

## **U.S. Adult Food Poisoning Outcomes Survey**

### **Appendix 7. Illness Descriptions for Severe Outcomes Survey**

## **Appendectomy**

In the next 5 years you get an infectious illness.

As a result, you have a **5 out of 1000** chance of being hospitalized and having your appendix removed.

*Symptoms:* nausea, vomiting, pain in the side of your abdomen, loss of appetite, constipation or diarrhea, and a light fever.

*Hospitalizations:*

typically lasts 3-5 days

surgery to remove appendix takes about an hour

*After hospitalization:*

people normally recover at home

return to normal activities in 1 to 1 ½ weeks

There are no long-term effects.

## GBS

Sometime in the next 5 years you get an infectious illness.

As a result, you have a **less than 1 in 1000 (actually 0.08 out of 1000)** chance of developing Guillan Barre Syndrome (GBS). In other words, .008% of people in the U.S. will get GBS in the next 5 years.

*Cause:* over-active immune response damages nerves

### *Initial Symptoms:*

- muscles of feet and/or hands weaken rapidly, starting with prickly pain
- weakness often spreads to the legs, arms, and torso
- can affect ability to breathe
- many unable to walk at least for a time
- comes on rapidly and typically worsens over two weeks

### *Hospitalization:*

- almost all are hospitalized
  - 20% of patients spend some time in ICU on a mechanical ventilator (a machine that breathes for you temporarily through a tube that is put down your throat)
- hospitalization typically lasts 1½ to over 3 weeks

### *After hospitalization*

- need physical, occupational, and speech therapy for several weeks or months
- 70% of patients recover completely within 6 months
- the other 30%:
  - some continue to improve for next 2-3 years
  - others never recover completely
  - a few use a wheelchair for life

## HUS

In the next 5 years you get an infectious illness. As a result, you have a **2 out of 1000** chance of being hospitalized for HUS.

### *Cause:*

- infection damages kidneys' ability to clean waste from blood and produce urine.

### *Hospitalization:*

- most people are hospitalized
- stay 3-15 days
- treatment:
  - o includes intravenous fluids, blood transfusions, antibiotics, and medication to control blood pressure and prevent blood clotting
  - o 30% of patients need dialysis
    - dialysis draws blood from arm, filters out waste mechanically, and pumps cleaned blood back into body

### *Recovery:*

- o most recover at home
- o back to normal in a few weeks to a month

## **Hospitalization without long-term complications**

In the next 5 years you get a stomach bug. As a result, you have an **8 out of 1000** chance of being hospitalized.

Hospitalization stay: typically 5-7 days, can be shorter or longer

Treatment: antibiotics and fluids given through a drip

Recovery: at home. Recover fully in 1 to 2 weeks

## **Kidney failure background**

Some infectious illnesses can cause permanent kidney failure.

Your kidneys filter waste products from your blood.

If your kidneys stop working, you will need either dialysis or a kidney transplant.

### **Next page/screen**

## **Background on dialysis**

*What:* a mechanical means of filtering waste and extra fluid from blood

*Where:*

- In a clinic 3 to 4 times a week, with each treatment lasting 3 to 5 hours
- At home 5 to 7 days a week, with one treatment each day lasting 2 to 4 hours
- At home (or elsewhere) every night for 10 to 12 hours

*How:*

- in clinic:
  - tube inserted in your arm to draw blood out of body
  - machine cleans blood
  - clean blood pumped back into body
- at home:
  - tube permanently inserted into stomach
  - fluid pumped into stomach that absorbs blood waste
  - soiled fluid pumped out of stomach
  - requires equipment, space skill, supply and possibly help

*How you might feel:*

You may have some discomfort when needles go into your body, but the dialysis treatment itself is painless. Many patients feel tired and weak before and after treatments.

You may need to make changes in what you eat to stay healthy.

## Next page/screen

### Background on kidney transplants

- replaces a damaged kidney with a kidney from a donor
- requires major surgery and post-surgery recovery
- wait time for donor kidney 3-5 years
  - patients must use dialysis while waiting
  - patients must be healthy enough to have a transplant

### *After the transplant*

- requires daily medication to prevent body from rejecting donor kidney
- requires change in diet
- on average donor kidney works 8-20 years, replacement transplants may be possible

## Reactive Arthritis

Sometime in the next 5 years you get an infectious illness. As a result, you have a **3 out of 1000** chance of developing reactive arthritis.

