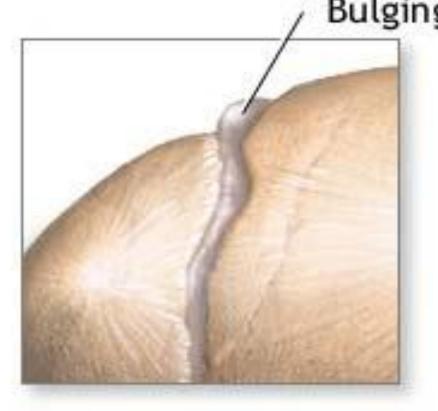
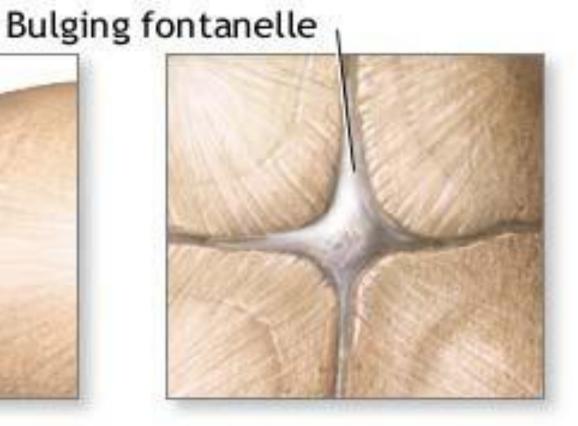
Chapter 43: Central and Peripheral Nervous System Disorders



Increased Intracranial Pressure (pg. 666)

- The cranium consists of
- 1. Brain tissue
- 2. Blood
- 3. Cerebrospinal fluid (CSF)
- If one or more of these increases significantly without a decrease in one or the other two, ICP becomes elevated.











Increased Intracranial pressure

- The skull cannot expand so a tumor, cerebral edema, brain abscess, or bleeding compresses the brain and causes increased intracranial pressure (ICP)
- As pressure increases, the cerebral blood flow decreases and PCO2 increases causing cerebral edema which increases the ICP even more

Increased Intracranial Pressure

- If not recognized, the brainstem will herniate thru the foramen magnum
- brainstem controls vital signs so death will occur



ICP

- Signs and symptoms develop rapidly or slowly
- If slow it may be over looked
- Keep check on baseline and observe closely
- change in LOC is usually earliest sign
- alterations may be difficult to determine

Level Of Consciousness

- Confusion, restlessness, disorientation and drowsiness may or may not be a symptom of impending change in LOC
- Report sudden change to Dr stat
- Change in LOC is one of the earliest signs of ICP

Headache

- Pain is usually intermittent--if constant condition usually grave
- coughing, sneezing, straining at stool increases headache
- lying in bed with head elevated reduces ICP and headache



Vomiting and ICP

- Commonly occurs without warning of nausea and without a relationship to eating
- projectile in nature



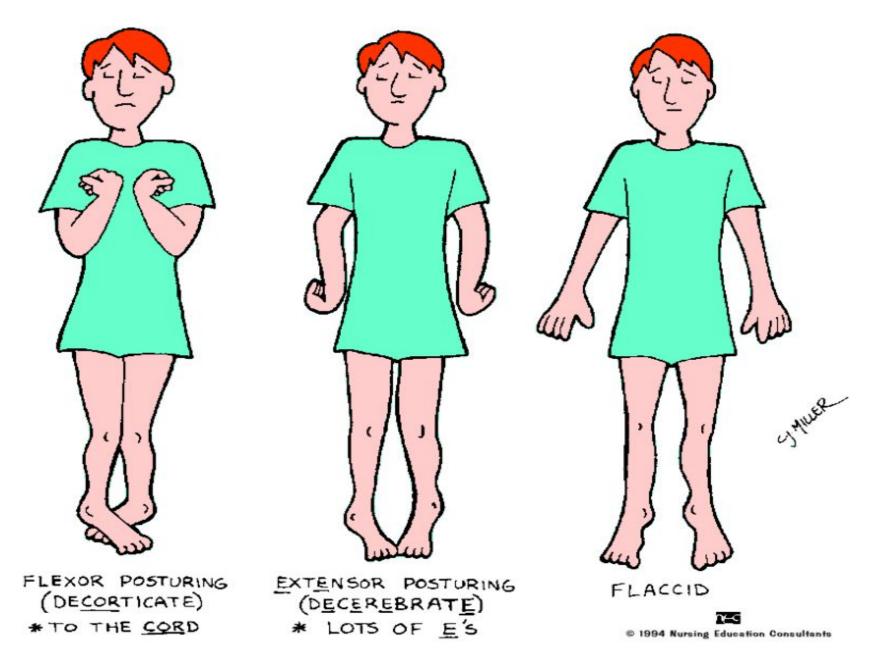
Papilledema

- Papilledema (edema of optic nerve caused by obstruction of venous drainage due to ICP
- Can be seen only with an ophthalmoscope
- Affects pupillary response to light.
- Normal pupil response to strong light is rapid constriction. In IICP the response is sluggish or nonexistent (fixed)



Posturing

- <u>Decorticate</u>—arms flexed—problem with cervical spinal tract or cerebral hemisphere
- <u>Decerebrate</u>—arms extended (more serious as brainstem damage, problems within midbrain or pons
- see page 660 for picture



ABNORMAL POSTURING

Symptoms of ICP

- Change in LOC
- headache
- vomiting
- papilledema
- vital signs--temp rises, b/p rises and pulse pressure widens
- pupils sluggish or fixed
- decorticate or decerebrate position

Vital signs

- Temp rises, B/P rises and pulse pressure widens. These 3 s/s are called Cushing's triad. A late sign in IICP.
- Pulse may increase at first but later becomes slow (40-60) and bounding
- resp rate is irregular or cheyne-stokes (shallow, rapid, then decreases and then apnea)

Medical and surgical management

- Osmotic diuretics (mannitol, glycerol);
 steroids to reduce cerebral edema
- If clot then it is removed;
- surgery for depressed skull fx, tumor or bleeding...fix the cause stat

Medical & surgical management

 Restrict fluids, lumbar punctures to remove CSF and hyperventilation via ventilator to cause resp alkalosis which constricts cerebral arteries and reduces ICP

Medical Management

- May order:
- insertion of foley
- NG tube for gastric decompression or feedings
- Stool softener to prevent straining
- Histamine antagonist (Pepcid) to prevent stress ulcers
- Cooling blankets if hyperthermia

Normal ICP In the Ventricles

- Norm: 1 to 15
- Moderate ↑: 15 to 40
- High: > 40 mm Hg
- Although the ICP varies, a rise of <u>2 mm</u>
 <u>HG</u> from a previous measurement is cause for concern.



