

Ebola in Freetown Area, Sierra Leone – A Case Study of 581 Patients

Table. Ebola care regimen for inpatients at the Hastings treatment center.

Intervention	Dose / Frequency	Days / Duration	Rationale for Use
IM vitamin K	10mg once	At admission	Assists with blood clotting
IM artemether	160mg once	At admission	Treats malaria
IV ceftriaxone	1g every 12 hours	Days 1-3 (first 72 hours after admission)	Treats secondary bacterial infections
IV metronidazole	500mg every 8 hours	Days 1-3 (first 72 hours after admission)	Treats secondary bacterial and parasitic infections
Ringer's lactate	500ml every 8 or 12 hours	Days 1-3 (first 72 hours after admission)	Provides hydration and reduces electrolyte imbalances
Dextrose saline	500ml every 8 or 12 hours	Days 1-3 (first 72 hours after admission)	Provides hydration and energy
Zinc sulfate tablet	20mg daily	Throughout inpatient care	Supports immune function
Ibuprofen tablets	400mg every 12 hours	Throughout inpatient care	Reduces inflammation and pain
IV metoclopramide	10mg	As needed	Reduces nausea and vomiting
Artesunate-umefantrine combination therapy tablets	daily	Days 4-6 (3 days total)	Treats malaria
Cefuroxime tables	500mg every 12 hours	Days 4-8 (5 days total)	Treats secondary bacterial infections
Metronidazole tablets	400mg every 8 hours	Days 4-10 after admission (7 days total)	Treats secondary bacterial infections
Ibuprofen tablets	400m every 12 hours	As needed	Reduces inflammation and pain
Immunobost nutrition supplement	1 capsule daily	Throughout duration of inpatient care	Supports nutritional status
ORS solution		As needed	Reduces dehydration and electrolyte imbalances

Patients also have access to other essential drugs as needed for their individual conditions, including acetaminophen (for fever and pain), diazepam tablets (for anxiety), furosemide (for anuria and acute renal failure), omeprazole tablets (for epigastric pain), and roxithromycin (for acute pharyngitis).