

Adult Cases of H1N1 Influenza Admitted from 2015 to 2016

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Background: The clinical characteristics, risk factors and outcomes of H1N1 influenza cases in Bahrain have not been reported.

Objective: To evaluate personal and clinical characteristics, risk factors, and outcomes in adults with confirmed H1N1 infection.

Setting: Salmaniya Medical Complex, Bahrain.

Design: A Retrospective Observational Study.

Method: All H1N1-confirmed-patients admitted between 1 September 2015 and 31 March 2016 were reviewed. Personal and clinical characteristics, risk factors, and outcomes were documented. The analyses were performed using STATA software, version 12 and P-value of <.05 was considered significant.

Result: Twenty-six confirmed H1N1 cases were admitted and reviewed. Eight (30.7%) were admitted to the intensive care unit and 5 (19.2%) died. None of the patients received flu vaccine. The age range was 24 to 83 years.

The presence of comorbid conditions and smoking were common among the study population; however, it was not statistically significant. A significant association was discovered between mortality and the need for vasopressors (all patients requiring vasopressors died compared to only one among other patients, P-value<.005).

Conclusion: In our study of the flu season of 2015-2016, 5 patients died. We recommend vaccination, especially for high risk groups. The study is limited by the small study-population size and one missing file.