

ifA PODCAST SERIES

hMPV: A Common Yet Unknown Respiratory Threat

3 episodes, 5 experts, multiple insights

Episode 1: Understanding hMPV
Dr. Peter Openshaw

Staying one step ahead of hMPV: Knowledge is our best defense

Human metapneumovirus (hMPV) has recently been recognized as a significant pathogen among older adults.

1 Identifying Common Symptoms

Often presents like common cold symptoms:



- Cough
- Nasal congestion
- Fever (less common)
- Sore throat
- Wheezing

2 Identifying Higher-Risk Groups



- Older adults
- Individuals with chronic health conditions (e.g., COPD)
- Individuals with compromised immune systems

3 Addressing Potential Complications & Long-term Impacts

Potential complications and long-term impacts of hMPV include:



- Requiring oxygen support
- Admission to intensive care units (ICU)
- Prolonged hospital stays
- Deterioration of lung and heart health especially for those with pre-existing conditions

4 Practicing Recommended Precautions



- Washing hands regularly
- Wearing masks in congested places



“[hMPV is] really one of the next in the pipeline in terms of viruses that we need to protect against [...] to reduce the burden of respiratory diseases in older adults”.



Dr. Peter Openshaw
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