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Impact on Family Members of Nursing Officers Working in COVID Care Ward

S. Rajalakshmi¹, S. Priadarshini², S. Sridevy³

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ABSTRACT

The COVID-19 pandemic has ruined the world in all aspects such as economical, health and education. The people were worried about the disease conditions. The people experience of anxiety and fear over the period of time. So the researchers had undertaken the study to assess the impact of family members of nursing officers working in COVID care ward.

Objective: To assess the impact on family members of nurses at the pandemic situation and to determine the association between the impact and the family demographic variables.

Methodology: The quantitative research approach with descriptive study design was used. 75 samples were selected through non-probability sampling techniques (convenience sampling). The prepared questionnaire was given to assess the impact on family members of nursing officers working in COVID care ward during COVID-19.

Result: The study result showed that out of 75 samples, the majority of the family members have greater impact in psychological factors i.e 42.66% and experiencing depression, anxiety, fear and frustration than that of physical and social factors. 34.66% of the family members were affected with physical factors like deterioration of health status, separation, reduction of daily activities. 22.66% have less impact on social factors. This study found that the *psychological impact* is higher in family members when compared to other factors (*physical and social*).⁴

Keywords: Nursing Officers; COVID-19; Impact.

INTRODUCTION

Corona Virus which is commonly known as COVID-19. It is an infectious disease that causes illness in the respiratory system in humans. It has affected millions of peoples, who are either sick or are being killed due to the spread of this disease. It is impacting the whole world badly as it is spreading primarily through contact with the person.^{5,6}

The COVID-19 pandemics has led to a dramatic

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loss of human life worldwide and presented an unprecedented challenge to public health, food systems and the world of work. The economic and social were disrupted and devastated.⁴ It is harming the health, social and material well-being of children worldwide. School closure, social distancing and confinement increased the risk of poor nutrition among children and their family members. Their exposure to domestic violence and increases their anxiety, stress and frustration that access to vital family and care service.¹⁸

Problem Statement

A study to assess the impact on family members of nursing officer working in COVID care ward.

Objectives

- To assess the impact on family members of nursing officers working in COVID care ward.
- To determine the association between the impact and the demographic variables.

MATERIALS AND METHODS

Research Approach: Quantitative Research Approach.

Research Variables: Non-experimental descriptive research design was used to assess the impact of family members of nursing officers working in COVID care ward in RGGW & CH, Puducherry.

Research Setting: The study was conducted at RGGW & CH Hospital Puducherry.

Population: In this study, populations comprises of Nursing Officers those who are working in selected hospital at Puducherry.

Sample Size: The sample size was 75 Nursing Officers working in RGGW & CH, Puducherry.

Sample Technique: Non-Probability sampling techniques (convenience sampling techniques).⁷

Sampling Criteria

Inclusion Criteria

Nursing Officers

- Who were working in COVID ward during the pandemic situation.
- Who are willing to participate in the study.

- Who are able to understand Tamil/English.

Exclusion Criteria:

Nursing Officers

- Who weren't interested in this study.
- Who were not present at the time of data collection.

Data Collection Techniques:

Selection and development of the tool: In this study two types of tools were used by the researchers.

Self Administered questionnaires have following headings.

1. Baseline variables.
2. Structured knowledge questionnaires regarding the impacts of family members.

Data Analysis: The descriptive and inferential statistics.

RESULTS

From the above table 4.2 it was evident that, majority of the family members were affected by psychological factors 32 (42.66%).

Section - A

Table 4.1: Frequency and percentage distribution of demographic variables.

Demographic Variables		Frequency (N)	Percentage (%)
Age	21-30	29	38.66
	31-40	38	50.66
	41-50	22	29.33
Gender	Male	2	2.66
	Female	73	97.33
Marital Status	Married	66	88
	Unmarried	9	12
Residence	Urban	41	54.66
	Rural	26	34.33
	Semi-urban	6	8
No. of years service	1-7 years	2	2.66
	10-15 years	9	12
	15-20 years	64	85.33
Associated Illness	Suffering with	19	25.33
	Not suffering	56	74.60

table cont.....

Taken vaccine for Covid-19	Vaccinated	52	69.33
	Not vaccinated	23	30.66

Section - B

Table 4.2: Frequency and percentage distribution on impact of family members of nursing officers.

