

# Rehabilitation of a Patient with West Nile Virus and Associated Sequelae

Vanessa Garcia sDPT<sup>1</sup>

1. UNM Department of Orthopaedics & Rehabilitation

## PURPOSE

The purpose of this study was to identify different treatment options available for a patient diagnosed with West Nile virus, as well as to learn about prognosis and long term sequelae. The research will allow for proper development of the treatment plan and patient/family education.

prognoses of patients with West Nile virus. This literature provided information that described the disease in-depth and included information about the awareness and knowledge needed to formulate treatment plans, as well as to provide education to family on expected outcomes and sequelae.

## CASE DESCRIPTION

The patient was a 64 year old male with a recent diagnosis of diffuse large B cell lymphoma, on R-CHOP therapy who apparently had gone camping a few weeks prior to presentation. The patient developed fever and headache on October 10, 2012. He presented to St. Vincent Hospital on October 13, 2012, where he was found to have a temperature of 103°, weakness in his lower extremities, and some neck stiffness. The patient was transferred to University of New Mexico Hospital on October 19, 2012, with progressive deterioration and ascending weakness; a diagnosis of West Nile virus was made. On November 5, 2012, he was transferred to Kindred Hospital, presenting with increased tone, impaired arousal, impaired active range of motion, and impaired motor control.

## FINDINGS

While at Kindred the patient had become medically stable and was making gradual progress towards goals. The patient continued to be dependent with all functional mobility skills but demonstrated an increase in arousal, increase in strength, and the ability to follow 1-step commands. The patient was discharged from Kindred and is now undergoing treatment at a rehabilitation facility. After leaving Kindred the patient's progress was not followed.

## CONCLUSION

There are currently 3 specific interventions within the literature that have been utilized for patients in this population. They are physical therapy interventions directed at increasing muscle performance, range of motion, mobility, and overall function; a post-polio approach; and rehabilitation protocols used for stroke patients. Due to the limited research on specific interventions, articles on prognoses and functional outcomes are also included in this case report. Articles related to prognosis offer a better understanding of functional outcomes that have been achieved and insight into how to individualize patient care in order to maximize potential and assist in discharge planning. The most beneficial articles were those discussing outcomes and