

An Analysis of Recovery Time from Influenza Symptoms and Side Effects Based on Patient-Recorded Oseltamivir Treatment

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ABSTRACT

Objective:

During the 2005-2006 influenza season, the shortage of anti-influenza medication became a social problem. Although the normal dosage of Oseltamivir Phosphate is 5 days, the shortage meant that it was only possible to supply the smallest dosage necessary. For this reason, a methodology was developed and an investigation carried out in order to determine the period of time required for anti-influenza medications to demonstrate clinical effectiveness.

Methods:

In order to record clinical symptoms over a period of time, patients documented their own levels of fever, pain, and side effects after taking anti-influenza medication. Fever and pain were evaluated on a graded scale; patients wrote free responses in order to describe other clinical symptoms.

Results:

An analysis of 97 cases revealed the number of doses required for the disappearance of clinical symptoms to be 4.6 ± 1.8 for fever (Mean \pm S.D.), and 4.1 ± 1.9 for pain; improvement after three days of medication was apparent in 80.4% and 69.1% of the patients, respectively. Side effects were confirmed in 32 (33.0%) of the patients. These included digestive (25 people, or 25.8%) and neurological effects (5 people, or 5.2%).

Conclusion:

This trial confirmed the disappearance of clinical symptoms when Oseltamivir Phosphate is administered for periods of less than 5 days. However, given the fact that insufficient administration of anti-influenza medication can lead to the appearance of resistant viruses, and, furthermore, cause infections of third parties, these results must be treated cautiously.

Key words: Oseltamivir Phosphate, clinical effect, side effect