Impacts on Family Members	Frequency (N)	Percentage (%)
Psychological Factors	32	42.66%
Physical Factors	26	34.66%
Social Factors	17	22.68%

DISCUSSION

- The majority of nursing officers belong to the age group of 30-40 years 38 (50.67%).
- Most of the nursing officers were female 70 (97.33%) and 2 (2.66%) were male.
- Majority of them 64 (85.33%) had 15-20 years of experience in this nursing profession.
- Majority of the nursing officer are married 66 (88%).
- Most of the nursing officer's 41 (54.66%) residing in urban areas.
- Majority of the nursing officers do not have co morbid illnesses (74%).
- Most of the nursing officers 29 (38.66%) had previous experiences of working in contagious disease ward.
- Majority of the nursing officer's 68 (90.66%) have been vaccinated with COVID-19 vaccine.

The objective of the study is to assess the impact on family members of nursing officers working in COVID care ward.⁸

Results highlight that among 75 samples, the impact of physical factors 34.66%, psychological factors had greater impacts of 42.66% and social factors had 22.66% caused the greater impacts of family members during COVID-19.⁹

Significant Finding of the Study

- 29 (38.66%) Nursing Officers belong to the age group of 21-30, 38 (50.66%) belong to the age group of 30-40 years, 22 (29.33%) belong to 40-50.
- 73 (97.33%) Nursing Officers were female and 2 (2.66%) were male.

- 66 (88%) of Nursing Officers are married and 9 (12%) are unmarried.
- 41 (54.66%) residing in urban areas, 26 (34.33%) residing in rural areas and 6 (8%) are residing in semi urban areas.¹⁰
- 64 (85.33%) have 15-20 years of experience, 9 (12%) have an experience of 10-15 years and 2 have an experience of 1-7.
- 56 (74.6%) Nursing Officers have no co morbid illness, 19 (25.33%) have associated illnesses like diabetes, hypertension and thyroid.
- 52 (69.33%) family members of nurses get vaccinated, 23 (30.66%) are not vaccinated.

CONCLUSION

As a result, the family members mostly suffered due to psychological factors (42.66%) like depression, frustration, anxiety, worries, separations and loss of happiness in their home environment, lack of interest and feeling of unworthy among adolescents comparing to physical and social factors. This caused a greater impact in the health and mental status of the members in the family.¹¹

Recommendation

- A similar study can be conducted to identify the impacts of family members at different age groups.
- A sample study can be conducted to identify the association between impacts of family members and their associated illness.
- A similar study can be conducted in other parts of the country with a large sample for generalizing the finding.
- A sample study can be conducted in different settings.
- A survey is conducted to identify the health care worker at greater risk of acquiring COVID-19 infection.¹²

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Emerging Role of Artificial Intelligence in Nursing

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ABSTRACT

Artificial Intelligence (AI) is an expanding field of technology designed to seek, integrate, learn, process and provide intelligence from various clinical and data sources. These technologies facilitate and, in some cases, even complement human tasks. Artificial intelligence can enhance clinical capabilities by quickly processing multiple data sources, making recommendations, predicting outcomes, and helping make decisions in patient care. Artificial intelligence generally refers to the ability of computers to automatically transform data into information, make decisions or act individually. AI tools in nursing include decision support, mobile health and voice based technologies, voice assistants, and robotics. Decision support combined with AI can provide predictions and recommendations with accuracy and specificity beyond human capabilities. AI based decision support analysis includes diagnostic results, risk prediction, and decision trees to prevent catheter-associated urinary tract infections.

Keywords: Artificial Intelligence; Electronic Medical Records; Computing; Technological Change; Gamification; Clinical Decision.

INTRODUCTION

¹Artificial Intelligence, commonly known as AI, is the ability of computers to process data and provide information to make or guide independent

decisions. Smart tools such as mobile health, voice assistants, medical decision support and robots are gaining importance in care. AI combined with decision support provides predictions and recommendations that exceed human capabilities in accuracy and specificity. It's now possible to get nursing diagnoses, fall risk predictions, decision trees for preventing catheter associated urinary tract infections, and that's just the beginning. While these concepts are not new, AI has three advantages over traditional methods: the ability to process large amounts of data, increase specificity, and the ability to automatically modify selection and calculation. AI can identify at-risk patients by analyzing a variety of patient data from electronic health records (EHRs) and other sources. However, to ensure that AI based clinical decision support

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tools support nursing practice and benefit patient outcomes, it is important for nurses to be involved in their development and direction.

