

Nursing Diagnoses

- Deficient Knowledge: Management of disease process and prevention of recurrence
- Deficient Knowledge: Accurate drug administration
- Imbalanced Nutrition: Less Than Body Requirements related to parasitic disease or drug therapy
- Self-Esteem Disturbance related to a medical diagnosis of parasitic infestation
- Noncompliance related to need for hygienic and other measures to prevent and treat parasitic infestations

Planning/Goals

The client will:

- Experience relief of symptoms for which antiparasitic drugs were taken
- Self-administer drugs accurately
- Avoid preventable adverse effects
- Act to prevent recurrent infestation
- Keep appointments for follow-up care

Interventions

Use measures to avoid exposure to or prevent transmission of parasitic diseases.

- Environmental health measures include the following:
 - Sanitary sewers to prevent deposition of feces on surface soil and the resultant exposure to helminths
 - Monitoring of community water supplies, food-handling establishments, and food-handling personnel
 - Follow-up examination and possibly treatment of household and other close contacts of people with helminthiasis, amebiasis, trichomoniasis, scabies, and pediculosis
 - Mosquito control in malarious areas and prophylactic drug therapy for travelers to malarious areas. In addition, teach travelers to decrease exposure to mosquito bites (eg, wear long-sleeved, dark clothing; use an effective insect repellent such as DEET; and sleep in well-screened rooms or under mosquito netting). These measures are especially needed at dusk and dawn, the maximal feeding times for mosquitoes.
- Personal and other health measures include the following:
 - Maintain personal hygiene (ie, regular bathing and shampooing, handwashing before eating or handling food and after defecation or urination).
 - Avoid raw fish and undercooked meat. This is especially important for anyone with immunosuppression.
 - Avoid contaminating streams or other water sources with feces.
 - Control flies and avoid foods exposed to flies.
 - With scabies and pediculosis infestations, drug therapy must be accompanied by adjunctive measures to avoid reinfection or transmission to others. For example, close contacts should be examined carefully and treated if indicated. Clothes, bed linens, and towels should be washed and dried on hot cycles. Clothes that cannot be washed should be dry cleaned. With head lice, combs

and brushes should be cleaned and disinfected; carpets and upholstered furniture should be vacuumed.

- With pinworms, clothing, bed linens, and towels should be washed daily on hot cycles. Toilet seats should be disinfected daily.
- Ensure follow-up measures, such as stool specimens, vaginal examinations, anal swabs, smears, and cultures.
- With vaginal infections, avoid sexual intercourse, or have the male partner use a condom.

Evaluation

- Interview and observe for relief of symptoms.
- Interview outpatients regarding compliance with instructions for taking antiparasitic drugs and measures to prevent recurrence of infestation.
- Interview and observe for adverse drug effects.
- Interview and observe regarding food intake or changes in weight.

PRINCIPLES OF THERAPY

1. Antiparasitic drugs should be used along with personal and public health control measures to prevent the spread of parasitic infestations. Specific measures vary according to the type of organism, the environment, and the host.
2. Many of the drugs described in this chapter are quite toxic; they should be used only when clearly indicated (ie, laboratory documentation of parasitic infection).

Use in Children

Children often receive an antiparasitic drug for head lice or worm infestations. These products should be used exactly as directed and with appropriate precautions to prevent reinfection. Malaria is usually more severe in children than in adults, and children should be protected from exposure when possible. When chemoprophylaxis or treatment for malaria is indicated, the same drugs are used for children as

Nursing Notes: Apply Your Knowledge

You are a nurse in a travel clinic. Sally and Bill, college students, plan to spend part of their summer vacation traveling in Africa. You update their immunizations and then talk with them about malaria prevention. The physician has written a prescription for chloroquine phosphate and primaquine, 1 tablet every week. What information would you include in your teaching?