

THE EPIDEMIC 2015/2016 INFLUENZA SEASON - OWN OBSERVATIONS

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Background: Flu is a significant epidemiological problem in Poland. Children are at a higher risk of a worse outcome.

Aim: To analyze the number of hospitalized influenza cases, clinical signs, symptoms, and course of the disease in a Warsaw pediatric department within a single epidemic season.

Material and methods: During the 2015/2016 influenza season 154 children (70 girls, 84 boys) aged 16 days-17 years 2 month (average 2 years 9 months) were hospitalized due to influenza. The diagnosis was confirmed with the rapid influenza diagnostic test (RIDT, 47 cases) and/or molecular diagnostics (RT-PCR, 107 cases).

Results: 56% of patients were referred to the hospital, while 16% required emergency intervention and/or transport. The remaining children were registered without referral. 72.1% (111/154) children had influenza A, 18.2% (28/154) influenza B, while 9.7% children (15/154) were diagnosed with A+B co-infection. Complications were observed in 56.5% cases (87/154), and 50.6% (78/2154) of patients required antibiotic therapy. Hospitalization period ranged from 1 to 21 days (median 7 days) and was longer in children with complications (8 vs. 6 days, $p < 0.01$).

Conclusion: Influenza is a frequent reason for hospitalization and the high frequency of complications extends the treatment period.

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