Artificial Intelligence and Nursing

¹The potential of AI in decision making includes helping nurses advise patients and identify inconsistencies and problems. Therefore, nursing students and nurses need to have the necessary knowledge and skills to evaluate Artificial Intelligence Health Technologies (AIHTs) and be safe with what can be seen to be created to promote patient care in practice.

There are three levels. Artificial intelligence; narrow intelligence, general intelligence and super intelligence. ANI, also known as artificial intelligence, is a level of artificial intelligence that includes machines that can easily interpret certain tasks. Artificial General Intelligence AGI, also called artificial intelligence, is a stage in the evolution of artificial intelligence where machines can think and make decisions like humans.

Artificial Super Intelligence (ASI)² is a level of artificial intelligence where computers can exceed the capabilities of humans. Microsoft is committed to using AI technology in three healthcare application areas (medical, financial and operational) and working with the monitoring team to identify patch locations where AI technology can provide added value to healthcare teams and patients. A Microsoft spokes person said: Nurses are integral to the design, development and implementation of health information systems. Our team's experts are helping Microsoft support nurses' digital transformation in the healthcare industry. For example, Cincinnati Children's Hospital Medical Center (CCH) conducted an experiment to innovate using mobile applications designed to improve the patient experience. At CCH, data collected from the EMR helps predict disease and determine how to prevent adverse events.

Mc Carthy predicts that AI systems will work in the background and nurses will come to process the information provided by AI tools. When evaluating this information with the knowledge gained from nursing, consider the features.

Mc Carthy suggests that AI teams can be successful if they incorporate the following work flows into their AI projects: with frontline users (doctors, nurses, and allied health professionals) who need to deal with pain. Pain points must be important enough that team members devote time

to completing the project.

Develop a growth mind set, embrace new practices, and accept failure as part of the process.

Culture and leadership are the key to success.

Identify measurable results that are meaningful and contribute to the organization's goals.

Look beyond healthcare to understand how AI technology is helping other industries and learn from others.

Applications of Artificial Intelligence

It includes social media, chat bots, driverless cars, space exploration, gaming, banking and finance. Finance Business Health Business. We need AI nursing care because it can save time, energy and money, avoid going to hospital without a minor illness, avoid the heavy burden of going through OPD/IPD in tertiary hospitals, provide specialized care to rural people, prevent fraud, convenient care to those in need Connect these surrounding hospitals to high grade pain hospitals that use radiation.³

The role of artificial intelligence in healthcare, cancer diagnosis, early detection of blood clots, customer service, chat bots, virtual healthcare, rare healthcare, treatment, continuous treatment, medical records management, drug addiction reduction, robotic assisted surgery, imaging, new drug development, better medical service. According to research reports and stakeholders including business representatives, researchers and doctors, artificial intelligence in healthcare has the potential to provide many benefits.

Generally speaking, AI tools support service providers rather than replacing them. Research shows that results are better when service providers and AI tools work together rather than in isolation. These are the tools in patient care.

The clinical artificial intelligence tools to augment patient care are:

- Predicting health trajectories
 - Recommending treatments
 - Guiding surgical care
 - Monitoring patients
 - Improving medication adherence
 - Recording digital notes
 - Automating laborious tasks
1. Predictive Health Trajectories is a machine learning CDS that can help predict the

