

Abstract

Introduction

The study sought to determine factors associated with adherence to TB treatment among TB patients in Entebbe hospital and associated factors like predisposing, enabling and reinforcing factors.

Treating Tuberculosis successfully involved taking drugs for at least six to eight months according to WHO guidelines and set standards and lack of adherence to treatment renders patients to remain infectious for a long time and may lead to drug resistant Tuberculosis.

General objective (Goal)

The study determined the factors associated with adherence to TB treatment among tuberculosis patients in Entebbe hospital.

It also determined the proportion of TB patients in Entebbe hospital who adhered to TB treatment.

Methodology

The study design used in this study was a descriptive cross-sectional study which used quantitative methods of data collection. It involved descriptive statistics in form of mean, % ages and median.

Cross tabulations were also formulated to summarise and describe the sample.

A cross sectional study on 207 patients receiving TB treatment from Entebbe Hospital was conducted using quantitative methods of data collection. Data was collected by questionnaire – based face to face interviews.

Results

Of the 207 patients interviewed, it was observed that a high level of adherence among males was, 113 (64.9%) than females 6, (35.1 %), with singles 109 (62.6%) more adherent to TB treatment than the married 56, (32. 2%) and widowed 9, (5.2%) respectively.

The employed, 102 (58.6%) adhered to TB treatment than the unemployed 72, (41.4%), and those attained primary level of education majority observed a high level of TB treatment adherence 81 (46.8%) as opposed to none 30 (17.3%), secondary level 42 (24.3%) and tertiary level 20 (11.6%) and

many patients with daily expenditure of more than 2500 Ugandan Shillings 125 (73.5%) adhered to treatment than a few 45 (26.5%) getting less than 2500 Ugandan shillings.

Majority of the patients with knowledge on cause of TB 133 (77.3%) reported high level of adherence to TB treatment and many that agreed TB can be cured 169 (97.7%) reported high level of adherence, among these 115 (66.1%) reported side effects of the drugs adhered to treatment than others 59 (33.9%) who did not report them.

Many patients 165 (97.1%) observed health workers attitude as approachable and adhered to TB treatment as opposed to rude 4 (2.4%) and non approachable 1(0.6 %) and majority of the patients 93 (53.8%) who travelled a distance less than 5 km to hospital adhered to TB treatment than 80 (46.2%) who travelled more than 5 kms. Majority of patients 96 (57.5%) disagreed with the use of reminder techniques and reported high level of adherence and many 102 (59.0%) disagreed on having a treatment supporter but still reported high level of adherence.

Conclusion

The level of adherence to TB drugs was high and none of the factors influenced adherence.

Recommendation

Continuous sensitisation of patients on the importance of treatment adherence to TB treatment will ensure that there is good prognosis among TB patients leading to reduction in resistant cases to TB treatment.