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Prevalence of human immunodeficiency virus, clinical presentation and related factors among adult patients with heart failure at Jakaya Kikwete Cardiac Institute

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Background: Heart failure is the failure of the heart to pump blood forward at sufficient rate to meet metabolic demands of peripheral tissues or ability to do so only at abnormally high cardiac filling pressures. HIV infection causes acute and chronic cardiovascular illness that can be reversed by HAART.

Aim: The aim of this study was to determine the prevalence of HIV, clinical presentation and related factors among patients with Heart failure attending Jakaya Kikwete Cardiac Institute (JKCI).

Methodology: This cross sectional hospital based study involved 523 adults aged 18 years or above. Participants were assessed for heart failure and HIV testing was done by the use of Bioline and Unigold rapid tests. Mean \pm standard deviation were determined and Pearson Chi-square test using $P < 0.05$ was used to test for statistical significance.

Results: Female respondents were 284(54.3%) and 234(44.7%) aged 40-64 years. The majority 250(47.8 %), 236(45.1%) had Primary, Secondary and Higher education respectively. Of all, 336(64.2%) were married and 288(55.1%) were not employed. The prevalence of HIV was 26(5%). The proportion was high among 40-60 years 16(6.8%), females 19(6.7%) and widow/divorce/separated 9(11%). The predictors for HIV infection were the status of being widow/divorce/ separated (AOR 3.05, 95% CI 1.08-8.66, $p = 0.036$), NYHA IV (AOR 4.68, 95% CI 1.32-16.57, $p = 0.017$) and anemia (AOR 3.76, 95% CI 1.57-9.01, $p = 0.003$).

Conclusion: HIV prevalence at JKCI was 5% which is low but similar to that in the general population. The patients who were HIV positive had advanced heart failure being in NYHA III and IV.

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