

Abstract

Title: Etiology and Clinical Features of Acute Viral Hepatitis at the Biggest Tertiary Care Centre in Karachi.

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Introduction: Acute viral hepatitis is a major cause of hospitalization, morbidity and mortality in Pakistan and parts of the world where sanitary conditions are unsatisfactory. Most cases of acute hepatitis are caused by Hepatitis A and E viruses which are transmitted by the oro-fecal route and do not exist in a chronic carrier state. Hepatitis B, C and D viruses are parenterally transmitted and cause acute hepatitis in few cases.

Local data regarding the etiology and risk factors for developing acute viral hepatitis is not available. Moreover, the etiology and patterns of acute viral hepatitis has changed dynamically worldwide over the recent years.

Aim: To evaluate the etiology, risk factors, clinical features, laboratory parameters and prognosis of acute viral hepatitis.

Methods: This was a prospective, cross sectional study, conducted over a period of 18 months (from January 2017 to June 2018). Demographic and clinical data including, full blood count, liver function tests, clotting profile and viral serology were recorded on designed proforma on admission and follow up visits.

Results: Total 110 consecutive patients with clinical manifestations of acute hepatitis were enrolled in the study. Mean age of patients was 30.2 ± 11.7 . Males were 63 (57.3%) and females were 47 (42.7%). The most common etiology was anti HEV in 75 patients (68.2%), followed by anti HAV in 23 patients (20.9%), anti HBcIgM in 10 patients (9.1%), anti HCV in 8 patients (7.3%), anti HDV co- infection in 2 (1.8%) and anti HIV in 1 patient (0.9%) respectively. Most common symptom was jaundice (99.1%), followed by anorexia (88.2%) and fatigue (71.8%). Most common risk factor was unboiled water (95.5%), followed by poor sanitation (76.4%) and barber shaving (27.3%). Overall prognosis of acute hepatitis is good with complete recovery in 86.4% cases.

Conclusion: The most common etiology of acute viral hepatitis in our setup was hepatitis E and A virus, attributable to unhygienic conditions. Co-infection with these viruses was also identified in some of these patients.

Keywords: Acute Viral Hepatitis, Hepatitis A, Hepatitis E