

**PREDICTORS FOR SURVIVAL OF
ADULT HIV PATIENTS ON
ANTIRETROVIRAL THERAPY FROM
THARKAYTA SPECIALIST HOSPITAL**

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ABSTRACT

HIV/AIDS is a modern epidemic and pandemic disease affecting both industrialized and developing countries. Myanmar is one of the high number of people living with HIV (PLHIV) in South-East Asia region. High coverage of ART among PLHIV can improve their survival. To assess the survival rate of adult HIV patients on ART and factors associated with their survival, retrospective cohort study was conducted among 5799 adult HIV patients on ART who were admitted to Tharkayta Specialist Hospital from 1st January 2011 to 30th June 2016. Life table was used to estimate the cumulative survival of adult HIV patients. Kaplan-Meier survival curves and log ranks test were used to assess the differences in survival rate. Cox proportional hazards model was fitted to identify the predictors of mortality.

The mean follow-up time of the sample was 25.67 (SD \pm 18.35) months and the median survival time of the sample was longer than 76 months. The mortality rate was 3.3 deaths/100 persons-year of follow up period. The cumulative probability of survival at 6 months, 1 year and 5 years were 0.89, 0.87 and 0.79 respectively. The time of greatest risk was seen within first six months of ART initiation and the hazard rate during this period was 0.02.

Age at the start of ART (≥ 35 years) [AHR = 1.6, 95%CI=1.2–2.1], male [AHR =1.1, 95%CI=1.0–1.3], single and lived without spouse [AHR=1.3, 95%CI=1.0–1.5], no co-trimoxazole for OI prophylaxis [AHR = 12.1, 95%CI=10.0–14.7], <95% ART adherence [AHR=24.1, 95%CI=20.2 – 28.9], not changing ART regimen [AHR=2.0, 95%CI=1.6–2.5], WHO clinical staging 3 and 4 [AHR=2.1, 95%CI=1.6 – 2.7] and baseline CD4 < 200 cell/mm³ [AHR=1.5, 95%CI=1.3–1.9] were factors significantly associated with mortality after adjusting other covariates. Since the effect of ART adherence on mortality is large, the providers and family members should encourage on drug adherence to provide longer survival of the patients.