Cause of Hospitalization and Death among HIV-Infected Patients in Late HAART Era

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Background: Hospitalization and death among HIV-infected patients in the late HAART era are declining, but its causes are less defined.

Objective: To identify causes and death among HIV-infected patients in the late HAART era.

Methods: A retrospective chart review of HIV-infected patients hospitalized from 2015 to 2016 was performed.

Results: Among 337 hospitalized HIV-infected patients, 31 deaths were identified, with an overall mortality rate of 9.2%. The median age was 44 years (range, 17-83), and 62% were male. One-fourth of patients were newly diagnosed with HIV during admission, with a median CD4 count of 52 cell/mm3. Of 254 patients who knew their HIV status, 152 patients (44.5%) were current HAART use, while 29 patients (8.6%) were HAART interruption, and 73 patients (21.7%) never initiated HAART, with a median CD4 of 245 cell/mm3, 29 cell/mm3, and 51 cell/mm3, respectively. The main reason for hospitalization in newly diagnosed HIV (66/83) and those who interrupted or never received HAART (84/102) was AIDS defining illness, accounting for 81% (150/185) of patients. Of which, tuberculosis (TB) and Talaromyces marneffei were the two most common opportunistic infection (OI) observed with equal frequency (34%). The major cause of death was mainly due to AIDS defining illness (29/31:93.5%). Of which, TB and AIDS-related malignancy (6/31 19.4%) were the two most common causes of death, occurring with equal frequency. AIDS-related malignancy was found to be associated with mortality on univariate (7.5% vs 19.4%, p=0.03), but not multivariate analysis.

Conclusion: The mortality rate in hospitalized HIV-infected patients is 9.2%. AIDS defining illness remains the leading cause of hospitalization and death even in the late HAART era. Early diagnosis and treatment with a better adherence is essential to reduce the risk of hospitalization and death among HIV-infected individuals.

Keywords: Hospitalization, HIV, Siriraj Hospital