- likelihood of a patient's disease worsening. For example, in 2013-2014, a large integrated healthcare system successfully applied a machine learning model to identify patients at risk of entering the intensive care unit. Other applications in this category include prediction of kidney damage and Clostridium difficile infection.
2. Treatment recommendations are AI powered CDS tools that can recommend treatments to doctors that can help them make better decisions and recruit tailored patients. Example: Respirators save lives, but long term use and premature removal can lead to complications, increased death rates, and increased hospital costs.
 3. Clinical Introduction In medical surgery, planning and postoperative care are the most common applications of machine learning CDS tools. Other applications, including real time CDS surgery and intelligent surgeons, are also areas of research. This robotic device can sound an alarm if the surgeon works longer than average.
 4. Patient monitoring is a smart tool that can use increasingly more health information, including data from electronic medical records, portable devices, and other sensors, to help monitor patients in medical facilities. Patient care is one of the areas where AI will have the biggest impact, according to a recent analysis. For example, doctors can use AI to monitor vital signs for cardiovascular and respiratory care in the intensive care unit.
 5. Improving Medication Compliance: To solve compliance issues, organizations are looking for better solutions that use artificial intelligence (AI) and machine learning (ML) to improve patient compliance. Some of the currently successful solutions in this field are: Chatbots, Smart Medicines, Body Sensors, Gamification, Applications and Smart Packaging Fellow Smart Pillbox is used as an example of products such as Clever Cap and Sensor that fit into medicine boxes. In inhalers from companies like Propeller Health.
 6. Digital medical record collection helps doctors begin typing digital text into her systems using speech recognition and advanced speech technology. Although the use of electronic medical records has been reported to improve collaboration and decision making, it has also been associated with physician satisfaction.
 7. Unscheduled tasks can be simple but labor intensive, allowing providers to spend more time with their patients. Hospital nurses spend most of their time moving around patient rooms and medical facilities. Surgical nurses go the extra mile when working to obtain supplies and equipment.
- Some of the problems faced by the Indian healthcare system are the lack of qualified doctors and infrastructure, as evidenced by the ratio of 0.76 doctors and 2.09 nurses per 1,000 people. Additionally, healthcare in India is facing a shortage of hospital beds with 1.3 hospitals remaining. Affordability: Private expenses cover 70% of medical costs and 62% are out of pocket. Poor attitudes towards healthcare are mainly due to lack of knowledge, lack of services and attitudes. Most private medical facilities are concentrated in first and second tier cities and surrounding areas, so patients have to travel far to receive basic and high quality treatment. Inequalities in access to healthcare across countries continue to be a significant barrier to preventive and rehabilitative healthcare, as do disparities between urban and rural India. AI has three advantages over traditional methods: Rapid prediction of risk in data improved tailored intervention (flagging patients at highest risk) Variable selection and automatic calculation of calculation.
- ¹Artificial Intelligence identifies at-risk patients by analyzing multiple patient records from EHRs and other databases. To ensure that AI based clinical decision-making tools support nursing practice, care outcomes, and patient outcomes, nurses will be involved in their development and implementation. The potential of AI in decision support includes helping nurses advise patients and identify conflicts and problems. The determination to achieve better patient outcomes at lower cost drives disruptive technologies to replace existing ones. Advances in technology such as energy efficiency; more information, observation, study and behavior can be combined and used for personal and public monitoring. As artificial intelligence develops, it is changing healthcare organizations and care.

CONCLUSION

The intellectual problem is new and complex and there is still much to learn. Healthcare organizations must leverage the power of artificial intelligence to

create the best outcomes for doctors and patients. Nurses understand how AI can contribute to patient care and outcomes, and therefore they must be pioneers and advocates of AI in healthcare.

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Myositis: An Autoimmune Disease

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ABSTRACT

It is the name for a group of rare conditions that can cause muscles to become weak, tired and painful. The meaning of myositis is inflammation of muscles. It affects all age group of people. It affects the muscles that connect to your bones. There's no curative treatment for myositis, but in most cases, but with the life style modification and treatment can strengthen weak muscles as supportive.

Keywords: Myositis; Muscles.

INTRODUCTION

Myositis attacks immune system and muscles. It affects the muscles that connect to your bones (skeletal muscles). Different forms of myositis affect the various muscles of the body. It has various types which makes muscles weak and pain.

Myositis:

It is a disease that attacks immune system

and muscles and leads chronic inflammation or swelling that comes and goes over a long time. Eventually, this inflammation makes the muscles feel increasingly weak and cause muscle pain.¹

Incidence: Myositis affects all age group including children.

