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Demographic Characteristics of Hospitalized Patients With History of Multiple Myeloma in Remission: Insights From National Inpatient Sample 2021

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INTRODUCTION

Multiple myeloma, a hematologic malignancy, poses significant challenges for patients and healthcare systems due to its complex treatment regimens and potential for relapse. Understanding the demographics of patients admitted to hospitals in the year 2021 for various conditions with a history of multiple myeloma in remission can provide insights into their healthcare needs and outcomes

METHOD

We conducted a retrospective study using data from the National Inpatient Sample (NIS) database 2021 to identify 10,230 adult patients admitted to hospitals for various conditions in the same year who had a history of multiple myeloma in remission. Demographic characteristics including gender, age, race, comorbidity index, median household income, hospital bed size, teaching status, and location were analyzed.

RESULTS

Among the individuals included in the subpopulation, 55.82% were male and 44.18% were female. The average age of patients was 70.02 years (95% CI: 69.40905-70.6408). The racial distribution was predominantly White (63.71%), followed by Black (22.91%), Hispanic (8.47%), Asian/Pacific Islander (2.01%), and Native American (0.20%). Most patients had a Charlson Comorbidity Index score of 3 or more (79.42%). The distribution of median household income quartiles was fairly even across income brackets as follows: Quartile 1 (24.14%), Quartile 2 (24.54%), Quartile 3 (25.19%), and Quartile 4 (26.13%). The majority of patients were admitted to hospitals categorized as having a larger bed size (58.75%) and teaching hospitals (79.96%). Additionally, the majority of patients received treatment in urban hospitals (94.48%).

CONCLUSIONS

Our study provides comprehensive insights into the demographics of patients admitted to hospitals with a history of multiple myeloma in remission. Understanding these demographics can aid healthcare providers in delivering targeted and personalized care to this patient population. Further research is warranted to explore the impact of demographic factors on treatment outcomes and healthcare disparities among multiple myeloma survivors.

Category	Outcome
Gender Distribution	
Male	55.82%
Female	44.18%
Average Age	70.02 years (95% CI: 69.40905-70.6408)
Racial Distribution	
White	63.71%
Black	22.91%
Hispanic	8.47%
Asian/Pacific Islander	2.01%
Native American	0.20%
Charlson Comorbidity Index	
Score 3 or more	79.42%
Median Household Income Quartiles	
Quartile 1	24.14%
Quartile 2	24.54%
Quartile 3	25.19%
Quartile 4	26.13%
Hospital Bed Size	
Large	58.75%
Teaching Hospitals	79.96%
Urban Hospitals	94.48%