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Studies on medication adherence and quality of life in Tuberculosis patients

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Tuberculosis is a serious public health issue causing immense morbidity, mortality, and distress. This is an observational with educational interventional study conducted at DOTS centre in the Department of TB & chest at Rajah Muthiah Medical College Hospital (RMMCH) to educate the patients on the disease, drug therapy and medication adherence through counselling. A pre-determinant questions were used to assess the patients knowledge and adherence before and after counselling. Pill Count Method is used to assess the medication adherence rate on the monthly basis, 96.2% in November, 92.5% in December, 97.2% in January, 89.8% in February, 92.5% in March, 96.8% in april. In the present study, WHO-QoL BREF which has the four domains was used to assess the impact of TB on QoL. Before treatment, scores in all domains were significantly lower in patients than controls, more affected were psychological and social relationship domains. Gradual increase in scores was observed over the course of the treatment and counselling. Along with drug treatment the psychosocial reactions of TB patients should be addressed at DOTS centres for the better control of the disease. Hence patient counselling shows positive impact on understanding their illness, the role of the medications in the treatment for improving adherence rates. This would enable health care professionals to devise relevant interventions such as patient counselling which would be useful in further improving quality of TB control programs.

Biography

Geeravani Malla is pursuing her Doctor of Pharmacy (Internship) in Annamalai University, Chidambaram, Tamil Nadu. She has presented papers in national and international conferences. Apart from academic curriculum, we are trying to do ward duties in 1400 bedded hospital which is attached to our college.

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