

2nd International Conference on **Epidemiology & Evolutionary Genetics**

August 18-19, 2014 DoubleTree by Hilton Beijing, China

Risk factors for mortality amongst dengue in-patients in a tertiary care hospital in Northern India

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Introduction: Dengue fever has become the second most prevalent mosquito borne infection after malaria, causing epidemics with high mortality. The fatality rate due to dengue shock syndrome (DSS), the most severe form of dengue disease may be reduced to as low as <0.2% with careful management. Understanding the risk factors for progression to severe dengue and death is essential in determining triage and management algorithms.

Methods: All patients admitted in Christian Medical College Hospital, Ludhiana, with the diagnosis of dengue fever during August-November 2013 were studied. Information of various demographic parameters, clinical and laboratory findings, details of treatment and patient outcomes were obtained from the medical records of the hospital, and compared between the survivors and the dead to identify risk factors for mortality. The data was entered in Microsoft excel spreadsheet and analyzed in Epi-Info software. Apart from percentages, Odd's ratio and their 95% CI was calculated.

Results: 306 cases of dengue fever were admitted of which there were 40 deaths (13.1%). Age was a significant risk factor for mortality due to the disease, being highest in the elderly and in those with hypertension. We found higher risk of mortality in those having diarrhea. Leukocytosis, SGOT and SGPT >1000 and low serum albumin were significant risk factors.

Conclusions: All suspected dengue cases must be confirmed by ELISA tests and case fatality may be reduced with careful management. There should be increase notification of the disease.

Biography

Paramita Sengupta did her MBBS in 1996 and obtained her MD in Community Medicine in 2001. She is working as a Professor in Community Medicine in Christian Medical College, Ludhiana, Punjab, since the last 4 years. She has considerable expertise in developing and implementing community based programs and also is the Principal Investigator of a number of research projects funded by Indian Council of Medical Research, one of which is on perinatal death audit. She has evaluated the District and Community level health facilities according to the National Rural Health Mission for Uttarakhand. Apart from having administrative responsibilities, as well as undergraduate/ postgraduate teaching, she is also a consultant Faculty/Trainer for a number of training courses.

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