- Teach to remain quiet in bed and not to turn in bed without help
- avoid ROM until ICP normal and Drorders
- suction only when absolutely necessary...gently remove secretions with gauze
- give oxygen before suctioning

- ICP can affect temp regulation so cooling blanket may be needed
- Neuro assessment should be done <u>q 30</u>
 <u>min</u>
- Avoid extreme flexion of hip because this increases intraabdominal, ICP and intrathoracic pressure

- A neurologic flow sheet that includes the Glasgow Coma Scale or Ranchos Los Amigos Scale and ICP pressure measurement (see chapter 42) is used to establish a data base and record
- Intake and output and daily weights are recorded to monitor the fluid and nutritional status of the client.

- Laboratory findings such as serum electrolyte levels and arterial blood gas measurements are analyzed to detect fluid, electrolyte, and acid-base complications, or to evaluate the effectiveness of medical management.
- Bowel sounds are present in all quad's and palpated to determine if there is distention.
- Bowel elimination patterns are monitored.

- Keep head straight and head of bed slightly elevated
- If a basal skull fx and ICP may be kept flat but in no case must the head be allowed to be lower than body
- Reduce noise and bright lights, limit movement, space activity

Activities That increase ICP

- Coughing
- range of motion exercises
- sneezing
- hip flexion of 90 degrees or greater
- vomiting
- suctioning

Activities that increase ICP

- Straining to have a BM (valsalva maneuver
- holding breath
- digging heels into bed to help in repositioning
- turning in bed without help

- Hourly I&O may be done
- If steroids given, monitor glucose as ordered
- test stools for blood
- assess bowel and bladder elimination and prevent straining
- complete care given until ICP normal
- monitor temp q 4 hours & prn

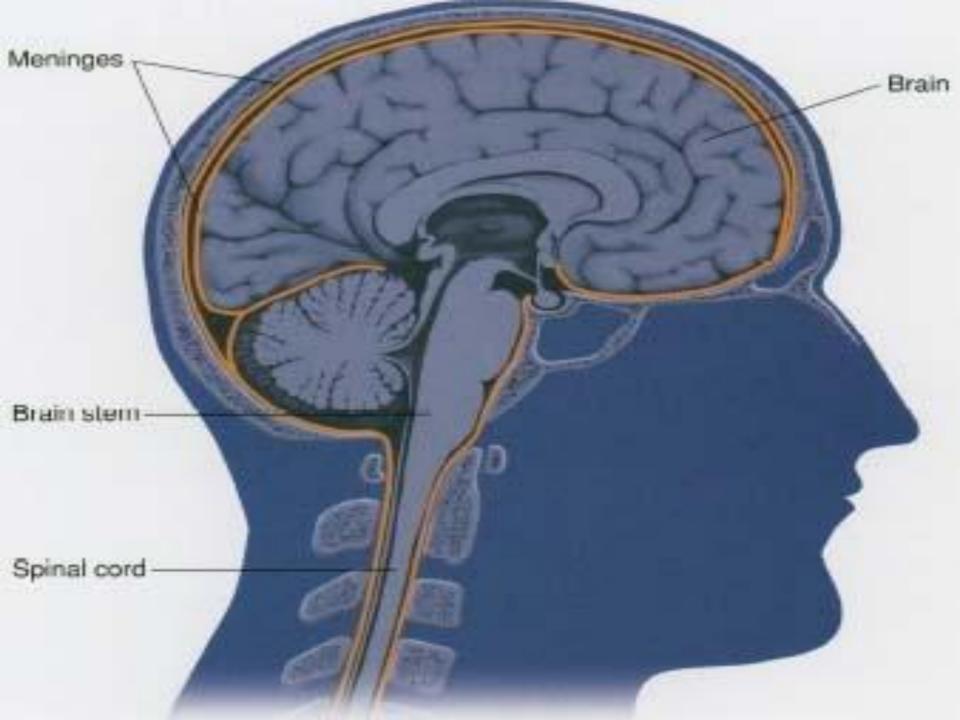
- Monitor I&O...fluids may be restricted to reduce cerebral edema and prevent vomiting and coughing which raise pressures
- calculate IV fluids so given over 24 hours
- nutrition may be total parenteral nutrition (TPN)
- assess skin turgor and electrolytes

Infectious & Inflammatory Disorders

- Meningitis
- Encephalitis
- Gullian-Barre Syndrome
- Poliolmyelitis
- Brain Abscess

Meningitis (Covering of the Brain)

- Inflammation of meninges (three membranes that cover the brain-dura, arachnoid, & pia mater)
- May affect cerebral cortex and decrease blood flow to the brain
- Meningococcus, strept, staph and pneumococcus most common cause (contagious—meningococcal)
- Reaches brain by the bloodstream or ear or sinus infection



Meningitis

- Most adults with bacterial meningitis recover without permanent neurologic damage or dysfunction.
- When complications do occur, they usually are serious.

