

# **Clinical Profile of Dengue Haemorrhagic Fever in Adults in Pyin Oo Lwin Hospital in 2009**

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## **Abstract**

This study aimed to describe the clinical profile of dengue haemorrhagic fever that unusually occurred in adults in Pyin Oo Lwin. A retrospective review of adult patients admitted to Medical Unit of (300) Bedded General Hospital, Pyin Oo Lwin during July to December 2009 using preformed data collection sheets and patients' medical records was done. Sixty three adult patients diagnosed to have dengue haemorrhagic fever (DHF) (n=46) and dengue shock syndrome (DSS) (n=17) were admitted to the hospital. The mean age of the patients was 22.5 years. The common presenting symptoms were: fever (100%), vomiting (69.8%), melaena (41.3%), abdominal pain (39.7%), haematemesis (33.3%), epistaxis (30.2%), gum bleeding (22.2%), body aches (22.2%), skin rash (20.6%), headache (12.7%), purpura (9.5%), haemoptysis (6.3%), ecchymosis (6.3%) and lethargy (6.3%). Seventeen patients (27%) presented with shock on admission. Mean day of onset of shock was 4.5 day. On physical examination, enlarged liver was found in 61.9% of the patients. Recovery rash was seen in 3.2% of the patients. One step rapid test for Ig G & M antibodies for dengue virus infection was positive in 71.4% of the patients. At the time of admission, severe thrombocytopenia (platelet count  $\leq 20,000/\text{mm}^3$ ) was present in 23.8% and haemoconcentration (haematocrit value  $\geq 45\%$ ) was present in 49.2% of the patients. No patient died. Twenty two of 63 patients progressed to severe dengue. Severe bleeding was found in 9.5% and hepatomegaly with enzyme abnormality was seen in 6.3% of the patients. Pleural effusion was found in 3.2% and ascites was detected in 1.6% of the patients. Univariate analysis revealed that the age and platelet count were significant predictors of severe dengue. There was significant correlation between thrombocytopenia and gum bleedings ( $r = -.323$ ;  $p=0.01$ ).