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Predictive Factors of Clinical and Biological Evolution of HIV Patients under Antiretroviral Treatment in Douala- Cameroon

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Background: Data concerning good prognostic factors on the evolution of HIV infected patients under treatment are scanty in sub-Saharan Africa in general and in Cameroon in particular. This study aimed to determine the factors associated with good evolution of HIV positive patients in Cameroon.

Methods: This was a cross sectional and analytical study carried out in three hospitals in Douala from November 2014 to May 2015, including all HIV-positive patients > 18 years, under antiretroviral treatments for at least 06 months. Information on the management of patients was extracted from medical records, out consultations and pharmacy registers. Patients were divided into 2 groups: Evolution was good when an increase of $\geq 10\%$ of the initial weight and/or an increase in CD4 count ≥ 500 cells/mm³ occurred and bad in the contrary. Multiple logistic regressions were used to determine factors associated with good evolution.

Results: A total of 1,057 files were included. Mean age of patients was 39 ± 10 years with a sex ratio M/F of 0.46 and 51.9% ($p = 0.01$) were single. Mean initial weight was 67.8 ± 13.3 . Half of patients were at stage III (WHO) of disease, mean initial CD4 was 203 ± 157 and 313 (29.6 %) had opportunistic diseases. Patients with an average initial weight $\geq 59.4 \pm 11.6$ had a good evolution. No significant difference was found between the different WHO stages of the disease ($p = 0.1$). Encephalitis and tuberculosis were associated with the group of those presenting bad evolution. ($P = 0.0001$ and $p = 0.02$). Patients with average initial CD4 $\geq 168 \pm 52$ had a good evolution ($p = 0.008$). No significant difference between the different protocols of ARV treatments was observed ($p = 0.093$). The absence of opportunistic diseases [OR 2,58 (1,38-4,85)], been married [OR 2,39 (1,25-4,52)], and good adherence to treatment [OR 2,40 (0,16-3,20)] were factors associated to good evolution.

Conclusion: This study showed that been married, the absence of opportunistic diseases and good adherence to the treatment were factors of good prognostic of HIV infected patients under treatment. Therefore early screening and treatment are necessary.