Meningitis S/S

- Fever, nuchal rigidity (pain and stiffness of neck); inability to place chin on chest
- nausea and vomiting, photophobia, headache, restlessness, irritability and seizures
- severe may cause opisthotonus (arching of back and neck hyperextended

Kernig's Sign

 Positive Kernig's sign (inability to extend the leg when the thigh is flexed on abdomen



Brudzinsi's Sign

 Brudzinski's sign--flexion of neck produces flexion of knees and hips



Diagnostic findings: Meningitis

- Lumbar puncture done
- if bacterial meningitis the CSF is cloudy and pressure is elevated, glucose is decreased, protein is elevated and WBC & RBCs are elevated
- Cultures are done
- If culture negative then it is viral in nature

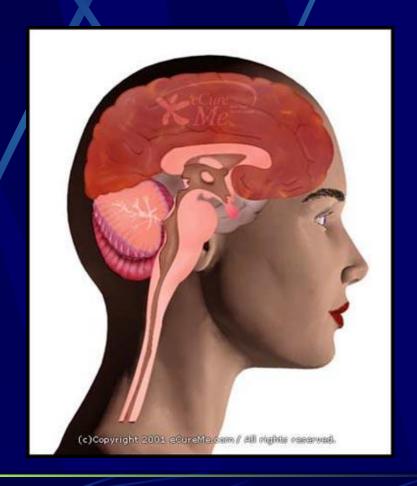


Medical Management

- IV fluids, antibiotics, anticonvulsants are used to treat
- sulfonamide given to people who are exposed
- observe for altered LOC, signs of airway obstruction and cardiac arrhythmias

Encephalitis (Brain Inflammation) pg 676

- Infectious disease of CNS characterized by changes in both white and gray matter of spinal cord and brain
- Extensive nerve cell destruction may occur



Encephalitis (brain inflammation)

- Symptoms similar to meningitis
- Caused by bacteria, fungi, or virus
- cause virus: Polio, herpes, measles, mumps, chickenpox, mono, hepatitis,,St. Louis virus and Eastern and Western equine virus

- occurs after a viral infection elsewhere (measles or vaccinations)
- Poisoning by drugs and chemicals, such as lead, arsenic, or Carbon monoxide, may closely resemble encephalitis clinically!!!

- Onset of viral is sudden with fever, severe headache, stiff neck, vomiting and drowsiness
- lethargy is a prominent symptom and coma and delirium may occur
- Tremors, seizures, spastic or flaccid paralysis, irritability

- Muscle weakness, incoordination, incontinence and visual disturbances (photophobia, involuntary eye movement, double or blurred vision may occur
- speech changed, increased ICP and shock

Encephalitis--brain inflammation

- Lumbar puncture done...CSF pressure elevated but fluid clear
- EEG has slow wave forms
- treatment supportive only as viral
- Total care, LOC, vital signs monitored

- Mild cases are common and may go unrecognized
- complications and deaths are more common in infants and elderly
- usually recover in 2-3 weeks unless severe

Guillain-Barre' syndrome Pg.677

- Rare, inflammatory condition involving the CNS that causes rapid weakness and loss of sensation.
- History of recent infection (esp. resp tract); recent surgery or vaccinations
- also seen in malignancy and Lupus.
- The affected nerves become inflamed and edematous.
- Mild to severe ascending muscle weakness or paralysis develops.

Guillain-Barre' Syndrome

- May be autoimmune response to viral infection
- Takes approx 1 month to start improving and may take 1 year or longer to recover
- Muscle weakness or paralysis can occur and be permanent.
- Immobility complications kills (pneumonia & infection)

Guillain Barre' Syndrome

- Weakness, tingling, and numbness in arms and legs may be 1st symptoms
- Weakness usually starts in legs and moves to arms and face
- may affect the muscle of respiration
- Muscle weakness may be followed by paralysis.
- chewing, talking, and swallowing become difficult if cranial nerves involved

Medical Management Guillian Barre'

- Plasmaphoresis removal of plasma from the blood and reinfusion of the cellular components with saline, has been shown to shorten the course of the DX. If performed within the first 2 weeks.
- If the respiratory muscles are involve, endotracheal intubation & mechanical ventilation become necessary.
- Difficulty chewing—may need IV fluids, gastric feedings, or TPN

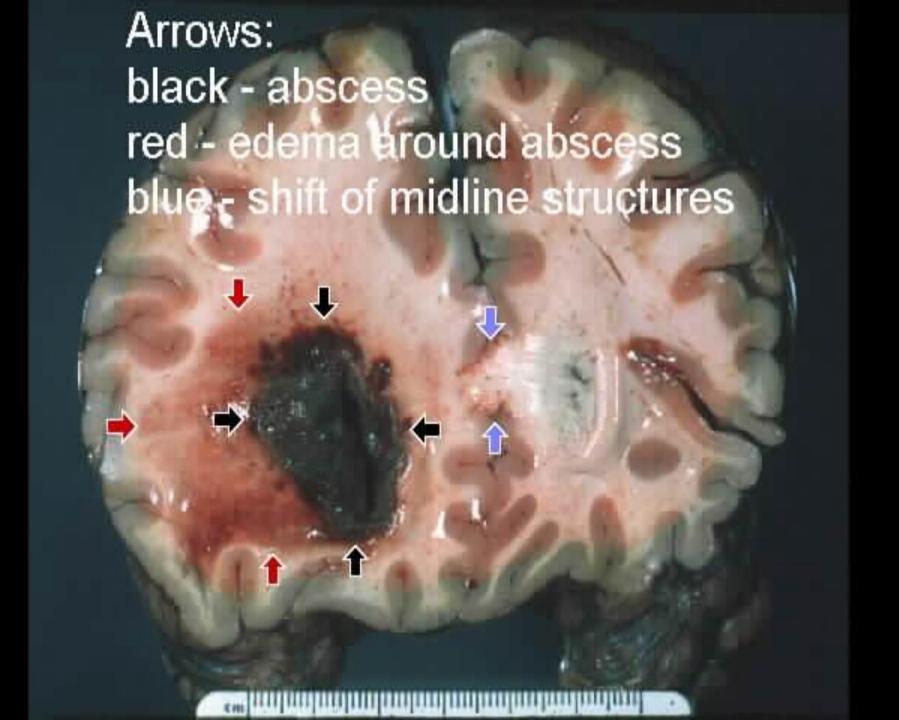


Nursing Management

- Monitory respiratory status/distress
- Use IS
- R/T incapacitated by immobility, provide meticulous skin care and change position every 2 hours.
- Give passive ROM q 2 hours

