

# Drug Adherence in MDR-TB Patient, Samastipur District (BR)

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INNOVATORS IN HEALTH

## Introduction

Tuberculosis is a multi systemic infectious disease caused by Mycobacterium tuberculosis. It is the most common cause of infectious disease related mortality world wide.

**TB based on the organ - pulmonary TB and Extra pulmonary. Actually TB occur in almost all organ except hair and nail.**

**MDR\_TB-** Multi Drug Resistant Tuberculosis is a form of TB infection caused by the bacteria that are resistant to treatment with two most powerful first line drugs anti tuberculosis drugs Isoniazid and Rifampicin

**99 DOTS** – 99 Dots is a low cost approach for monitoring and improving the already existing Directly Observed treatment Short Course (DOTS)

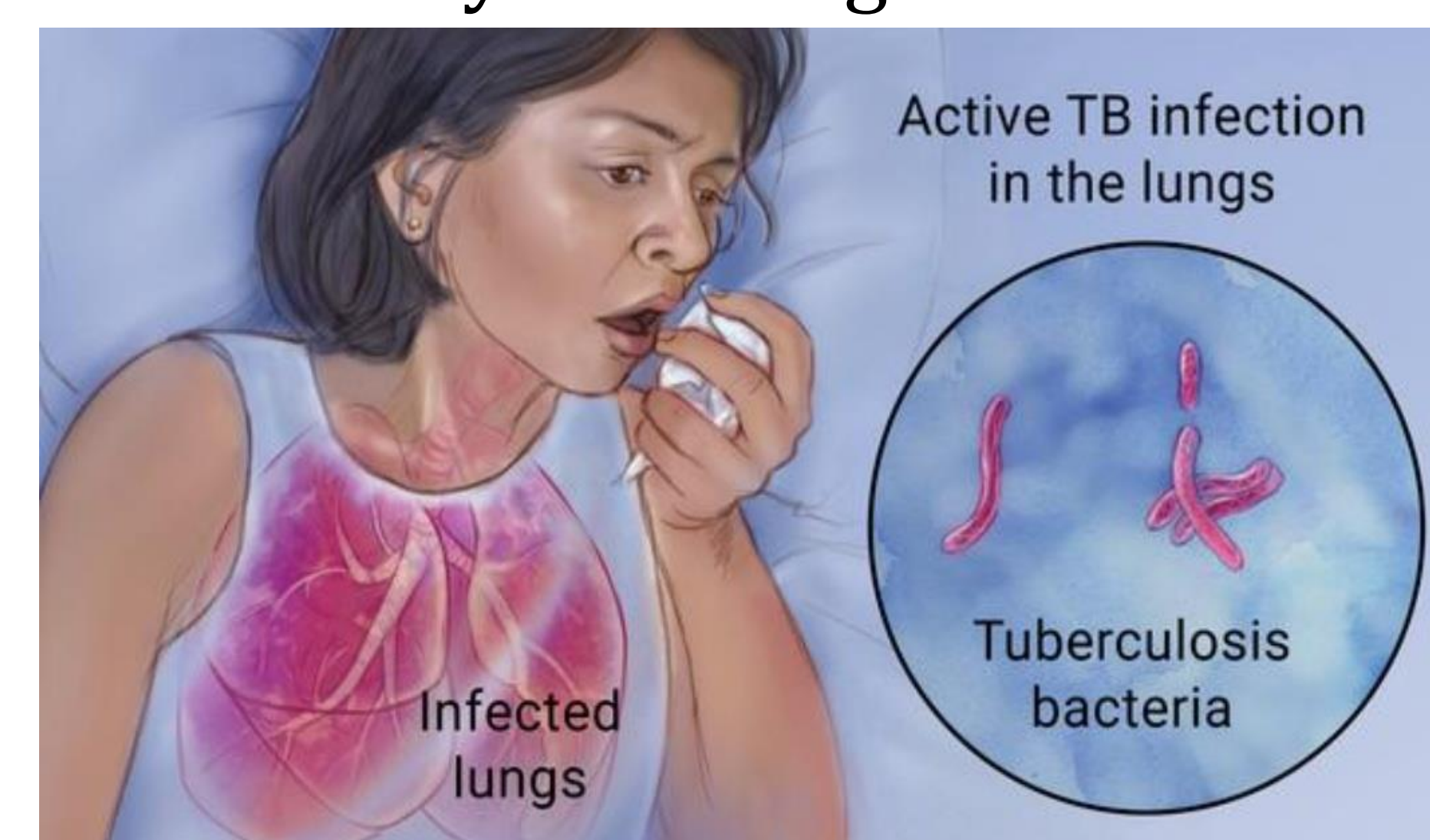
This study was conducted , to understand the problems faced by the MDE-TB patients in managing large number of drugs

