

Final assignment:

Malaria

Introduction:

This paper will be about the infectious disease known as Malaria.

To know if you have malaria you would have symptoms such as a very high temperature of 38C or above, feeling hot and shivery so this would mean you have a temperature but your body is cold therefore you would shiver. Also, you would have headaches and vomiting, muscle pain could compare if you have a flu, some diarrhoea but in general feeling unwell. There was a high death rate for malaria in 2016 with a percentage of 90% in the African region 440,000 people died in 2016. There would be less deaths or even cases in the European countries because less heat for the parasites to move. www.nhs.uk

What is malaria?

Malaria is a serious and sometimes a fatal disease caused by a parasite/mosquito that usually infects a certain type of mosquito which it feeds onto us (humans). The pathogen is a protist called plasmodium (parasites). It is spread by female mosquitoes. (<https://www.who.int/news-room/fact-sheets/detail/malaria>). There is more Malaria spread in Africa because of the heat (2). It has been confirmed that for the first time that malaria would creep during the hotter months or warmer years and it would start to reduce as the temperature would start to cool down, so if you are planning to go to Africa, I would advise you to speak to your GP.

How can you spread malaria?:

If you have malaria I would recommend you check a doctor/nearest GP and they would help you, also stay at home until your symptoms are gone, do not visit anyone such as friends, family, so you will not spread it, they all have to work as a team to defeat the virus! It can be transmitted also by the mosquitos because they are the ones who carry it around. After you have been bitten by the mosquito you may have symptoms after 7 days and if you do you should either stay at home or if it gets worse go to the hospital as soon as possible. (1)

What treatment is available?

There are many treatments and preventative methods for Malaria. Methods to prevent catching Malaria or the spread of it include: insect repellent, mosquito nets, insecticides for clothing. The insect repellent DEET is used effectively. You can also wear long sleeved clothing to help stop mosquitoes from biting. You can also get insecticides for clothing if not for the skin

There are also medications that can be taken to prevent catching Malaria. These methods are not 100% effective and you would still need to ensure that you are protecting yourself with insecticides, nets etc.

A drug called Malarone is good to take a few days before you leave to travel to a country where you might get Malaria. Chloroquine can also be taken which is good for long trips. (3)

Advantages and disadvantages of the treatment methods

The net is a cheap and simple way of trying to prevent the spread of Malaria. This is great for certain parts of Africa where people do not have much money. It reduces the chances of

a malarial infection by 70%. Costing less than 6 dollars each, the nets last up to five years, and have been shown to cut the risk of infection by half. (4)

The disadvantage is that there could be a hole in the net which would make it ineffective.

DEET is a known insecticide which helps prevent the spread of malaria. It works by repelling the mosquitoes and lasts for a few hours. The disadvantage is that it can cause rashes or irritation to the skin, so it is not something that can be used by everyone. (5)

Malarone is great for people travelling last minute and it doesn't have many side effects. The disadvantages is that it can be expensive and cannot be used by pregnant women. It also has to be taken daily, so that has to be remembered.

Chloroquine is another anti-malarial drug that can be taken. It is better for long trips because it only has to be taken once a week. It is also a drug that can be used by pregnant women, unlike Malarone. The disadvantages of this drug are that it cannot be used in an area where there has been some resistance developed by the mosquitoes and it cannot be used for last minute travellers.(6)

Conclusion:

Malaria is a dangerous and highly infectious disease. There are many treatments available to help prevent catching or spreading Malaria.

It has been hard to defeat this disease and it seems to spread very quickly in developing countries. These countries do not have the finance to prevent the spread so I think it is important to educate people on how to look after themselves and prevent the spread to others.

I've seen that Africa was the continent that had the most cases or even the most deaths, they have less money therefore they would have less beds, less rooms, less space in general, compared to a high-income country like the UK or the United states of America

In terms of prevention, nets are a cheap way to stop the spread, however not effective if there are holes in it. It has however been shown to reduce the chance of catching Malaria by 70% which is quite high.

Chloroquine seems to be a good choice of drug to help prevent catching Malaria. It is good because it is cheaper than Malarone. It also can be used by pregnant women and especially for longer trips if you are staying for quite a while.

The most important thing is educating the people and ensuring we all work together to try and stop the spread of this disease. Also countries supporting each other and providing help and support when they can. Organisations also play a big role in helping people with infectious diseases across the world, such as the World Health Organisation (WHO). They support people and also help to educate them

1. www.nhs.uk
2. www.cdc.gov
3. <https://www.cdc.gov/malaria/travelers/drugs.html>
4. www.newscientist.com
5. <https://www.safariquip.co.uk/all-categories/insect-repellent/choosing-an-insect-repellent/>
6. <https://www.cdc.gov/malaria/travelers/drugs.html>