Brain abscess Pg. 678

- A collection of pus caused by a bacterial infection in the brain—if untreated it can be fatal!!
- Causes: infection that spreads from an infected skull (osteomyelitis, mastoiditis, sinusitis)
- infection spreads thru bloodstream or trauma



Brain abscess

- May occur from infection of teeth, sinus, middle ear, or from an infection in other organs.
- common after endocarditis, pulmonary or abdominal infection, or intracranial surgery
- fever, headache, ↑ IICP s/s, seizures, muscle weakness, paralysis and lethargy

Brain abscess

 Risk increases with head injury, illness that lowers resistance (esp. diabetes) recent infection (esp around eye, nose, or face) Iv drug users and immuno-suppressed

Brain abscess

- I&O fluids may be restricted as over-hydration may cause cerebral edema
- antibiotics usually given 4 to 6 weeks; craniotomy may be needed
- seizure precautions; pad side rails, decrease stimuli

General Nursing Care for Inflammatory Disorders

- Swallowing may be affected---give PO drugs slowly...no narcotics
- REPORT sudden increase in headache
- Dr. must order ROM but turn and give skin care....cooling blanket may be needed for temp

Nursing Care for Inflammatory Disorders

- Monitor vitals...complete care
- neuro checks...use Glasgow Coma scale
- Seizure precautions—insert a padded tongue blade in the mouth ONLY IF THE TEETH ARE NOT TIGHTLY SHUT!!
- lung sounds and suction PRN*****caution it raises ICP
- elevate head of bed 30 degrees
- keep oral airway at bedside

Neuromuscular disorders PG 678

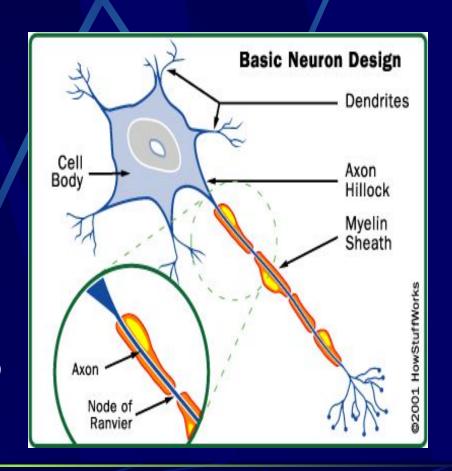
- Involves the nervous system and indirectly affects the muscles
- Multiple Sclerosis
- Myasthenia Gravis
- Amyotrophic lateral sclerosis (Lou Gehrig)

- Chronic, progressive disease of the peripheral nerves.
- Onset in young adult and early middle life (20 to 40)
- May be autoimmune
- people in colder climates at higher risk



- Permanent degeneration as patchy destruction of myelin sheath of nerve fibers of brain and spinal cord
- Impulses cannot go thru without myelin so muscles become paralyzed
- scar tissue replaces myelin (sclerotic)

- Myelin sheath swells (exacerbation) when it is deteriorating
- when swelling goes down then there is a remission
- may go for years without symptoms
- each exacerbation causes the symptoms to last longer and more severe



- Weakness of arms and legs may progress to paraplegia
- may be incontinent
- visual disturbances may eventually progress to blindness
- infection and emotional upsets may cause exacerbations
- NO CURE

- Intellectual functioning may be impaired late in disease
- loss of memory, impaired judgment
- shallow breathing can cause pneumonia (most common cause of death)
- may live 20 years with the disease

Drugs for MS

- Lioresal and Dantrium--muscle spasticity and rigidity
- Antibiotics, urinary infectives, tranquilizers for mood swings
- Ditropan---urinary incontinence
- Urecholine for retention
- Steroids

Nursing

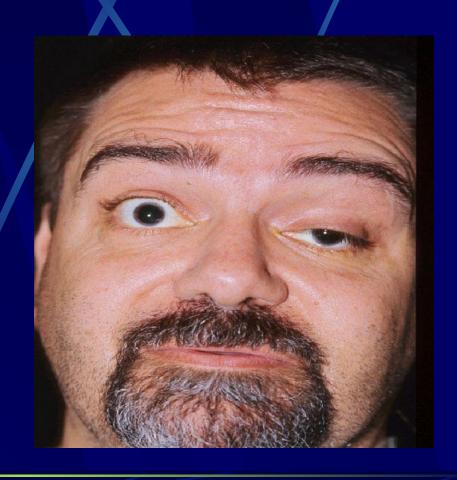
- Sensory impairment: be careful with hot, cold, avoid injury
- REST, conserve energy
- Polyunsaturated fate, linoleic acid--found in sunflower oil may help

Myasthenia Gravis pg 681

- Disorder of muscles, with increasing fatigue and weakness as muscles are used
- Fatigue appears to be caused by a defect in nerve impulses from nerve endings to muscles
- Receptor sites destroyed
- Thought to be autoimmunne

Myasthenia Gravis

- Most common symptoms are ptosis of eyelids, difficulty chewing and swallowing, diplopia, voice weakness, masklike facial expressions and weakness of arms and legs
- May affect respirations



Myasthenia Gravis

- Diagnosed by giving IV Tensilon which relieves symptoms in a few seconds if it is Myasthenia
- Chest x-ray may show tumor of thymus



Myasthenia gravis

- Treatment is Mesitonon or Myelelase
- Atropine is antidote for mestinon and other anticholinesterase drugs
- Thymus gland may be surgically removed as it may cause destruction of nerve endings

Mestinon or Mytelase

- Observe for drug overdose....abdominal cramps, clenched jaws, muscle rigidity
- Give drug at exact intervals to maintain therapeutic blood levels
- Watch for resp distress if drugs not affective
- May aspirate as cannot swallow

Amyotrophic Lateral Sclerosis--Lou Gehrig's

• Progressive, fatal neuro disorder of unknown cause

- Degeneration of motor neurons of CNS which causes wasting and weakness of muscles
- Fasciculations (twitching) and difficulty speaking or swallowing



