

P707

Abstract (poster session)

A two-year retrospective study of H1N1 influenza pandemic: experience from a teaching hospital in northwestern England

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Background: H1N1 virus, a subtype of influenza A was responsible for the global pandemic outbreak as termed by the World Health Organization (WHO) in 2009. This strain also called as swine flu affected more than 70 % of young and middle aged with pre existing immunity. As per health protection agency (HPA) report more than 1000 patients succumbed to this illness in 2 years. Also the seasonal flu activity in 2010/11 was higher than last winter and that H1N1 'swine' flu was the dominant strain. **Aim:** To compare the pandemic over two years, study the demographics, clinical characteristics, complications and mortality rate in patients who were screened for H1N1 influenza. **Methods:** The medical records of all patients (n-91) who were prescribed with Oseltamivir between January 2009 - December 2010 were retrospectively reviewed. Patient demographics, symptoms, mode of screening, clinical outcome, complications and mortality rate were analysed. **Results:** 91 patients (males-30, females-61) were included in the study. During 2009/10 and 2010/11, 24 and 67 patients respectively were screened; male to female ratio was 1:2 and 1:3; The median age at presentation in males was 43 (range 0-91) and in females 38 (range 0-94). The predominant symptoms were fever, cough, headache, rhinorrhea, myalgia, vomiting and diarrhea (Table-1a). There was an increase in the number of patients who were screened during December 2010 (n-57). 89 patients were screened with a nasopharyngeal swab and 2 had a bronchoalveolar lavage. The reasons for screening included clinical suspicion of H1N1 influenza, clinical symptoms disproportionate to their diagnosis, severe disease process or recent exposure to H1N1 contacts. 37/91 patients (41%) were found positive for H1N1 with PCR technique and had the full course of Oseltamivir for 5 days. 6 patients were positive for H1N1 in 2009 and 31 patients in 2010. 25 patients had an uneventful recovery and 12(32%) patients had complications (Table-1b). The mortality rate from our hospital was 5.4% (n-2). **Conclusions:** Over a period of two years, we encountered 37 cases of H1N1 Influenza. Majority of the patients were females with no previous cardio respiratory illness and with no significant co-morbidities as reflected by the HPA data. Influenza is a preventable illness and vaccination is the best way to protect against any infection. A concerted effort must be made by the healthcare professionals to encourage vaccination.

A two-year single centre retrospective study of H1N1 Influenza pandemic.
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TABLE 1a

Total number of H1N1 Influenza cases	n-37	
Clinical Characteristics	Number	Percent
Fever >38*c	25/37	67.5%
Cough	30/37	81%
Headache	28/37	75.6%
Rhinorrhea	24/37	64.8%
Myalgia	18/37	48.6%
Vomiting	5/37	13.5%
Diarrhea	4/37	10.8%
Contact with Confirmed Cases	4/37	10.8%
Chest x-ray abnormalities	15/37	40.5%
Hospital Admission	34/37	91.8%
ITU Admissions	2/37 (2009) 2/37 (2010)	5.4% 5.4%
Prior Vaccination	2/37	5.4%
Outcome (Mortality)	2/37 (2009-1, 2010-1)	5.4%
Complications	n-12	32%
Type-1 Respiratory Failure	5	
ARDS	1	
Pleural Effusion	1	
Pneumonia	2	
Multiorgan Failure	1	
Death	2	5.4%