

English for Nurses: Answers

The complications of measles



Match the terms from the vocabulary list with their correct meanings.

- 1 – H
- 2 – I
- 3 – G
- 4 – L
- 5 – K
- 6 – J
- 7 – A
- 8 – E
- 9 – D
- 10 – B
- 11 – F
- 12 – C

Video transcript

Watch the video again at <https://www.youtube.com/watch?v=4pvKcH7yMBM> and check your answers with the transcript.

Nurse: Hi Karl. I understand you're concerned about the potential complications of measles and want to have some more information about them.

Parent: Yes. That's right. I've heard measles can be serious, but I'm not sure about

the specific risks. I'd like to find out more about it, because I have a young daughter and I don't want her to be exposed to any danger.

Nurse: Certainly. I can appreciate why you want to understand what complications the disease might cause some people.

As you might already know, measles is a highly contagious airborne disease that's caused by a virus. It spreads through respiratory droplets when an infected person coughs or sneezes.

Parent: Right.

Nurse: While many people recover without any problems, measles can lead to several complications, especially in young children and adults over 20.

Parent: OK. So, what kind of complications are you talking about?

Nurse: Measles complications can affect various systems in the body, including the Ear Nose and Throat, respiratory, neurological, eye and gastrointestinal systems.

Parent: It sounds like there could be a lot of complications. What do you mean exactly?

Nurse: Let's take ENT and respiratory complications first. Measles can cause middle ear infections that can result in hearing loss if they aren't treated. Respiratory diseases such as measles-related pneumonia and croup can cause breathing difficulties. In fact, measles-related pneumonia is a leading cause of measles-related deaths in children.

Parent: That's very concerning. You mentioned neurological complications. What are they?

Nurse: Encephalitis or brain inflammation occurs in about 1 out of every 1,000 measles cases. It can develop either during or after a measles infection and can cause permanent brain damage.

Another rare type of encephalitis, called subacute sclerosing panencephalitis, can develop between 6 and 15 years after a measles infection. This type of encephalitis destroys nerve cells in the brain and is almost always fatal.

Parent: That sounds terrible, but at least it's rare.

Nurse: Yes, that's right. The next group of complications are ocular diseases or eye-related. Two eye diseases that may occur with a measles infection are keratitis and xerophthalmia. The first, keratitis, is the inflammation of the cornea or protective layer of the eye. This can lead to corneal scarring and potential vision impairment.

Parent: I see.

Nurse: The other eye disease is called Xerophthalmia or dry eye. It's a condition linked to vitamin A deficiency. If it's untreated, it can cause night blindness or total blindness in severe cases.

Parent: You also mentioned gastrointestinal complications?

Nurse: Yes. Diarrhoea with a measles infection is quite common. As you probably know, this can result in dehydration if it's severe enough. Measles can also cause stomatitis or inflammation inside the mouth, making eating and drinking difficult and painful.

Parent: All of these complications are very worrying. I had no idea that measles was such a serious infection.

Nurse: Well, measles is a highly contagious, viral infection with potentially serious outcomes. Many people don't realise the possible complications of the infection so it's important to be well informed. There is currently no treatment for a measles infection once it occurs, however, preventative measures such as vaccination are available.

Parent: Thank you for explaining this about measles complications. I feel better informed now.