 - Clotting
 - PCR
 - Glucose
- **Throat swab**
- **LP (reasons for CT/Delay below)**
 - Opening pressure
 - Microscopy
 - Culture
 - PCR
 - Protein, Glucose, Lactate

Indications for CT before LP*

- Focal neurological signs
- Papilloedema**/Pupillary changes
- Continuous or uncontrolled seizures
- GCS reduced/fluctuating
- Bradycardia & Hypertension

*to exclude significant swelling/shift predisposing to cerebral herniation post LP.

**inability to view the fundus is not a contraindication to LP, especially if a short duration of symptoms.

Regardless of CT LP should be delayed /avoided in the following situations:

- Respiratory or cardiac compromise
- Signs of severe sepsis or a rapidly evolving rash
- Infection at the site of the LP
- Coagulopathy/thrombocytopenia

Treatment

Get IMMEDIATE Senior support

- **Ceftriaxone** 2g IV/IO
 - **Dexamethasone**
[give at same time as antibiotic]
 - **Consider Acyclovir** 10mg/kg
[use ideal body weight - see pg 2]
 - **0.9% NaCl bolus** IV/IO
 - **Oxygen** titrate to need
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- Over 60yrs add Amoxicillin 2g IV
 - Recent foreign travel add Vancomycin

Penicillin/Cephalosporin allergy
contact Microbiology Consultant
Immediately

Weight	Aciclovir Dose	Dexamethasone Dose
40kg 6st 4lb	400mg	6mg
50kg 7st 13lb	500mg	7.5mg
60kg 9st 6lb	600mg	9mg
70kg 11st	700mg	10 mg
80kg 12st 8lb	800mg	10mg
90kg 14st 2lb	900mg	10mg
100kg 15st 11lb	1000mg	10mg
110kg 17st 5lb	1100mg	10mg

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Table for the estimation of Ideal Body weight

Male			Female		
Height in Feet	Height in metres	Ideal Weight (Kg)	Height in Feet	Height in metres	Ideal Weight (Kg)
4'6"	1.35	28-35	4'6"	1.35	28-35
4'7"	1.37	30-39	4'7"	1.37	30-37
4'8"	1.40	33-40	4'8"	1.40	32-40
4'9"	1.42	35-44	4'9"	1.42	35-42
4'10"	1.45	38-46	4'10"	1.45	36-45
4'11"	1.48	40-50	4'11"	1.48	39-47
5'0"	1.5	43-53	5'0"	1.5	40-50
5'1"	1.52	45-55	5'1"	1.52	43-52
5'2"	1.55	48-59	5'2"	1.55	45-55
5'3"	1.57	50-61	5'3"	1.57	47-57
5'4"	1.60	53-65	5'4"	1.60	49-60
5'5"	1.62	55-68	5'5"	1.62	51-62
5'6"	1.65	58-70	5'6"	1.65	53-65
5'7"	1.68	60-74	5'7"	1.68	55-67
5'8"	1.70	63-76	5'8"	1.70	57-70
5'9"	1.73	65-80	5'9"	1.73	59-72
5'10"	1.75	67-83	5'10"	1.75	61-75
5'11"	1.78	70-85	5'11"	1.78	63-77
6'0"	1.8	72-89	6'0"	1.8	65-80