Amyotrophic Lateral Sclerosis--Lou Gehrig's Disease 682

 Periods of inappropriate laughter or crying

- Causes resp failure and total paralysis
- No specific tests or treatment
- Care is supportive...may need help with ADLs
- Will become total care

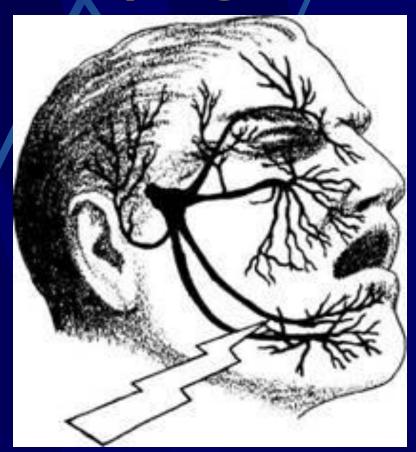


Cranial Nerve disorders Pg. 683

- Trigeminal Neuralgia (Tic douloureux)
- Bell's palsy
- Temporomandibular Disorder (TMD)

Trigeminal Neuralgia (Tic douloureux) pg 683

- Painful condition that involves the 5th cranial nerve—which has 3 major branches: mandibular, maxillary & ophthalmic.
- This sensory and motor nerve is important to chewing, facial movement, and sensation.



Trigeminal Neuralgia (Tic douloureux) pg 683

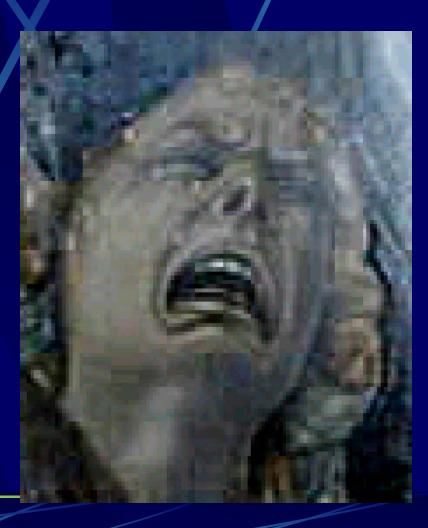
 Attacks can be initiated by slight stimulus such as cold, heat, light touch and air, vibration of music, a passing breeze, a temperature change



- The pain is described as sudden, severe, and burning
- It ends as quickly as it began, usually lasting a few seconds to several minutes.
- The cycle is repeated many times a day
- During a spasm, the face twitches and the eyes tear.

- Analgesics, surgery on nerve root or branches
- post op there is no feeling in the area
- corneal reflex (blinking) may be gone so need eye drops and shield

- Slightest stimulus may start attack (vibration from music, breeze, temp change
- they avoid washing face, shaving
- forehead over eyebrow is a common trigger spot so avoid touching face
- Do not jar the bed



- Post-op eating may be a problem as may bite tongue without knowing it
- food gets caught in mouth and swallowing is difficult as they lose sensation after nerve cut
- small sips, inspect mouth for breaks in mucus membranes



Trigeminal Neuralgia (Tic Douloureux)

- Chew on opposite side
- Avoid hot and cold foods and use mouth rinses after eating
- dental appointment to check for problems as no sensations from cavity or abscess

- Dilantin and tegretol used to reduce pain as analgesics not too successful
- narcotics may be given
- Dentist should be seen as may be caused by dental deformities

Bell's Palsy

- 7th cranial nerve—responsible for movement of the facial muscles
- facial nerve usually affects one side



Bell's Palsy

- causes weakness and paralysis of facial muscles and eyelid
- facial pain, pain behind ear, numbness
- diminished blink reflex
- ptosis of eyelid, tearing of affected side



Bell's Palsy

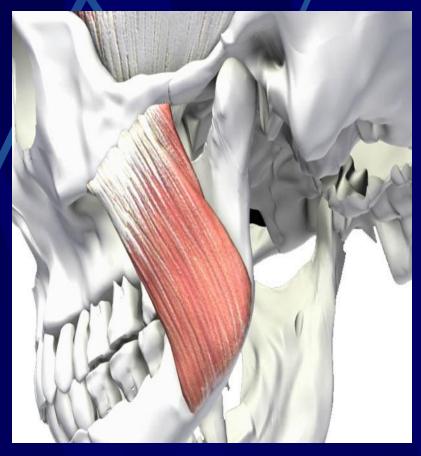
- Speech and chewing difficulty may occur
- Must rule out CVA, tumor
- no specific test
- Prednisone, analgesics, electrotherapy to prevent atrophy of facial muscles
- most show improvement in a few weeks

Bell's palsy

- If ptosis and blinking reflex affected must wear eye patch
- corneal ulcerations and infection of eye may develop
- eye shield at night
- antibiotic ointment in eye
- eye assessment needed

Temporomandibular Disorder pg 685

- TMD is a cluster of symptoms that are localized at and about the jaw.
- TMD caused by arthritis of mandibular joint, malocclusion of teeth, and excessive movement of jaw at time of endotracheal intubation in general anesthsesia



TMD S/S

- Jaw pain, headache, tinnitus, ear pain
- clenching of jaw, inability to open mouth
- Clicking of the jaw when the joint is moved, or the jaw can lock, which interferes with opening the mouth



TMD S/S

- Pronounced spasm and tenderness of the masseter and temporalis muscles
- Dental x-rays help with diagnosis



TMD Medical Management

- Treatment is referred to a dentist
- Analgesics are prescribed
- Custom-fitted mouth guard is worn during sleep



TMD Medical Management

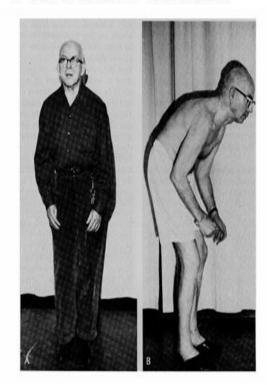
- TENS (transcutaneous electrical nerve stimulation), injection of a local anesthetic to relieve muscle spasm, and ice water oral irrigations are also used to reduce and relieve discomfort.
- Surgery is available if conservative methods are ineffective

Extrapyramidial disorders pg 686

- Parkinson's disease
- Huntington's disease
- One primary characteristic is abnormal movement.

