

3<sup>rd</sup> International Conference on **CLINICAL MICROBIOLOGY, VIROLOGY AND INFECTIOUS DISEASES**  
3<sup>rd</sup> International Conference on **ANTIMICROBIAL AND ANTIBACTERIAL AGENTS**

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### **Co-morbidities as determinants of heart failure A hospital based matched case control study**

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**Background:** To evaluate the one most common combination of co-morbidities that can lead to heart failure.

**Methodology:** Total 374 participants (case=187 & control=187 with 1:1) of age  $\geq 20$  included in this case control study through non probability convenient sampling from hospitals of Tehsil Wazirabad and District Gujrat. 187 participants having heart failure were included in case group and 187 not having heart failure included in control group. A semi structure questionnaire was used to collect data and results were compiled through SPSS software. There was no gender specification in this study

**Results:** Results showed that Frequency of single disease was 55 in case group and 88 in control group. Participants having  $>1$  disease were 51 in cases and 55 in control. Frequency of  $>2$  diseases was 44 and 41 in case and control group respectively and in  $>3$  diseases 17 participants were in case group and 2 were in control group. As number of diseases increases in combination, frequency of participants increased in case group as compared to control group. This study was significant with P value less than 0.05 and odds ratio of combination of comorbidities was 1.213.

**Conclusion:** The observed association indicated that combined effect of comorbidities is higher in case group to cause heart failure than one disease at a time. frequency becomes higher in case group as the number of diseases increases in combination such as Sleep apnea, DM, Anemia and COPD (combination of four diseases) and Hypercholesterolemia, RA, DM, COPD and HCV (combination of five diseases) were more in case group than in control group. Hence we concluded that combined effect of comorbidities is higher in case group to cause heart failure than one disease at a time.

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