Types of myositis

The types of myositis are mentioned below:

- Dermatomyositis
- Inclusion body myositis
- Juvenile myositis
- Polymyositis
- Toxic myositis

Dermatomyositis: It is the easiest form of myositis to diagnose due to the purple red rashes in the heliotrope flower shape. The rash develops on the eyelids, face, chest, neck, and back. It also develops over joints such as knuckles, elbows, knees and toes. Muscle weakness normally follows.¹

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Causes & Risk factors: The cause of dermatomyositis remains unknown, but experts believe following factors play a vital role:

Genetic Factors: People with particular human leukocyte antigen are at a prone to get this condition.

Immune system: People with dermatomyositis show an abnormal immune reaction, where by the body's immune system attacks small blood vessels, causing inflammatory changes in the:

- Muscles
- Skin
- Blood vessels

Environmental Factors: Exposure to ultra violet ray are one of the main risk factors and certain viruses could trigger the condition. These include:

- Parvovirus
- Enterovirus
- Coxsackie B virus
- Echovirus
- HIV²

Symptoms of DM include:

- Scaly, dry, or rough skin
- Red colour or purple rashes on sun exposed areas which causes painful or itchy sensation
- Swelling on upper eyelids
- Gottron's papules
- Difficulty in rising from a seated position
- Fatigue, weakness in the neck, hip, back, and shoulder muscles
- Difficulty swallowing
- Hoarseness in the voice
- Hardened lumps are present under the skin
- Muscle pain
- Joint inflammation
- Nail bed abnormalities
- Weight loss
- Irregular heartbeat
- Gastrointestinal ulcers

Diagnosis:

- MRI to look for abnormal muscles.

- Electromyography to find electrical impulses which controls the muscles.
- Blood analysis to find enzymes and autoantibodies.
- Muscle and skin biopsy.

Treatment:

- Corticosteroid medications are the preferred method of treatment in most cases. To lower the response of immune system, which reduces the inflammation causing antibodies.
- In this condition the body is producing antibodies to target skin and muscles. Intravenous immunoglobulin (IVIG) uses healthy antibodies to block these antibodies. IVIG consists of a mixture of antibodies that have been collected from thousands of healthy people who have donated their blood. These antibodies are given to you through an IV.
- Physical therapy that improves and preserves muscle strength.
- Antimalarial medication, hydroxy chloroquine, for a persistent autoimmune rash.

Complications: Some common complications are:

- Skin ulcers
- Gastric ulcers
- Difficulty breathing
- Lung Infections
- Problems Swallowing
- Malnutrition
- Weight loss
- Dermatomyositis can also be associated with conditions such as:
 - Raynaud's phenomenon
 - Myocarditis
 - Interstitial lung disease
 - Increased risk of developing cancers³

Inclusion body myositis: is the only myositis which occurs more commonly in males than in females. Most people who develop this condition are above the age of 50. IBM begins with muscle weakness in the wrists and fingers and also in the thigh muscles. The muscle weakness is more prominent in smaller muscles and is asymmetrical. IBM is believed to be genetic.⁴

Symptoms of Inclusion body myositis:

- Difficulty walking
- People may loss of balance while walking
- Frequent falls
- Difficulty to rise from a seated position
- Weakened grip in hand and loss of finger dexterity
- Difficulty swallowing
- Muscle weakness
- Muscle pain
- Diminished deep tendon reflexes
- Juvenile myositis⁵

Diagnosis:

- *Physical examination:* A healthcare professional will check your muscles and look for signs of weakness. They will also examine your muscle function as you do certain tasks, like walking.
- *Muscle biopsy:* A muscle biopsy is the common test for diagnosing inclusion body myositis.
- *Electromyogram:* This test checks the electrical activity of your muscles at rest and during contraction.
- *Nerve conduction test:* A nerve conduction to find how fast a nerve impulse can travel through your muscle. It can help rule out other nerve disorders.
- *Blood tests:* To be done to find the elevated levels of creatine kinase. This enzyme leaks out of muscle when it's damaged.
- *Muscle MRI:* A muscle MRI is an imaging test. It can help a doctor check the structure of your muscles.⁶

Treatment:

- There is no certain treatment for inclusion body myositis.
- Physical therapy to strengthen muscle.
- Occupational therapy can help make daily activities easier and help avoid falling injuries.
- Speech language therapy can help manage swallowing problems.