- Usually begins after age 50
- early signs include stiffness, tremors of hands, pill rolling and difficulty performing movement
- Tremors decrease with voluntary movement

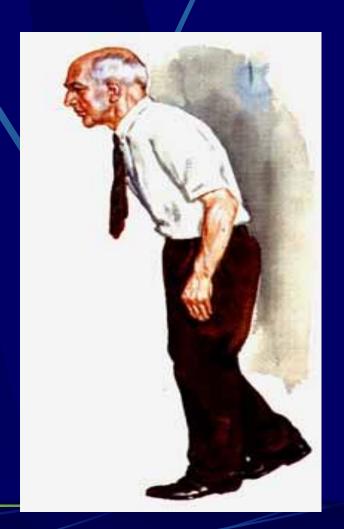
Parkinson's Disease



- Intention tremor: when tremors increase during voluntary movement...may be seen in some patients
- Later, tremors of head, mask-like expression, stooped posture
- Monotonous speech and shuffling gait



- Have difficulty turning or redirecting forward motion
- arms seldom swing while walking
- rigidity develops more than tremors
- reflexes and power of contraction are not affected but speed and movement are



- Levodopa and cogentin are drugs of choice
- physical therapy...in extreme cases surgery done to destroy part of the thalamus so excessive muscle contraction decreased
- fetal tissue transplanted in brain has helped some patients

- Symptoms usually begin on one side and may take 15 years to spread bilaterally
- late symptom is drooling and problems with swallowing
- eyes may roll up or down and stay in that position for days

Huntington's Disease pg. 689

- Hereditary, degeneration of basal ganglia and cerebral cortex
- Causes mental apathy, emotional disturbances, choreiform movement (uncontrollable withering and twisting of body) grimacing



Huntington's

- Treatment is supportive, no cure
- tranquilizers and antiparkinsonian drugs to relieve choreiform movements
- late in the disease, may have hallucinations, delusions, impaired judgment, and becomes totally dependent

Huntington's

- 1/2 children of affected parent will develop the disease but will not find out about it until well past child bearing age
- must have disease to transmit trait
- most do not develop disease until between age 30 to 50

Huntington's

- Personality changes (obstinanacy, moodiness and lack of interest
- Inappropriate behavior may start before the involuntary jerky, irregular choreic movements
- gait is wide paced and prancing (ST. vitus dance)

Huntington's chorea

- Difficulty chewing and swallowing, speech difficulty, intellectual decline
- loss of bowel and bladder control
- severe depression may lead to suicide
- paranoia is common

Nursing care extrapyramidial 43-2 pg 690

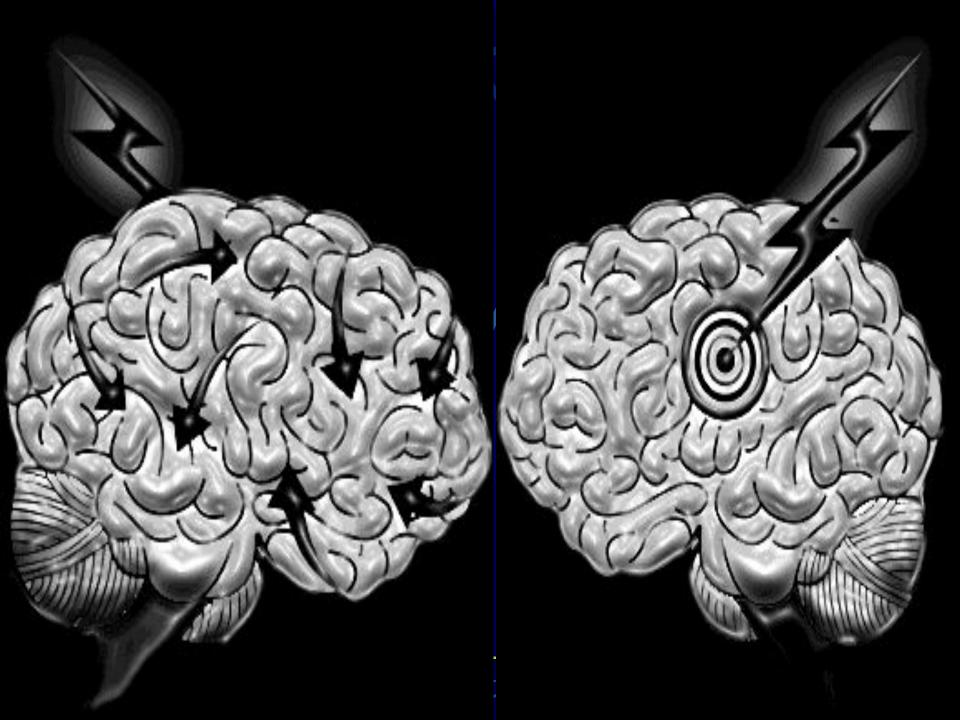
- Offer fluids hourly
- I&O, keep suction available to prevent aspiration
- soft diet, allow time to chew, cut food into small bites
- may need to feed in later stages
- skin care,
- maintain self care as long as possible

Nursing Care extrapyramidial

- Avoid stress, fatigue
- bowel and bladder incontinent retraining program may be helpful early, not too effective late
- Prone to injury, assist when ambulating or getting up...may climb over rails or wander
- observe frequently

Seizure disorders pg 692

- Abnormal electrical discharge of neurons
- can be focal or generalized
- idiopathic (no known cause
- causes---high fever, electrolyte imbalance, uremia, hypoglycemia, hypoxia, brain tumor



Seizure disorders

- Epilepsy is a permanent, recurrent seizure disorder
- causes include brain injury at birth, head injury, metabolic disorders or idiopathic
- convulsive disorder and seizure disorder the same

