

AFP Clinical Answers

Concussion in Children, Ill Returning Traveler, RSV Vaccination, Hypertension in Pregnancy, More

Is prescribing rest an appropriate treatment for children who are recovering from a concussion?

A meta-analysis based on 10 randomized controlled trials concluded that children who have experienced a concussion should not be placed on bed rest but may return to their previous activity level as allowed with monitoring for the development of new and worsening symptoms.

POEMs: Early Return to Activity Improves Symptoms in Children With Concussion; October 2023

What is an important alarm feature in an ill returning traveler?

Urgently evaluate all febrile travelers for malaria if they have recently returned from a malarious area. Suspicion of *Plasmodium falciparum* malaria is a medical emergency.

The Ill Returning Traveler; October 2023

Does maternal respiratory syncytial virus (RSV) vaccination safely reduce the likelihood of RSV in their newborns?

An industry-sponsored, randomized, double-blinded, controlled clinical trial of more than 7,000 pregnant women found that a bivalent RSV vaccine administered between 24 and 36 weeks' gestation safely reduces the likelihood of severe RSV in their newborns (number needed to treat = 81 at six months of age).

POEMs: Bivalent RSV Vaccine Given to Mothers Reduces Total and Severe RSV Infections in Infants; October 2023

Is there an association between people living with HIV/AIDS and suicide attempts?

A systematic review of cross-sectional and cohort studies found that people living with HIV/AIDS have significantly higher rates of suicide attempts

than the general population. Screening should be performed regularly in this population for suicidal thoughts.

FPIN's Help Desk Answers: What Is the Association Between People Living With HIV/AIDS and Suicide Attempts?; October 2023

Should medication be prescribed for mild chronic hypertension in pregnancy?

Evidence and expert opinion support treating mild chronic hypertension (i.e., blood pressure less than 160/100 mm Hg) in pregnancy with approved antihypertensives.

FPIN's Clinical Inquiries: Should Medication Be Prescribed for Mild Chronic Hypertension in Pregnancy?; October 2023

What is the most appropriate first step in managing a patient with acute onset of confusion and ataxia and a serum sodium level of 123 mEq per L?

Patients with a sodium concentration of less than 125 mEq per L and moderate or severe symptoms can be treated with bolus or continuous infusions of 3% hypertonic saline without increased risk of osmotic demyelination syndrome or mortality. Bolus infusion improves sodium concentration more quickly with less overcorrection.

Diagnosis and Management of Sodium Disorders: Hyponatremia and Hypernatremia; November 2023

Tip for Using AFP at the Point of Care

Are you looking for more POEMs? You can find AFP's collection of POEMs at <https://www.aafp.org/afp/poems>. All department collections are accessible from the AFP home page at <https://www.aafp.org/afp>.

A collection of AFP Clinical Answers is available at <https://www.aafp.org/afp/answers>.