

Newsletter issued by Forensic Nursing, Inc. At Your Service

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"Eighty percent of success is showing up."

Woody Allen

US movie actor, comedian, & director 1935 ----

Reviewing H1N1 flu's worst cases...antivirals, ventilators help, but fatalities show lungs hit hard.....Nathan Seppa / November 7, 2009 Science News

Lung inflammation & respiratory failure are largely responsible for the fatal cases of H1N1 swine flu, three new studies show. The findings confirm observations that H1N1 hits young adults hardest but can be fought off, in many cases, with the use of antiviral flu drugs & a mechanical ventilator that aids breathing. Conducted between late March & late August, the studies, reported online 10/12/09 in the *Journal of the American Medical Association*, find that the most critically ill patients suffer from oxygen deprivation in the blood, a dangerous condition that can lead to shock, organ failure & death. In severe cases, inflammation in the lungs leads to fluid buildup in airways & lung tissues, says the University of Toronto's Robert Fowler, a coauthor on two of the studies. "Most patients are still able to take breaths, but these breaths are ineffective," he says. In the largest of the studies, scientists in Canada monitored 168 patients deemed critically ill with H1N1 flu. Patients averaged only 32 years of age & received intensive treatment, but 17 % died. Doctors in Australia & New Zealand identified 68 critically ill patients with a median age of 34 for the second study. The fatality rate

was 21%. In the third study, a team examined records of 58 critically ill patients in Mexico with a median age of 44, and found a fatality rate of 41 %.

In Canada & Mexico, most patients received mechanical ventilation, & in all three regions many were also given the drug Tamiflu, with apparent benefit.

HEADS UP: In the severe cases what occurred was that the inflamed lung tissue lead to fluid buildup in the lungs.....which causes ineffective oxygen delivery....which leads to respiratory/cardiac arrest and in worst event, death. Watch for high temperature, chills, sweats, anxiety, shortness of breath. *With H1N1 think Lungs.....*

Latest thinking about Chronic Fatigue Syndrome.....is that an obscure retrovirus has shown up in two thirds of people diagnosed with this condition. Studies are not conclusive that the gamma retrovirus XMRV causes chronic fatigue but scientists are currently considering this virus a viable candidate for further study regarding Chronic Fatigue Syndrome.

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January 1999 to January 2009

....Was ten years of doing business as Forensic Nursing, Inc. January 2010 is the beginning of my 12th year. I would like to thank all of my clients and colleagues for helping me continue on. I appreciate and value your business, help, and support.

Best Wishes to all of you for a Peaceful Holiday Season.

....and

**BEST WISHES for a HEALTHY & PROSPEROUS
NEW YEAR 2010.....**