

RES-386

Influenza in the Philippines: Age-Related Trends in Hospitalization, Treatment, and Mortality

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Background:

- Influenza surveillance in the Philippines remains limited.
- Recent access to **rapid antigen** and **multiplex PCR** testing has improved diagnostic confirmation in some hospitals.
- This study reviews influenza cases from **Jan 1, 2023 to Aug 5, 2025** at Makati Medical Center, a private, tertiary care center.

Methods:

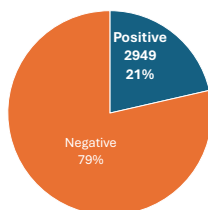
Design - Retrospective review

Population - 13,745 individuals tested for influenza utilizing rapid antigen test or multiplex PCR

Outcome Measures - Positivity rate, hospitalization, treatment, pneumonia, mortality

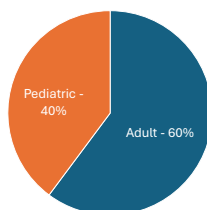
Key Findings:

Fig. 1 Flu Test Positivity Rate



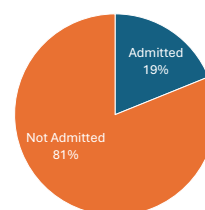
98% of confirmed cases were **Influenza A**

Fig. 2 Age Distribution of Flu Cases



Adults significantly outnumbered pediatric cases ($p < 0.001$)

Fig. 3 Hospitalization Rate



Most confirmed cases were not admitted

Gender:

There was no overall sex-based predominance (51% female vs. 49% male).
 Adult cases were more likely to be female compared to pediatric cases (56% vs. 44%; $p < 0.0001$).

Hospitalization, Treatment and Outcomes Per Age Group

- 557 patients (19%) were hospitalized.
- Adults were admitted more often than children (21% vs. 16%; $p < 0.001$).
- A higher proportion of admitted adults were female (54% vs. 41%; $p = 0.003$).
- Oseltamivir was given to 87% of admitted cases, more frequently in adults (91% vs. 77%; $p < 0.00001$).
- Antibiotics were used in 52% of admissions, with no significant age-group difference ($p = 0.08$).
- Pneumonia was seen in 11% of cases, with similar rates across age groups ($p = 0.48$).
- Mortality was 1%, observed only in adults.

Fig. 3 Hospitalization, Treatment and Outcomes

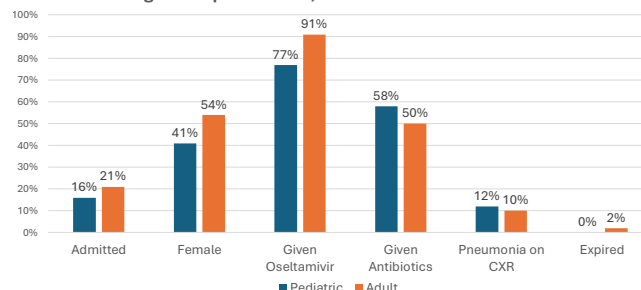
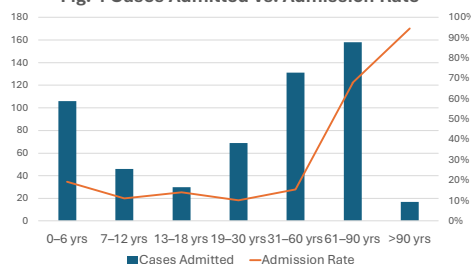
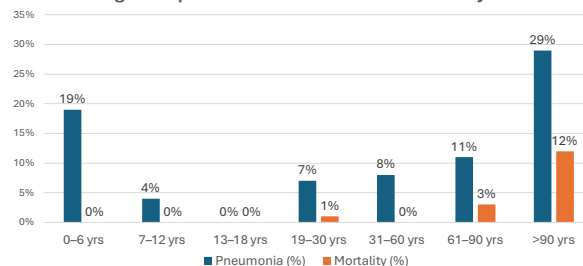


Fig. 4 Cases Admitted vs. Admission Rate



- Among adults, admission rates increase significantly with age, peaking in those >90 years ($p < 0.00001$).
- Among children, admission rates decline with age, but the difference does not reach statistical significance.

Fig 5. Proportion of Pneumonia and Mortality



- Children aged 0-6 years were more likely to have pneumonia than older children ($p < 0.001$).
- Adults over 90 had the highest pneumonia rate (29%) and mortality rate (12%; $p < 0.001$).

Conclusion:

This review highlights key demographic patterns, treatment practices, and outcomes among hospitalized influenza cases, with age emerging as a critical factor in severity and mortality.