Seizure disorders

- Too much electrical discharges from nerve cells in the brain
- Different types: partial or focal--from a localized area, cause specific symptoms and may spread to entire brain
- lasts from seconds to about one minute

Seizure disorder

- Jacksonian: begins at one place and spreads to another in an orderly fashion
- psychomotor and psychosensory: seizure with hallucinatory sights, sounds and odors
- mumbles and non-sense words, smacking lips

Seizures

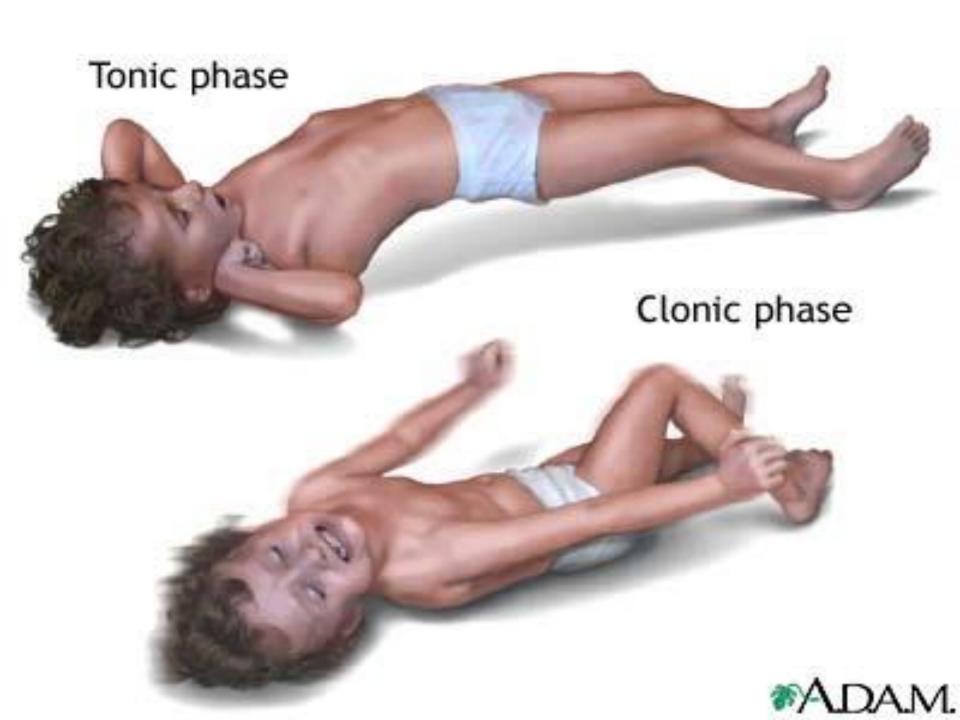
- Generalized seizure: Entire brain involved; can last several minutes, loss of consciousness
- absence; brief change of consciousness lasting 1 to 10 seconds, mostly children
- blank stare, mouth arm or eyelid movement, vacant stare, Petit mal

Generalized seizure

- Myoclonic: brief involuntary muscular jerks of extremities or body
- Tonic-clonic: Grand mal--emotional changes, aura (seconds or minutes before), epileptic cry, loss of consciousness
- tonic-stiffness and rigidity

Seizure--Grand mal

- Clonic phase; alternating spasms and relaxations---thrashing and jerking
- breathing is spasmodic
- frothing saliva, jaws clenched, incontinence
- labored breathing and cyanosis
- lasts 2 to 5 minutes

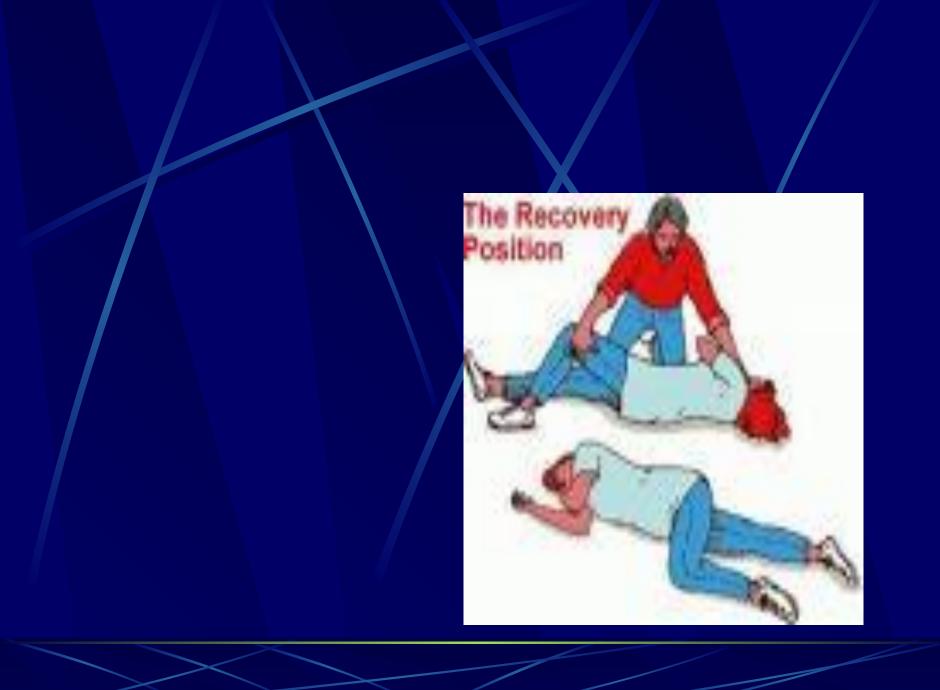


Grand mal seizure

- Postictal stage: consciousness is regained, does not remember seizure
- confused, difficulty speaking, headache
- fatigue, soreness and may sleep for hours

