Effect of Self Mangement Training on Adherence of Treatment among Tuberculosis Patients

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Abstract

Tuberculosis (TB), a major cause of death among communicable diseases, holds alarming challenges due to poor adherence to its continuous and chronic treatment. Even though free diagnosis and therapy initiatives under programs like DOTS, India continues to report over 2.8 million TB cases on every year. Self-management training, which gives patients the freedom to manage their health actively on their own, has been demonstrated in improving adherence and quality of life among TB patients[1,2]. This pilot study assesses the impact of structured self-management training on treatment adherence among TB patients in selected villages of Patna, Bihar. Objectives: This pilot study is to evaluate the adherence to treatment among TB patients, to implement self-management training for improving adherence and to analyse the association between treatment adherence scores with the demographic variables. Methods: A quasi-experimental design was employed with 20 TB patients divided equally into experimental and control groups. The intervention group received a video-assisted self-management training module covering TB education, medication adherence, nutrition, lifestyle modifications, and preventive measures. Pre- and post-intervention adherence was assessed using the Modified Morisky Adherence Scale (MMAS). Statistical analyses included paired t-tests for efficacy and chi-square tests for demographic associations. Results: The findings demonstrated a significant improvement in adherence scores in the experimental group. Motivation scores increased from 1.9 to 2.5 (p = 0.005). Knowledge scores improved from 1.4 to 2.1 (p = 0.025). The control group showed no significant changes, with motivation scores decreasing from 1.8 to 1.6 (p = 0.168) and knowledge scores marginally dropping from 2.0 to 1.9 (p = 0.34). Chi-square analysis shows no significant association between adherence scores and demographic variables, that states interventions can be used globally. Conclusion: This study focuses the effectiveness of self-management training to strengthen the treatment adherence among TB patients, regardless of their demographic differences. The intervention had increased knowledge and motivation of the experimental group, important for achieving continuous adherence and better health outcomes. Using self-management training into national TB control programs can also contribute to achieving India's target of eliminating TB by 2025. However, we further need this research to be carried out with larger sample sizes to know its effectiveness.

Keywords

Tuberculosis, Self-management training, Treatment adherence, Modified Morisky Adherence Scale.