Surgical treatment:

- If swallowing difficulties are severe, patient might need surgery. This may include myotomy or cricopharyngeal dilation.
- Myotomy is a incision over the muscles of the cardia, which helps food and liquids to enter the stomach.
- In a cricopharyngeal dilation, a surgeon stretches the muscle at the top of the esophagus to allow food to pass easily.
- In severe cases, gastrostomy (feeding tube) might be needed.⁷

Complications:

- Swallowing difficulties (dysphagia) that may lead to choking.
- Disrupted breathing from the weakened diaphragm.
- Injuries from falls.
- Pressure sores, muscle atrophy due to poor mobility.⁸

Juvenile myositis: (JM) occurs in children under 18. It affects 3,000 to 5,000 American children. Girls are twice as likely to develop JM than boys. Similar to the other forms of myositis, JM is characterized by muscle weakness and skin rashes.⁹

Symptoms of Juvenile myositis:

- Visible, reddish purple rashes over the eyelids or joints
- Fatigue
- Irritability sensation and mood changes
- Stomach aches
- Difficulty in climbing upstairs, and rising up from a seated position
- Difficulty to reach over head while shampooing or combing hair
- Trouble in lifting the head
- Inflammation around the fingernails
- Trouble swallowing
- Hard lumps of calcium under the skin
- Muscle weakness
- Muscle and joint pain
- Hoarse sounding voice
- Gottron's papules

- Fever
- Vasculitis
- Lipodystrophy
- Calcinosis (hard, often painful lumps or sheets of calcium that form under the skin's surface, especially in juvenile dermatomyositis).¹⁰

Diagnosis

Blood tests: Blood tests for certain muscle enzymes such as creatine kinase (CK or CPK), aldolase, lactate dehydrogenase (LDH), Alanine aminotransferase (ALT) and aspartate aminotransferase (AST).

Magnetic resonance imaging (MRI): Helps to detect inflammation levels in the muscle.

Electromyogram: It may be done to look for any nerve or muscle damage. Another important modality is an FDG, PET, CT, which uses nuclear imaging techniques.

Muscle and skin biopsies: It is the best way to diagnose all types of myositis disease.¹¹

Treatment:

There are certain medications for treating JM include:

Corticosteroids: It can be given orally, by injection, or intravenously (directly into a vein) to slow down the autoimmune response. Dosage and duration of treatment depend on the severity of symptoms.

Immunosuppressants: Immunosuppressant medications, such as methotrexate, azathioprine, and cyclosporine, work to quiet the immune system. They may be given alone or with hydroxychloroquine (an anti-malaria drug) and mycophenolate mofetil.

Intravenous immune globulin (IVIG): IVIG therapy can slow down the body's autoimmune response and block harmful antibodies responsible for the inflammation that attacks the muscles and skin.

Other medications: Another medicine used to treat JM include an anti-TNF biologic drug, rituximab.

Physical Therapy

Physical therapy and physical activity are important for children with JM. They can help a child to maintain and increase their muscle strength and flexibility.¹²

Education

- Educate parents to use sunscreen to avoid irritation.

- Advise parents to talk to dietician to solve chewing and swallowing problems.¹³

Polymyositis

Polymyositis (PM) begins with muscle weakness around the trunk of the body and then expands from there. People with polymyositis are often found to have additional autoimmune diseases.

Symptoms include:

- Muscle weakness
- Muscle pain
- Difficulty swallowing
- Falling
- Difficulty to rise from a seated position
- Fatigue
- Chronic dry cough
- Hardening of the skin on the hands
- Difficulty breathing
- Fever
- Weight loss
- Hoarse voice¹⁴

Diagnosis

Blood tests. A blood test to know the increased amount of muscle enzymes to find muscle damage.

Electromyography. This test involves inserting a thin needle electrode to the muscle to find changes in the pattern of electrical activity in a muscle.

Magnetic resonance imaging (MRI). MRI can assess inflammation over a large area of muscle.

Muscle biopsy: Analysis may reveal abnormalities, such as inflammation, damage, certain proteins or enzyme deficiencies.

Treatment

Although there's no cure for polymyositis, treatment can improve your muscle strength and function.

Corticosteroids. It can be very effective in controlling the symptoms. But longer usage of these drugs may cause serious side effects, So, gradually taper the dose of medication down to lower levels.¹⁵

Therapy: There are certain treatment which includes:

Physical therapy: A therapist will help to maintain

and improve the strength and flexibility and advise an appropriate level of activity.