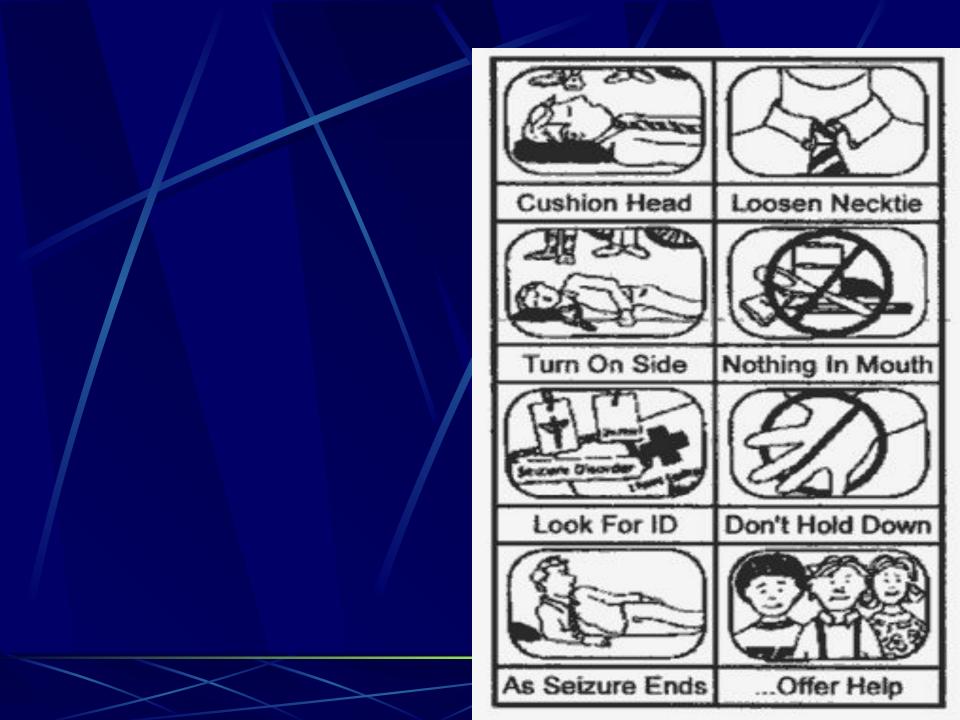
During a seizure

- Turn to side to keep airway patent and to prevent aspiration of saliva and vomitus
- suction PRN
- remove pillow, bedding and clothing that can obstruct breathing
- loosen restrictive clothing



During a Seizure

- Protect from injury...do not forcibly restrain arms, legs or head
- stay with patient
- Give privacy...clear onlookers



After a seizure

- Keep bed flat; turn to side until awake and responding
- keep room lighting dim and noise to a minimum
- Take vitals stat and q 30 minutes until awake
- inspect lips, tongue, oral cavity for injury
- change linen if incontinent



Nursing

- Observe closely and chart activity before and after
- turn on side--prevent aspiration, protect from injury
- do not restrain, do not force objects in mouth
- Stay with patient
- take vitals after a seizure

Nursing

- Assess for injury, allow to rest, report activity, time elapsed and client reaction
- pad side rails
- good mouth care—gingival hyperplasia
- dilantin levels
- give meds on schedule



Status Epilepticus

- Several tonic-clonic seizures without consciousness returning
- this is an emergency
- may be from stopping seizure meds
- life threatening



Medications for seizures

- Dilantin
- phenobarbital
- Tegretol
- Zarontin
- depakene
- Valium drug of choice to stop status epilepticus

Brain Tumor pg. 697

- Can result in death even if benign
- They take up space and block flow and absorption of CSF so cause ICP to occur
- headache, vomiting and papilledema is common
- headache usually early in AM and becomes more severe as tumor grows

Brain tumor

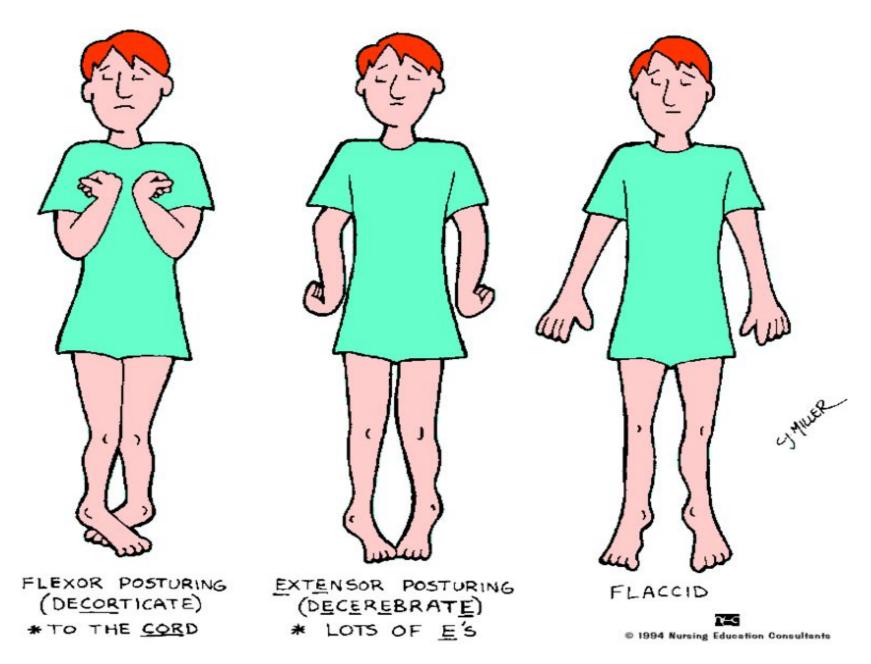
- Projectile type vomiting without nausea, speech difficulty, double vision, paralysis
- Causes brain stem herniation so resp rate deeper, labored, periodic...temp usually rises but B/P stays stable

Brain Tumor

- Keep as pain free as possible
- IV fluids and TPN may be needed--keep
 I&O
- encourage mobility as long long as possible...assist
- radiation & chemotherapy causes oral lesions...keep mouth moist, give sips of water

Brain Tumor

- Chemotherapy, radiation and surgery used to treat
- craniotomy (incision thru skull) or craniectomy (part of skull removed) done, laser beams or radioisotopes inserted into tumor also done



ABNORMAL POSTURING

