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Treatment outcomes of chronic liver disease and associated factors among patients treated at hospitals in Bahir Dar city, north-west Ethiopia

Abstract:

Chronic liver disease is an on-going loss of liver structure and functions that lasts for at least six months. About 1.5 billion population suffered with this devastating disease worldwide. The aim of this study was to assess the treatment outcome and associated factors in patients with chronic liver disease at Bahir Dar, North West Ethiopia. A retrospective cross-sectional study was conducted in both governmental and private hospitals of Bahir Dar city from January to August 2024. All patients with liver disease for at least six months and treated for their specific causes and/or complications were included. Descriptive statistics was employed to explain socio-demographic and relevant clinical characteristics. Binary logistic regression was employed to determine associated factors with poor treatment outcome. Texts, tables and charts used to present statistically and/or clinically significant results. A p-value of < 0.05 was considered statistically significant. A total of 213 medical records of chronic liver disease patients were reviewed. Most of the study participants (72.8%) were male and resided in rural area (63.8%). Viral hepatitis was the most frequent (60.0%) etiology followed by parasitic (23.0%) and alcohol misuse (11.5%). The percentage of patients with chronic liver disease who experienced poor treatment outcomes was 39.0% and 54.2% were not taking medications specifically tailored to their condition. Stages of chronic liver disease (AOR = 2.68; 95%CI: 1.50–4.76, $p = 0.001$), carcinoma status (AOR = 2.68; 95%CI: 1.07–6.68, $p = 0.035$) and treatment duration (AOR = 0.38; 95%CI: 0.15–0.98, $p = 0.045$) were independent predictors for poor treatment outcome. The overall treatment outcome of chronic liver disease in our study was inadequate. Decompensated stages of cirrhosis, cellular carcinoma and shorter treatment duration were significant factors of treatment failure. Timely initiation of appropriate therapy is warranted to improve the treatment outcome of chronic liver disease patients.

Biography

Melese Alemnew Ayal had completed his master's degree in clinical pharmacy at the age of 26 from Addis Ababa University. He is the lecturer of Bahir Dar Health Science College; He have been in academia for more than 5 years. He published more than four papers in renowned journals, and his research focuses on infectious disease.