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Expression of High Viral Load among adult Sudanese HIV positive patients as a risk factor for tuberculosis in Omdurman HIV center

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Abstract

Purpose: This study aimed at investigating the expression of high viral load among adult Sudanese HIV positive patients, as a risk factor for TB. The data were expected to give an insight into the epidemiology of both HIV and TB infections in the Sudan.

Methods and materials: A cross-sectional study which was conducted in Omdurman HIV center during the period between September 2020 and January 2021. Data were extracted from the patients records. The study population was based on adult patients (>16 years) of age and who were diagnosed and started ART programs in 2018 and had viral load records. HIV negative patients, patient without viral load records and patients <16 years were excluded. The data were collected by using a questionnaire which included age, gender, TB status (pulmonary and extra-pulmonary), HIV WHO clinical stage, method of TB diagnosis, HIV-RNA levels.

The collected data were analyzed using SPSS version 25, Excel 2013, descriptive results obtained were presented in tables. The study received ethical approval from the research ethics committees of the SMSB EDC Written consent and confidentiality of record obtained.

Results: All the 100 cases were HIV positive including 25% with positive TB. It was found that men were more infected than women and patients >50 years of age were the least affected while subjects aging 20-50 years were the most affected. There was no significant difference in the viral load in patients with HIV/TB compared with that in patients with HIV alone p value was 0.35. It was also found that the methods of TB diagnosis were correlated with the stage of HIV stage of infection p value was 0.02. It was also observed that stage II of HIV infection was predominant.

Conclusion: HIV/TB coinfection is on increase. The most common diagnostic method was by microscopy. It is not necessary that patients with HIV/TB to have high viral load.