

## CLINICAL PROFILE OF PATIENTS WITH FEBRILE THROMBOCYTOPENIA AND RESPONSE TO STEROIDS IN A TERTIARY CARE CENTRE

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### ABSTRACT

**Background:** Patients with fever and thrombocytopenia present with a varied spectrum of clinical features and complications. Steroids have been tried as a modality of treatment for faster improvement of platelet counts.

**Aim:** To study the clinical profile of patients with febrile thrombocytopenia and to assess the impact of steroid use.

**Methods:** A Cross sectional study conducted on 518 patients admitted with fever and thrombocytopenia after valid consent between June 2012 and June 2013 in Bowring and Lady Curzon Hospital.

**Results:** Total 326 (63%) of the patients were between the age of 21-40 years with a fever of <1 week duration. Bleeding manifestation were seen in 181 (35%) of the patients. 76% patients had <50,000 platelet counts with 10% having counts <20,000. PS Malaria parasite was positive in 36 patients, widal in 62 patients, Dengue IgM positive in 77 patients, IgG in 50 patients and 82 patients had NS1 positive. IgM Leptospira was positive in 15 patients and 4 patients positive for weillfelix. 103 patients (21%) received Platelet transfusions. Steroids were tried in 64 patients, selected randomly but did not show any added benefit. Complications seen ranged from serositis in 67 patients (13%), hypotension in 46 patients (9%), MODS in 210 patients (2%) and ARDS in 20 patients (4%) 6 patients died of ARDS despite adequate supportive management. Steroids were not used in patients with complications.

**Conclusion:** Despite the diversity in the presentation of febrile thrombocytopenia, good supportive care is the most important. Steroids did not lead to better outcomes in our study.

**KEYWORDS:** ARDS, IgM Leptospira, Thrombocytopenia, widal