

Evaluation of the epidemiologic, clinical characteristics and treatment range of Influenza Patients in Hospitals of Ardabil

Abstract

Background: So far, very few studies have been conducted to identify the characteristics and clinical manifestations of influenza in Ardabil province.

Aim: The present study investigated the demographic characteristics and clinical manifestations of patients with influenza hospitalized in Ardabil hospitals from march 2019 to march 2020.

Materials & Methods: All patients who were admitted to Ardabil hospitals with a diagnosis of influenza from march 2019 to march 2020 were evaluated as our population study. Epidemiological information including age, sex, marital status, level of education, pregnancy and clinical information including symptoms of fever, cough, muscle pain, sore throat, diarrhea, vomiting, headache, dizziness and leukocyte count were included in the study.

Results: A total of 209 patients with influenza were included in the study. Only 10.5% of the participants had a university education and 22.4% of the participants were illiterate. 36.8 percent of the participants were single and 63.2% of the participants were married. 42.1 percent of the participants were male and the average age of those infected with the flu was 44.58 years. The clinical symptoms of the participants were recorded as follows: Cough was present in 39.7% of patients, sore throat in 10.5%, fever in 41.3%, headache in 26.7%, dizziness in 6.7%, diarrhea in 1.9%, vomiting in 13.9% and myalgia in 31.1% of patients. 56.4% of patients were admitted to the infectious ward, 13.8% in the internal medicine ward, and only 4.7% of patients were in the intensive care unit. Influenza patients who underwent intubation were 4.3%. The death toll from the disease was 2.9%. 11.5 percent of patients were pregnant. The mean number of leukocytes in patients was 8153 with a standard deviation of 4031. The mean length of hospital stay was 3.98 days with a standard deviation of 5.33.

Conclusion: Fever, cough and myalgia were the most common clinical symptoms in the present study, respectively. In the present study, 11.5% of those infected with the flu were pregnant, which is a relatively high figure and vaccination of this group should be a priority. In this study, patients with the flu mostly had a mild course of the disease, so that only one patient (4.3%) underwent intubation and 2.9% expired from the disease. Various studies seem to be necessary to further investigate the epidemiology of influenza.

Keywords: Influenza - Epidemiological profile - Clinical profile