Speech therapy: It may help the person who have weakened muscles in swallowing area.

Dietetic assessment: Dietitian will teach how to prepare easy-to-eat, the nutritious foods for who have chewing and swallowing problem present.

Complications of Polymyositis:

Difficulty in swallowing: This could happen if the muscles in your oesophagus are affected. It can lead to weight loss and malnutrition.

Aspiration pneumonia: When you can't swallow well, you're more likely to breathe food or liquid (including saliva) into your lungs. This can cause pneumonia.

Breathing problems: If your chest muscles are affected, you could have shortness of breath, or, at worst, respiratory failure.¹⁶

Toxic myositis: Toxic myositis is caused by some prescribed medications and illicit drugs. Cholesterol lowering medications such as statins may be among the most common drugs to cause this condition.¹⁷

Symptoms of toxic myositis: Symptoms are similar to those of other types of myositis. People may have improvement after stopping of medication.

- Difficulty to rise up from sitting position.
- Torso or "core" weakness.
- Difficulty swallowing (dysphagia).
- Muscle pain.

Diagnostic Tests:

- History collection
- Physical examination
- Blood test to find elevated enzymes in the blood
- Electromyography (EMG)
- Nerve conduction tests shall be performed

MRI of the Muscles: MRI, or magnetic resonance imaging, is a medical test that uses biological magnets and a computer to create pictures of the inside of the body. These pictures then aid doctors and specialist in determining injuries or diseases. The MRI is sometimes compared to the CT (Computed Tomography), which uses similar technology to create cross-sectional images of the body.¹⁸

Treatment: People who experience of this condition can feel improvement once they stop the medication which causing the toxicity.

Dietary management:

A healthy diet can go a long way toward improving over all health. While eating This diet special consideration to be taken. It includes the following:

- Processed and fast foods, including those with high fructose corn syrup, artificial ingredients, preservatives, fresh fruits and vegetables and pesticides to be avoided.
- The number of foods made with white flour and sugar, and most packaged foods to be reduced and whole grains shall be included.
- In take of saturated fat to be limited by eating less animal fats.
- Shall Use extra virgin olive and expellerpressed canola, sunflower, and safflower oil and nuts shall be taken.
- Omega-3 fatty acids diet to be included.
- Vegetable protein diet to be included than choosing of animal proteins.
- Beverages and coffee to be avoided.

Dietary precautions for those taking corticosteroids. People who consume corticosteroids for longer periods of time, may face certain complications for what they eat too.

- Prednisone increases appetite. To reduce weight gain, high calorie foods to be avoided and exercise will help to maintain body weight.
- To reduce the risks of high blood pressure and fluid retention, limit salt intake to be less than 1,500 mg per day. Processed or canned foods to be avoided.
- If patient is taking medication for high blood pressure, may need to increase in take of foods high in potassium, such as bananas, apricots, baked potatoes, and tomatoes.
- Prednisone can also irritate the stomach, so it is important to take it with food, not on an empty stomach.
- Diabetes is also a risk when taking steroids. To control blood glucose levels with in the normal range, high carbohydrates foods like sugar to be avoided.

Dietary supplements: The recommendations are

mentioned below:

- *Calcium* is a concern for those who take corticosteroids. Should eat foods rich in calcium as nuts milk and milk products. Calcium supplements are also recommended to minimize bone loss and osteoporosis.
- *Vitamin D* is a hormone produced in the skin in response to sunlight. It is important in calcium absorption and many other processes.
- *Folic acid* (also called folate) is a B vitamin that is abundant in leafy green vegetables, such as spinach, kale, broccoli, and other sources.
- *Omega-3* fatty acids, which are anti-inflammatory, and omega-6 fatty acids, which are pro-inflammatory, should be in balance in the body. canola oil, walnuts, and enriched eggs.¹⁹

CONCLUSION

Myositis is an inflammation of muscles which attacks immune system and muscles. Depending on which type of myositis it is a hard time to move or use affected muscles. There's no curative treatment for myositis, but in most cases, but with the life style modification and treatment can strengthen weak muscles as supportive.

ACKNOWLEDGEMENT

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