

Outcomes after four years of ART provision in Pyin Oo Lwin

Aung Sann Oo¹, Moe Kyaw Myint², Kyaw Thu Soe², Yadanar Aung², Hla Soe Tint²,

Khin Wai², Kyaw Soe³, Khin Ohnmar San³ and Kyaw Zin Thant²

¹ 300 Bedded General Hospital, Pyin Oo Lwin

²Department of Medical Research (Upper Myanmar)

³ Department of Health

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Abstract

The clinical outcomes of HIV/AIDS in adults who received Antiretroviral therapy (ART) under National AIDS-STD Control Programme (NAP) in Pyin Oo Lwin Hospital were retrospectively reviewed. The patients with World Health Organization (WHO) clinical stage III, those with stage IV and those with CD4 cell count <200 cells/mm³ were selected for ART according to National Guideline (2007). Total 59 patients were enrolled during December 2007 and March 2011. Of these, 61% were male. Mean age was 37.1 years. At base line, 72.9% were ART-naïve, 47.5% had body mass index (BMI) <18 kg/m² and 32.2% had WHO stage III or IV. Median CD4 cell count was 126 cells/mm³ at base line. At follow-up (median 24 months), 41 (69.5%) were still on ART, 13 (22%) had died, one (1.7%) was transferred, and four (6.8%) were lost to follow-up. Of 13 deaths, 9 (69%) occurred during 6 months after ART initiation. Median CD4 gain at 6 month, 1 year and 2 years were +73 cells/mm³, +130 cells/mm³ and +106 cells/mm³, respectively. Over 95% adherence on ART at 6, 12 and 24 months were found in cent percent, 97.8% and 96.9% of the patients, respectively. The Kaplan-Meier survival estimates (95%CI) at 1, 2 and 3 years were 85% (0.76-0.94), 78% (0.67-0.90) and 72% (0.59-0.89), respectively. As a conclusion, the positive outcomes were achieved successfully in the beginning of ART provision in Pyin Oo Lwin General Hospital.