

Table of Contents

	PAGE		PAGE
ACUTE POLIO		MANAGEMENT	
• Epidemiology.....	1	• Management of Weakness	33
• Pathology and Pathogenesis.....	1	• Management of Fatigue	33
• Clinical Features of Acute Polio	2	• Management of Pain.....	34
• Recovery from Acute Paralytic Polio.....	3	• Postural Correction	35
• Residual Complications.....	5	• Orthoses / Bracing	35
• Management	5	• Mobility Devices	36
• Prevention.....	6	• Management of Respiratory Dysfunction	37
• Eradication	6	• Management of Sleep Disturbances.....	37
• Polio in Australia.....	7	• Management of Dysphagia.....	37
		• Management of Dysarthria	38
		• Management of Cold Intolerance	38
		• Weight Management.....	38
		• Pharmacological Therapies	38
		• Psychological Management.....	39
		• Lifestyle Modification	39
		• Exercise	40
		• Surgical Considerations	42
LATE EFFECTS OF POLIO		THE ROLE OF THE GENERAL PRACTITIONER IN THE MANAGEMENT OF THE LATE EFFECTS OF POLIO	
• Historical Background.....	8	• Developing an Evaluation and Management Program.....	43
• Nomenclature and Definitions	8	• Continuity of Care	43
<i>The Late Effects of Polio</i>		• Patient Education	45
<i>Post-Polio Syndrome</i>		• Promoting a Healthy Lifestyle	45
<i>Progressive Post-Polio Muscular Atrophy</i>		• Other Issues to Consider	46
• Epidemiology of Post-Polio Syndrome	11	<i>Employment</i>	
• Risk Factors	11	<i>Driving</i>	
• Progression	12		
• Aetiology of Post-Polio Syndrome	13		
CLINICAL FEATURES OF THE LATE EFFECTS OF POLIO		RESOURCES	
• Muscle Weakness	16	• Support Services.....	47
• Fatigue.....	17	• Internet Sites	47
• Pain	18	<i>Australian Sites</i>	
• ADL Difficulties	19	<i>Overseas Sites</i>	
• Postural Abnormalities	19	• References.....	49
• Sleep Impairment	20		
• Cold Sensitivity.....	20		
• Respiratory Insufficiency	21		
• Dysphagia	22		
• Dysarthria	22		
• Psychological Issues	22		
ASSESSMENT			
• Diagnosis of Post-Polio Syndrome	26		
• Differential Diagnosis	28		
• Assessment of the Late Effects of Polio.....	31		
<i>Medical Assessment</i>			