BACKGROUND AND AIM

HEPATITIS E IS A FORM OF VIRAL HEPATITIS CAUSED BY HEV. IT IS OFTEN ACUTE, SELF LIMITING BUT CAN BE LIFE-THREATENING IN CERTAIN HIGH-RISK GROUPS LIKE PREGNANCY AND ALCOHOLIC LIVER DISEASE. THE PRESENT STUDY EVALUATED THE CLINICAL PROFILE OF ACUTE HEPATITIS E CASES AT A TERTIARY CARE CENTRE.

METHOD

• THIS IS A RETROSPECTIVE COHORT STUDY INCLUDING CASES OF HEPATITIS E DONE AT A TERTIARY CARE CENTRE IN COIMBATORE DURING JANUARY 2020 - DECEMBER 2020.
• A TOTAL OF 50 PATIENTS DIAGNOSED WITH HEV INFECTION USING IGM ANTI-HEV ELISA WERE INCLUDED IN THE STUDY.

RESULTS

OUT OF 50 PATIENTS AS STUDY SUBJECTS, 26(50%) WERE MALE, 24 WERE FEMALE (48%). THE MEAN AGE OF THE STUDY GROUP WAS 42 YEARS.

• IN 50 PATIENTS, 22(44%) HAD UNDERLYING CHRONIC LIVER DISEASE IN WHICH THE DISEASE WAS SELF LIMITING FURTHERMORE, 12(24%) PRESENTED WITH ACUTE VIRAL HEPATITIS, 3(6%) WITH ACUTE LIVER FAILURE, AND 13(26%) WITH ACUTE ON CHRONIC LIVER FAILURE.

• A TOTAL OF 46 (92%) PATIENTS SURVIVED WHILE 4(8%) PATIENTS EXPIRED DURING THE COURSE OF ILLNESS. AMONG 4 FATAL CASES, ALL 4 PRESENTED WITH ACUTE ON CHRONIC LIVER FAILURE.

• IN 50 PATIENTS, 22(44%) PATIENTS HAD UNDERLYING ALCOHOLIC LIVER DISEASE, 8(16%)HAD NASH/NAFLD, 2(4%) HAD UNDERLYING WILSONS DISEASE, 2(4%) WERE PREGNANT WHO PRESENTED WITH ACUTE LIVER FAILURE BUT UNDERWENT PLASMA EXCHANGE AND IMPROVED. 2(4%) WERE POST TRANSPLANT PATIENTS WHO HAD MILD TRANSAMINASE ELEVATION AND RECOVERED. NO ASSOCIATED UNDERLYING COMORBIDITIES OR LIVER DISEASE WAS SEEN IN 14(28%) OF THE PATIENTS.

CONCLUSION

PREEXISTING CHRONIC LIVER DISEASE WAS SIGNIFICANTLY ASSOCIATED WITH MORTALITY IN PATIENTS SUFFERING FROM VIRAL HEPATITIS E. INCREASED BILIRUBIN, ALCOHOL USE, LOW SERUM ALBUMIN WERE ALSO ASSOCIATED WITH INCREASED MORTALITY DUE TO ACUTE VIRAL HEPATITIS E.

REFERENCES