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# Toxic Shock Syndrome

Patient name: \_\_\_\_\_ Admission: \_\_\_\_\_

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- I. The client/caregiver can define toxic shock syndrome and causes.
  - A. It is a rare but life-threatening staph bacterial infection.
  - B. It is most often seen with the use of superabsorbent tampons and contraceptive sponges.
  - C. It can also affect men, children, and postmenopausal women who have skin wounds and surgery.
  
- II. The client/caregiver can list signs and symptoms of toxic shock syndrome.
  - A. Sudden high fever
  - B. Vomiting or diarrhea
  - C. A rash that resembles a sunburn and appears mostly on palms of hands and soles of feet
  - D. Confusion
  - E. Muscle aches
  - F. Redness of your eyes, mouth, and throat
  - G. Seizure activity
  - H. Headaches
  
- III. The client/caregiver can list possible complications.
  - A. Hypotension
  - B. Kidney damage/failure

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- IV. The client/caregiver can list measures to prevent or manage this disease.
  - A. Contact physician for previously listed symptoms.
  - B. If using tampons
    - Change frequently
    - Use lowest absorbency tampon
    - Alternate use of tampon and sanitary napkins when possible
    - Physician may recommend avoiding tampons after you have experienced toxic shock syndrome or a prior staph infection.

### RESOURCES

The National Women's Health Information Center

U.S. Department of Health and Human Services, Office on Women's Health  
[www.4woman.gov/](http://www.4woman.gov/)

### REFERENCES

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