*Cause:* inflammation due to an infection. Most other arthritis is caused by bones rubbing against each other.

*Symptoms:*

- joint pain and swelling in your legs, hips, and/or lower back joints
  - knees and ankles are most often affected
  - pain typically happens at night with morning stiffness
- 30% of people have pain in Achilles tendon or heel.
- 30% of people also have irritated and painful eyes

*Duration:*

- eye irritation usually clears up in a few months
- for most people joint pain goes away in 3 to 5 months
  - though 50% will experience temporary flare ups later
- 15 - 30% of people develop chronic long-term arthritis



**What could happen.**

Sometime in the next 5 years you get an infectious illness.

As a result, you have a **17 out of 1000** chance of developing eye inflammation (painful and swollen eyes) that could affect your vision.

The inflammation goes away. The vision problems would be permanent.

***With glasses or contacts:***

- 58% of people have near normal vision
- 28% have low vision
- 15% become legally blind

## IBS

In the next 5 years you get an infectious illness. As a result, you have a **10 out of 1000** chance of developing Irritable Bowel Syndrome (IBS).

### *Symptoms:*

- frequent (weekly/monthly) episodes of diarrhea and/or constipation
- episodes last a few days each time
- cramping and pain in lower belly
- bloated, excessive wind
- urgent need to get to the toilet

### *Impacts:*

- can affect social life and ability to go out and about.
- does not cause other health problems

### *Treatment:*

- once IBS develops, you can only treat its symptoms

### *Duration:*

- 50% of people recover fully within 2 years
- 35% recover fully within 5 years
- 10% recover after 8 years
- 5% of people never recover

## Sepsis

In the next 5 years you get an infectious illness.

As a result, you have a **26 out of 1000 chance** of getting **sepsis** (blood poisoning).

Sepsis can damage your organs (including lungs, kidneys, and liver).

People with sepsis need to be hospitalized.

### *Hospitalizations:*

Typically last 1 to 2 weeks

Over half of sepsis patients spend some time in the Intensive Care Unit (ICU)

- 1/3 of ICU patients need a mechanical ventilator to breathe (a machine that pumps air in and out of your lungs through a tube down your throat)
- Some ICU patients need dialysis if their kidneys aren't working (dialysis filters waste from your blood using a tube inserted in your arm)

For all patients, treatment can include intravenous fluids, blood transfusions, antibiotics, and medication to control blood pressure or prevent blood clotting.

### *After hospitalization:*

- 65% go directly home
- Others first go to a rehabilitation or long-term care facility

### *Recovery:*

- 50% recover completely within 2 years.
- Some feel anxious, depressed or have PTSD (post-traumatic-stress disorder) for some time.
- Some have long-term problems with their brain, other organs, and/or ability to do everyday tasks

## **Meningitis**

Over the next 5 years, you have a chance of less **than 1 out of 1000 (actually, 0.26 out of 1000)** of getting meningitis.

Meningitis is an infection of the covering of your brain or spinal cord.

*Symptoms:* fever, headache, a stiff neck, and/or changed mental state (confusion, delirium, coma).

Meningitis requires hospitalization.

### *Hospitalization:*

- lasts 1 ½ to 3 weeks
- about half of meningitis patients spend some time in the Intensive Care Unit (ICU)
  - may experience organ failure
  - may need to be put on a mechanical ventilator  
(a machine that pumps air in and out of your lungs through a tube down your throat)

### *After hospitalization:*

- many need physical, occupational and speech therapy for several weeks or months

### *Long-term outcomes:*

- most return to their prior health
- 25% have more problems with memory, decision making, fine motor skills, and spatial judgment than others their age
- 15% have worse hearing
- 13% are unable to return to work.

## H. Colitis hospitalization

In the next 5 years you get a stomach bug. You notice blood in your stools. Your chance of being hospitalized is **2 out of 1000**.

Hospitalization stay: typically 5-7 days, can be shorter or longer

Treatment: antibiotics and fluids given through a drip

Recovery: at home. Recover fully in 1 to 2 weeks