

Incidence of TB and other opportunistic infections in HIV+ patients undergoing ART from a northern Indian Antiretroviral treatment centre

Shashank Gupta

Vardhman Mahavir Medical College & Safdarjung Hospital, New Delhi

E-mail: sha2nkgupta@gmail.com

Objective

To report the outcomes of antiretroviral therapy (ART) in treatment-naïve acquired immunodeficiency syndrome (AIDS) patients, treated under programmatic conditions in a resource-constrained setting and the occurrence of TB and other opportunistic infections.

Methods

This is a prospective observational study involving AIDS patients treated at the ART clinic of the All India Institute of Medical Sciences hospital, New Delhi under the National AIDS Control Organization (NACO) program. Treatment-naïve adult and adolescent patients, who were started on ART between May, 2005 and December, 2009 were included in this study. Triple-drug ART was started as per NACO guidelines. The patient's body weight, height, haemogram, CD4 T-cell counts, plasma viral load (in affording patients), serum

biochemical analysis and urinalysis were recorded at baseline and during follow-up.

Findings

One thousand four hundred sixty four treatment-naïve patients were started on ART and were followed up. The various tests and their findings were recorded and analysed accordingly. The patients acquiring opportunistic infections and TB infection were selected and studied as a separate group with focus on changing trends of various clinical prognostic parameters.

Conclusion

This Indian study provides evidence that three-drug ART when used as a public health approach is effective and safe. The incidence of opportunistic infections conforms to what has been reported globally. The opportunistic infections occurred at a rate of 9.15% in the HIV+ patients undergoing ART. The proportion of patients having concomitant tuberculosis is higher than that seen in most studies.