



A CROSS SECTIONAL STUDY ON KNOWLEDGE OF TUBERCULOSIS AMONG RURAL AND URBAN POPULATION OF UDAIPUR DISTRICT, RAJASTHAN

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ABSTRACT

AIM: To assess the knowledge regarding Tuberculosis cause, spread, types and duration of treatment among rural and urban population of Udaipur, Rajasthan.

Methodology: A cross sectional study was conducted during January to March 2020 in OPD's of PHC and UHC of Udaipur city. Total of 216 participants were included.

Results: Our study showed that 30.09% were believed that Tb spread form Air, 42.22% were aware about Pulmonary tuberculosis and 53.24% were know that treatment of Tb lasts for 6 months.

Conclusion: There is a need to aware people more about Tuberculosis risk factors, symptoms and treatment.

KEYWORDS : Tuberculosis, pulmonary tuberculosis, extra pulmonary tuberculosis, RNTCP

INTRODUCTION

Tuberculosis has turned out to be one of the major and complex health issues worldwide and in India. In 2015 survey estimated 10.4 million new TB Cases worldwide were recorded. Out of that six countries including India accounted for 60% of all the new cases. The updated estimates of the number of TB Deaths in India is 4780000 in 2015 excluding HIV AIDS Positives.^{1,2}

Despite of all the efforts done by Revised National tuberculosis Control Program the problem of TB has not been adequately brought under control and it cannot be done unless the people across the country are aware of the cause, mode and spread, treatment and prevention of tuberculosis.

Hence the study was aimed at assessing the awareness of patients attending UHC and PHC of a medical college hospital regarding Tuberculosis.

Basics Of Tuberculosis:

Cause: It is caused by bacteria that spread through air, just like cold or the flu.

Signs And Symptoms:

1. Cough ,lasts more than 3 weeks
2. Chest Pain
3. Coughing up blood
4. Night sweats
5. Fever
6. Weight loss
7. Loss of appetite
8. Feeling tired all the time

OBJECTIVE:

To study the awareness of tuberculosis among the urban and rural health population.

METHODOLOGY:

Study Type: Cross- Sectional study

Sample Size: 216 participants

Inclusion Criteria:

1. All patients attending OPD of UHC and PHC and relatives accompanying them of Udaipur District during January 2020 to March 2020.

Exclusion Criteria:

1. Patients having active TB and history of TB were excluded

2. Participants who did not give consent were excluded

Study Design:

A pretested validated, semi structured, questionnaire was given to all participants.

Statistical Analysis:

Data were entered in Microsoft excel and Descriptive statistics were performed.

RESULTS AND DISCUSSION:

In present study, 216 participants were selected from the OPD of PHC and UHC of a medical college hospital to assess the knowledge of patients attending OPD and their accompanying relatives regarding the cause, symptoms, spread, types and duration of tuberculosis treatment.

Demography Of The Study Participants:

Out of total 216 participants that 124(57.41%) were Male and 92(42.59%) were female. The mean age of study participant was 39.2 ± 0.92 . Majority of the participants 182(84.6%) were married and 34 (15.74%) were unmarried. Out of the 216 participants 64% were graduate and 36 % were below graduate or illiterate.

Table 1: Knowledge Of TB Spread

Knowledge of TB Spread	No.	%
Air	65	30.09
Water/Food	15	6.94
Blood/Body Fluids	20	9.26
Cough and Cold	42	19.44
Hereditary	10	4.63
Mosquitos bite	27	12.50
No idea	37	17.13

Table 1 showed that majority of the participants (30.09%) belief that Tuberculosis spread though Air, followed by cough and cold (19.44%).

Similar findings were found in a study conducted by Amgian et al in Jutpani VDC of Chitwan district.³

Table 2: Knowledge Of Types Of TB

Knowledge of Types of TB	No.	%
Pulmonary TB	102	47.22
Extra Pulmonary TB	85	39.35
No idea	29	13.43

Table 2 showed that 47.22 % of participants had knowledge about Pulmonary Tb followed by 39.35% of participants were knowing about extra pulmonary TB. Controversy findings

were found in a study done by Vijaya Krishnan et al. that though population was aware of Tuberculosis disease, the knowledge about its types were unsatisfactory.⁴

Table 3: Knowledge Of Duration Of TB Treatment

Knowledge of Duration of TB treatment	No.	%
3 months	65	30.09
6 months	115	53.24
9 months	36	16.67

Table 3 shows that half 53.24 % of that participants believed that the duration of Tuberculosis treatment is of 6 months, followed by approximate 30% of the participants told us that the treatment of the tuberculosis should be continued for 3 months. Our findings are similar with another studies conducted by Subodh Kanchi et. al. Also in a similar study conducted among Tuberculosis Patients DOTS programme in Nepal, approx. 82% were aware of TB treatment to be done for 8 months or more.⁵

CONCLUSION:

Tuberculosis burden is high in developing countries and India is becoming one of the highly significant of the world's tuberculosis burden. Tuberculosis present equally in Urban as well as in rural population. So far the awareness regarding Tuberculosis is concern till today no significant amount of people are aware about the cause, symptoms, spread, types and treatment duration of Tuberculosis.

In present study, we found that even though of all the RNTCP Programmes and NTP people are not so aware about Tuberculosis. And this lack of knowledge lead people to the more exposure of Tuberculosis.

There is a need to provide knowledge about tuberculosis to the general population.

Acknowledgements:

We would like to thank our UHC and PHC staff, all participants. Also we would like to thank Maitri Hathi, Tutor-Statistician, Gujarat Adani Institute of Medical Sciences, Bhuj for data analysis.

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