## OBJECTIVE

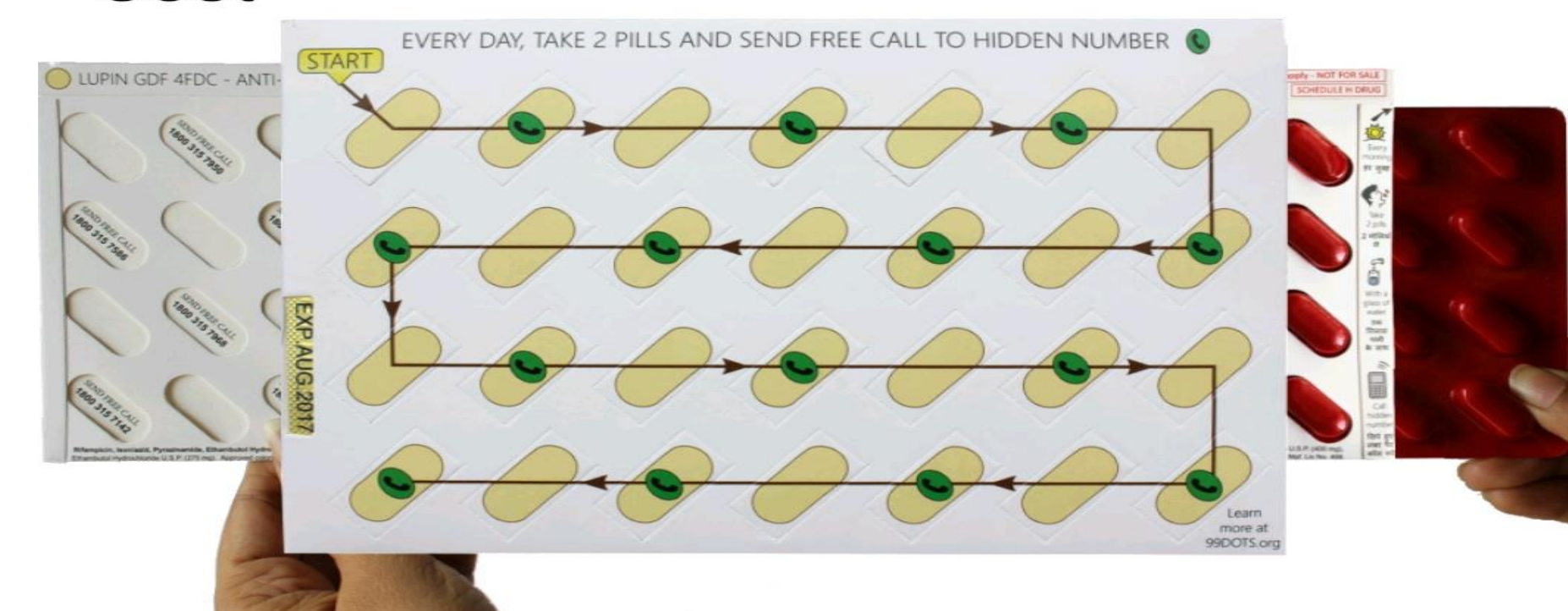
- To study demographic profile of MDR-TB Patient
- To understand drug adherence in MDR-TB patients
- To learn about the concepts of 99 DOTS

