Mononucleosis infection
CHI Formulary Treatment algorithm
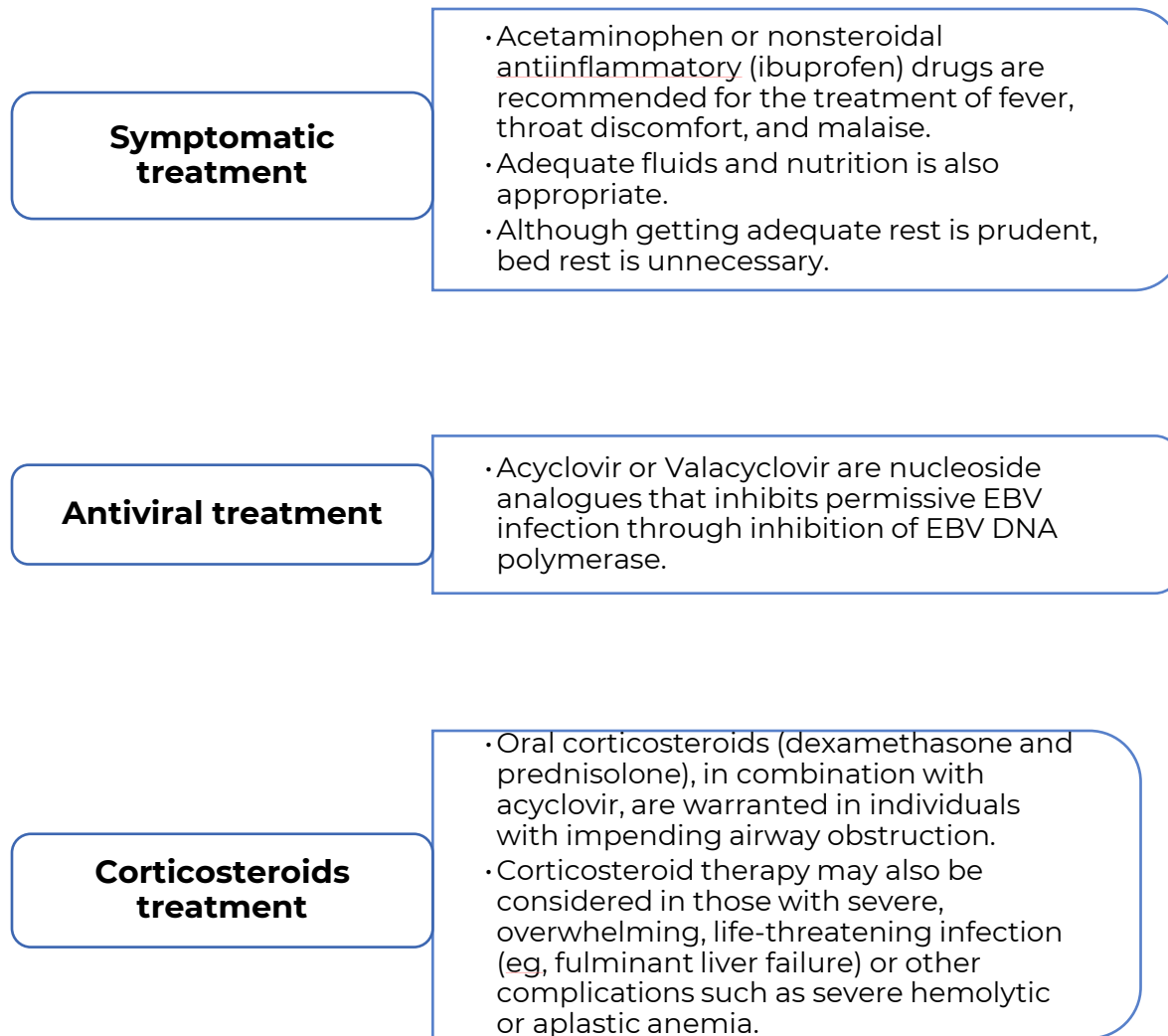
Treatment algorithm- January 2024

Supporting treatment algorithms for the clinical management of mononucleosis infection

Figure 1 outlines a comprehensive treatment algorithm on **the management of Mononucleosis infection** aimed at addressing the different lines of treatment after thorough review of medical and economic evidence by CHI committees.

For further evidence, please refer to CHI **Mononucleosis Infection** full report. You can stay updated on the upcoming changes to our formulary by visiting our website at https://chi.gov.sa/AboutCCHI/CCHIprograms/Pages/IDF.aspx

Our treatment algorithm offers a robust framework for enhancing patient care and optimizing treatment outcomes across a range of treatment options, holding great promise for improving healthcare delivery.

Symptomatic treatment
- Acetaminophen or nonsteroidal antiinflammatory (ibuprofen) drugs are recommended for the treatment of fever, throat discomfort, and malaise.
- Adequate fluids and nutrition is also appropriate.
- Although getting adequate rest is prudent, bed rest is unnecessary.

Antiviral treatment
- Acyclovir or Valacyclovir are nucleoside analogues that inhibits permissive EBV infection through inhibition of EBV DNA polymerase.

Corticosteroids treatment
- Oral corticosteroids (dexamethasone and prednisolone), in combination with acyclovir, are warranted in individuals with impending airway obstruction.
- Corticosteroid therapy may also be considered in those with severe, overwhelming, life-threatening infection (eg, fulminant liver failure) or other complications such as severe hemolytic or aplastic anemia.

1Figure 1: Treatment algorithm for mononucleosis infection

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[1] The American Academy of Family Physicians (AAFP) Recommendations-2004