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### Influenza A-Associated Acute Necrotizing Encephalopathy

Acute necrotizing encephalopathy (ANE) is a rare, fulminant parainfectious encephalopathy typically associated with viral infections and characterized by rapid neurological deterioration, absence of cerebrospinal fluid (CSF) pleocytosis, and distinctive radiological findings. We report the case of a previously healthy woman in her 20s who presented with seizures and altered consciousness following a short prodrome of influenza-like illness. Initial investigations including CT brain, routine blood tests, and CSF analysis were unremarkable, but nasopharyngeal swab confirmed influenza A (H3N2). MRI of the brain demonstrated bilateral symmetrical thalamic, pontine, cerebellar, and cortical lesions with microhaemorrhages, consistent with ANE. Despite the absence of RANBP2 mutation, the patient required intensive care admission with mechanical ventilation and immunomodulatory therapy, including high-dose methylprednisolone and plasmapheresis, alongside antiviral treatment. She showed gradual recovery and was discharged with mild neurological sequelae, and follow-up MRI revealed marked radiological improvement. This case highlights the importance of considering influenza-associated ANE in adults presenting with acute encephalopathy and symmetrical brain lesions. Early recognition and prompt administration of corticosteroids within 24 hours may improve prognosis and functional outcome.

### Keywords

encephalopathy, MRI scan

### Biography

Dr. Hawraman Ramadan completed his training in Neurology in Yorkshire and at the NHNN, Queen Square, and UCL Hospitals NHS Foundation Trust. In 2012, he was appointed as consultant Neurologist and Stroke Physician at Bradford Teaching Hospitals NHS Foundation Trust. He continued to serve as Consultant Neurologist and Stroke Physician at Bradford and led the stroke service at BTHFT until he joined The View Hospital, Qatar, in July 2023. Dr. Hawraman has made significant contributions to the field of neurology and stroke medicine by publishing numerous papers in peer-reviewed journals. Moreover, he has played a vital role as the Principal Investigator for various national (UK) clinical trials at Bradford Royal Infirmary.