## Methodology

- Innovators In Health running the programmed in 3 different blocks( Bibhutipur, Srairanjan, Ujyarpur ) of Samastipur district were selected for the study.
- 19 MDR-TB patients were selected on simple random basis
- **TOOL** – A well structured schedule with both open ended and closed ended questions were prepared.
- Data were collected through personal interview.
- Respondent – MDR-TB patients
- Inclusion – All MDR-TB patients were included
- Exclusion – MDR-TB patients with HIV
- Data analysis through Kobo-collect



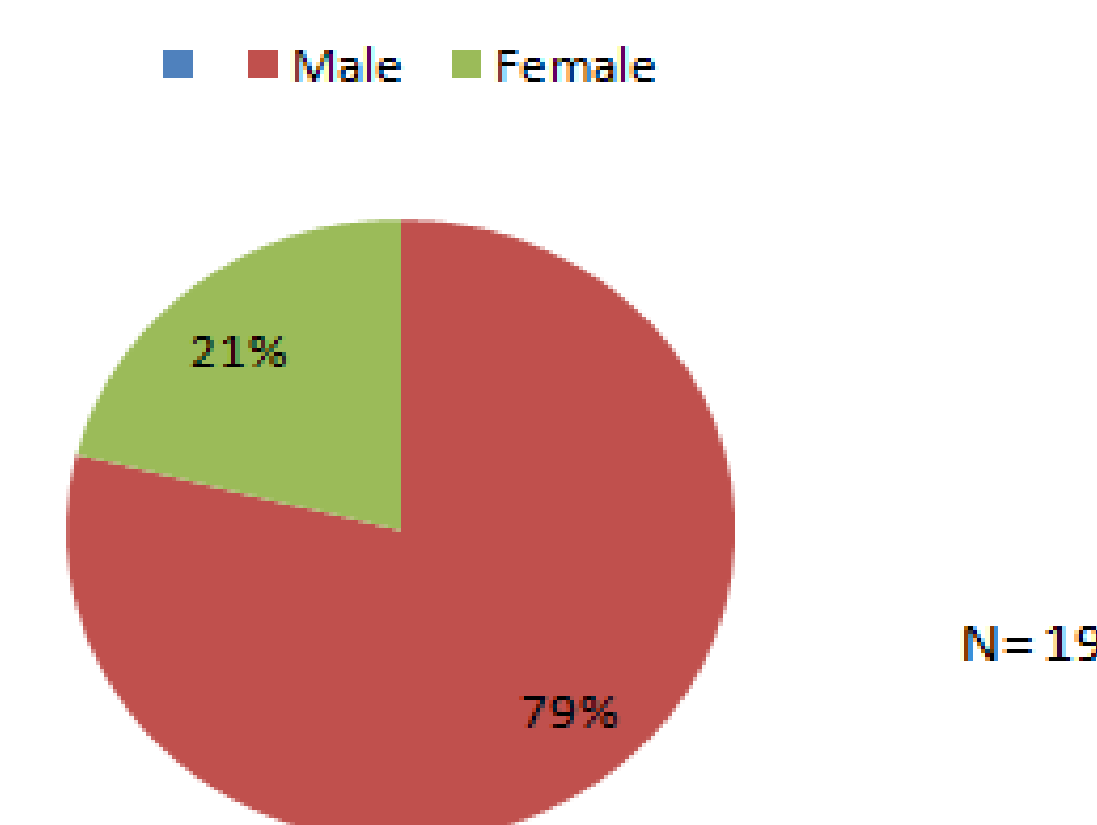
99DOTS: Accurate Monitoring at Very Low Cost



