

3rd International Conference on **Virology, Infectious Diseases and COVID-19**

October 24-25, 2022/ Holiday Inn Express Dubai - Safa Park, an IHG Hotel



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The SOS Call for managing respiratory infections

Respiratory infections explicitly those of lower respiratory tract remain a foremost cause of mortality and morbidity of children >5 years in developing countries including Pakistan. The negligent attitude towards these acute level infections may lead to complicated conditions. Particularly in Pakistan, respiratory infections account for 20% to 30% of all deaths of children. Even though these infections are common but the insufficiency of accessible data remains the hindrance in developing a comprehensive document. The purpose of this study is to determine the prevalence rate in various regions of Pakistan and also to recognize the existing viral strains responsible for viral respiratory infections through published data. Respiratory viruses are detected more frequently among rural dwellers in Pakistan. Lower tract infections are found to be more lethal. The associated pathogens comprise RSV, HMPV, coronavirus, enterovirus/rhinovirus, influenza virus, parainfluenza virus, adenovirus, and human Bocavirus. RSV is more dominant and can be subtyped as RSV-A and RSV-B (BA-9, BA-10, and BA-13). Influenza A (H1N1, H5N1, H3N2, and H1N1pdm09) and Influenza B are common among Pakistani population. Generally, these strains are detected in seasonal pattern with a high incident during vernal and winter time. Although several diseases are associated with respiratory tract, however, presented data include pneumonia, bronchiolitis, and influenza with viral etiology. This study is destined to put emphasis on the need for standard methods and survey of incidence and etiology of associated pathogens, in pursuance to provide effective treatment against viral infections of respiratory tract and reduce the death rates in more productive ways.

Keywords: Respiratory infections, Lower respiratory tract, Incidence, etiology, viral infections, Pakistan