



Medicine

Category: Clinical

106

Clinical Pattern of Hospitalized H1N1 Cases in Department of Medicine at Al-sabah Hospital

*Mahmood M, Al-Adsani A, Abraham PK, Hamoud E
Department of Medicine, Al-Sabah hospital

Introduction:

Aim: To describe the pattern of clinical presentation and course of hospitalized H1N1 influenza case patients.

Methods:

Data were collected for patients hospitalized with influenza-like illness from July 2009 to Dec 2009 in Department of Medicine at Al-Sabah hospital. H1N1 infection was confirmed using a real-time reverse transcriptase polymerase chain reaction assay.

Results:

Of 114 patients studied 46.5% (53/114) were confirmed to have H1N1 influenza with a male to female ratio of 1.15:1. The mean age for males and females was 37.8 ± 19.6 years and 45.2 ± 18.1 years respectively. Of the H1N1 influenza patients 39 (73.6%) had underlying medical conditions, the most common being bronchial asthma (n=12) followed by Diabetes mellitus (n=11) and obesity (n=8). One woman was pregnant. Typical symptoms reported among H1N1 influenza patients include fever (72.8%), cough (53.5%), sore throat (44.7%), and shortness of breath (59.6 %). X-ray chest was done for all cases, of those 26 (49.0%) patients had abnormalities indicative of pneumonia; 20 (37.7%) patients required ventilation (Bi-PAP n=6; mechanical n=14). The median length of stay was 6 days. The majority of the patients were discharged home with a median length of hospital stay of 7 days (range 1 to 36 days), 22 were transferred to ICU, 8 were transferred to infectious disease hospital and 4 (7.5%) patients died.

Conclusions:

Majority of patients hospitalized for H1N1 influenza had underlying medical conditions. Most of the cases recovered and were discharged. The mortality was 7.5%.

Key Words: H1N1; Influenza; Pneumonia

Funding Agency: None