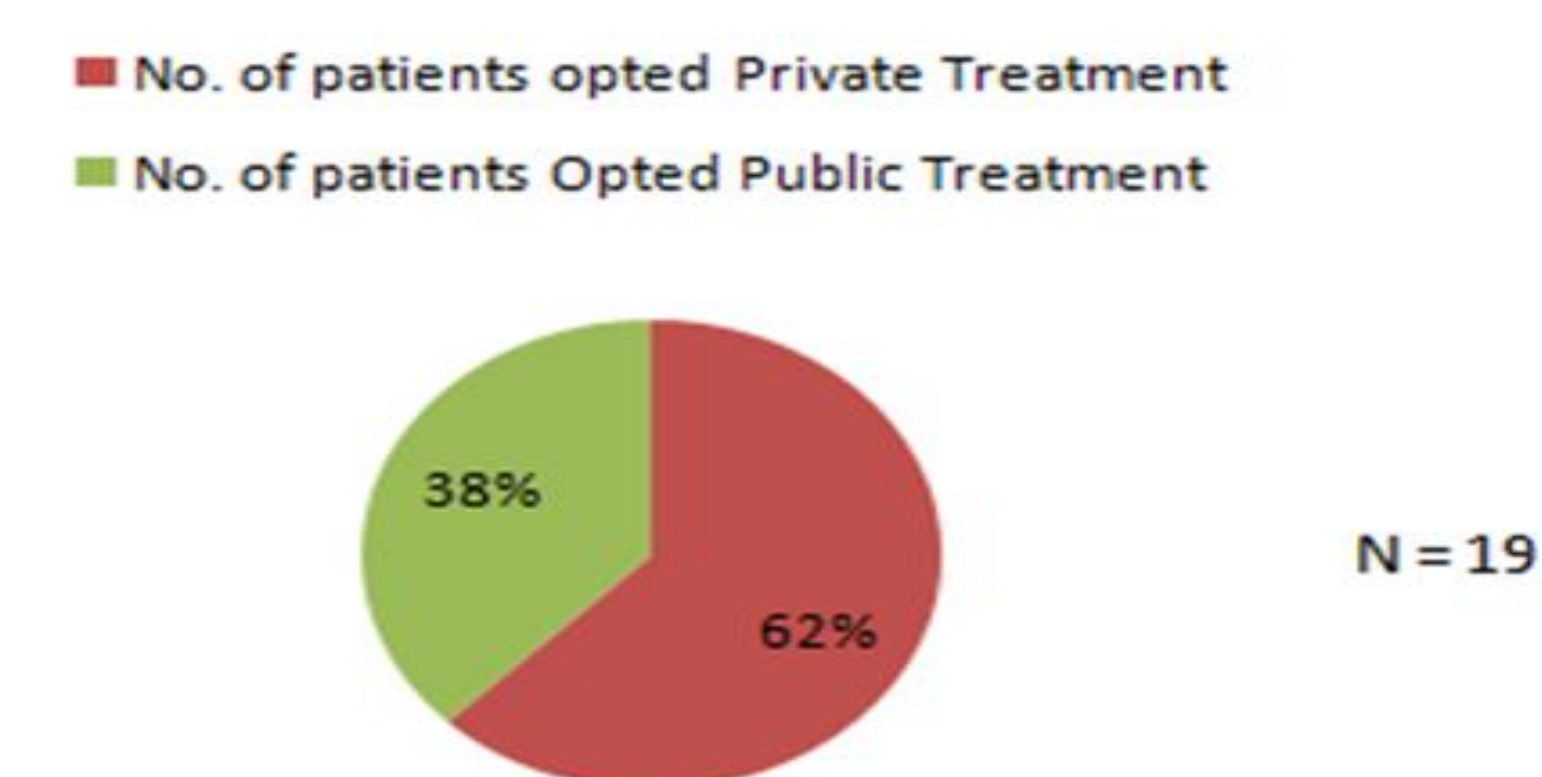
## Findings

- None of the patients were connected with the 99 DOTS
- Out of 19 patients, all are having pulmonary MDR-TB
- All 19 patients are taking their medicine regularly without ant gap
- High out of pocket expenditure of private treatment holder is 276000 rupees

