

Realising something could be seriously wrong....

Having been 'under the weather' for two weeks with a sore throat and cough, developing Flu like symptoms did not seem 'out of the blue.'

Wrapped up in bed unable to control the sudden feeling of being so cold and shivery, followed a little later by feverishness, then by a headache and sickness; I was feeling very unwell.

Only on moving from the bed, to go to the bathroom, did I sense the back of my right leg feeling bruised as it brushed the side of the mattress. On taking a look I saw the rash (photo.) It was then I realised something could be seriously wrong.



A call to 111 prompted an ambulance. Observations and the glass test confirmed blood poisoning. I was rushed to A&E at the JR Hospital, Oxford where I received immediate medical attention.

Diagnosis - *Bacterial Meningitis with Septicaemia.*

I spent four days on the infectious diseases ward, saline and antibiotics intravenously plus pain killers and then I was discharged with continued antibiotics, administered by the Hospital at Home nurses, for a further three days. I felt weak, very tired and anxious leaving the hospital unsure of what lay ahead in recovery. My husband was worried too.

Once off the antibiotics I experienced further headaches and neck pain for about three days and then chest pain together with extreme fatigue. Nothing prepared me for how totally 'wiped out' I felt for several weeks after. I had to be reminded of how seriously ill I'd been at my hospital follow up appointment and subsequent visit to my own doctor.

Gradually things have improved and although not feeling totally back to my normal self, eight weeks on I am now feeling much better.

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My family and I are extremely grateful to the people involved in the urgent medical treatment I received and the subsequent follow up care because as one doctor put it –

I won't 'beat about the bush' you could have died.