

# Clinical Outcomes of Patients on Anti-Retroviral Therapy

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12<sup>th</sup> Myanmar Medical Conference at Mandalay, 2012

## Abstract

Under National AIDS-STD Control Programme (NAP), Pyin Oo Lwin Hospital has provided Anti-Retroviral therapy (ART) for patients with HIV/AIDS since 2007. The clinical outcomes of HIV/AIDS in adults on ART were prospectively studied. According to National Guideline (2007), the patients with World Health Organization (WHO) clinical stage III, those with stage IV and those with CD4 cell count <200 cells/mm<sup>3</sup> were selected for ART. Total 78 patients were studied during December 2007 and April 2012. Among those, 62.8% were male. Mean age was 37.3 years. The majority (78.2%) of studied patients stated that possible risk factor for transmission of HIV into them was heterosexual contact. At base line, 74.4% were ART-naïve, mean body mass index (BMI) was 18.8 kg/m<sup>2</sup> and 30.8% had WHO stage III or IV. Median CD4 cell count at base line was 128 cells/mm<sup>3</sup>. At follow-up (median 29 months), 55 (70.5%) were still on ART, 17 (21.8%) had died, two (2.6%) were transferred, and four (5.1%) were lost to follow-up. Ten of 17 deaths occurred during 6 months after ART initiation. Median CD4 gain at 1 year, 2 years and 4 years were +130 cells/mm<sup>3</sup>, +136 cells/mm<sup>3</sup> and +131 cells/mm<sup>3</sup>, respectively. Normal physical activities (performance A) were found in cent percent of the patients at 2, 3 and 4 years of ART. The Kaplan-Meier survival estimates (95%CI) at 1, 2, 3 and 4 years were 86% (0.782-0.939), 81% (0.721-0.905) and 74% (0.639-0.862), 74% (0.639-0.862), respectively. As a conclusion, the positive outcomes were achieved successfully in the beginning of ART provision in Pyin Oo Lwin General Hospital.