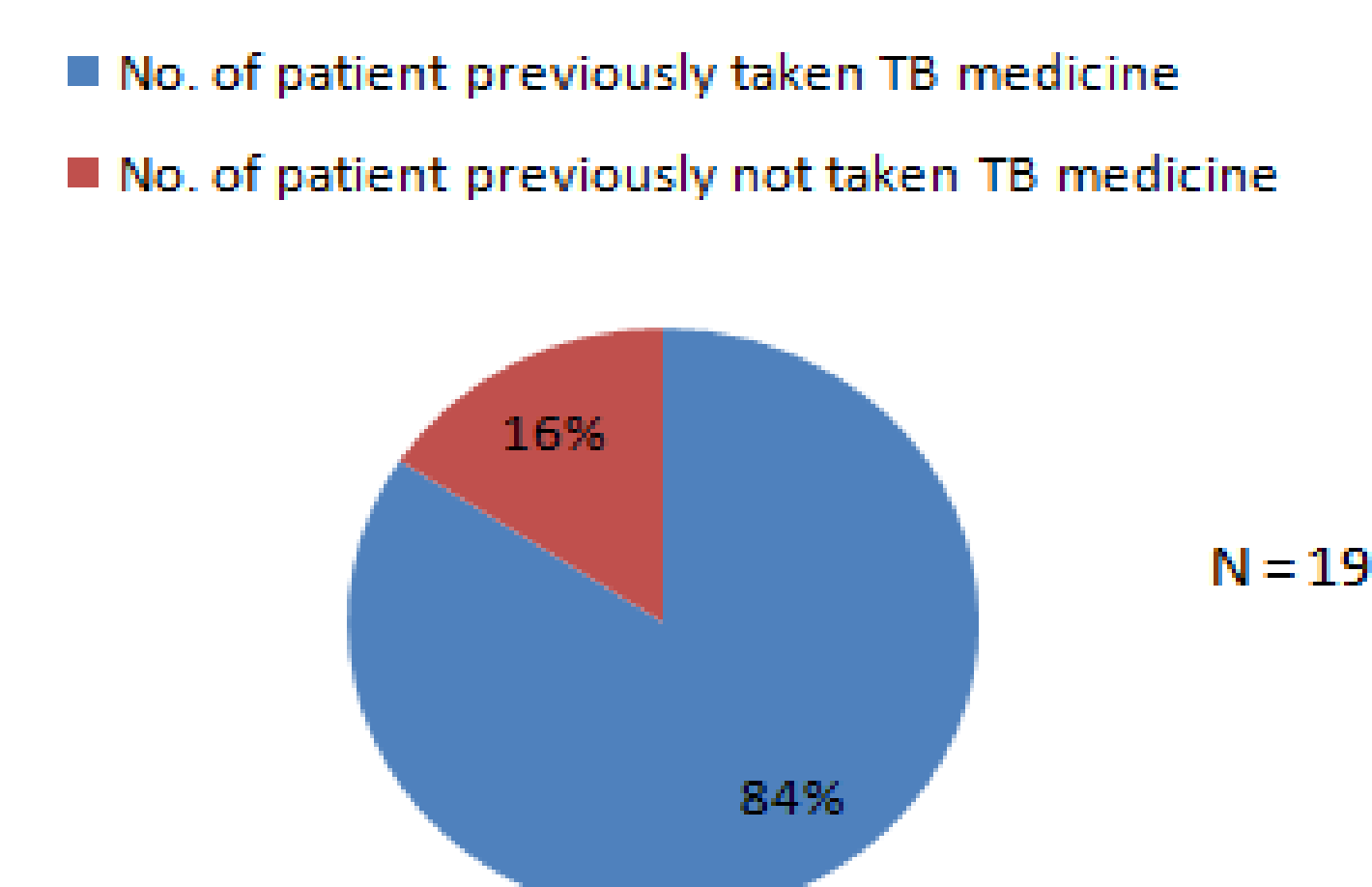
Sex of MDR-TB Patients



Treatment started before joining govt. treatment



Type of MDR-TB Patients



## Conclusions

Patients don't know about govt. services and facility regarding TB treatment .

Proper drug adherence in MDR-TB patients increase the chances of recovery(RNTCP)

Patients don't have food to take to take their medicine

## Suggestions

- Provide food to MDR-TB patients with treatment by RNTCP.
- Provide information regarding TB treatment in government hospitals
- Patients should be provided Medicine Management Box which will reduce the chances of error intake of medicine

