



BMSeCON-2024

5th INTERNATIONAL e-CONFERENCE



From Diagnosis to Resilience: Exploring Psycho-Social Dimensions of Pulmonary Tuberculosis

***Raja Babu¹ Ayesha Juhi² *Presenting Author**

1. MBBS UG, AIIMS Deoghar 2. Associate Professor, Physiology, AIIMS Deoghar

INTRODUCTION

- India bears the world's highest burden of tuberculosis (TB), with poor treatment success largely due to lengthy regimens, drug toxicity, and psychosocial challenges.
- Stigma, depression, isolation, and side effects significantly impact patients' mental health and treatment adherence.

AIM

To identify the psycho-social barriers faced by pulmonary tuberculosis patients from diagnosis to treatment completion.

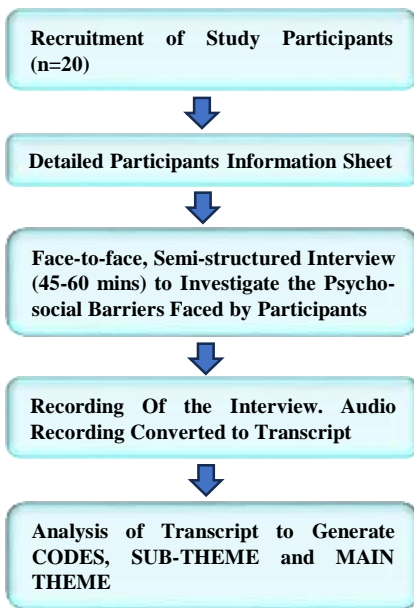
OBJECTIVES

- Explore psycho-social challenges during treatment.
- Examine their impact on treatment adherence.
- Identify factors influencing psychological well-being throughout the treatment journey.

MATERIAL & METHODS

Type of study: Cross sectional Qualitative study.
Study settings: Department of Pulmonary Medicine from November to December 2023.
Sample size & Study population: Eligible patients (n = 24) were approached and after excluding for language barrier, non-willingness for audio taping, and consent (n = 20) also guided by principles of saturation, a total of 20 patients.
Inclusion criteria: Adults (18+) who completed treatment without interruption and consented to participate.
Exclusion criteria: Patients who discontinued treatment or had interruptions.

DATA COLLECTION



RESULT

Table 1: Showing the demographics of the study participants n=20.

	Number (n)	Average Age (years)	Education			Married		Employed	
			Below 10th	Sch. out	Grad. qualif.	Yes	No	Yes	No
Male	12	34	4	4	4	8	6	6	
Female	08	33	2	5	3	3	1	7	

Table 2: Depicting the Generation of Codes, Extraction of Sub-themes and Final Formation of Main Themes

CODES	SUB THEME	MAIN THEME
Delayed diagnosis Lack of proper guidance Multiple doctor visits Delayed treatment.	Lack of resources, guidance, and medical care. Poor resources.	Challenges in disease identification & treatment initiation.
Nausea, lethargy, irritation, weakness, side effects, long treatment duration.	Side effects and adaptation issues. Psychological and physical effects. Prolonged treatment.	Impact of treatment on health and well-being
Hopelessness, suicidal thoughts, anxiety, fear of recovery.	Emotional breakdown, distress, fear of getting back to normal.	Psychological and emotional challenges.
Isolation, weakened family bonds, fear of spreading infection, discrimination.	Lack of family care and affection, hopelessness, and isolation.	Disruption in family relationship.
Loss of social contacts, emotional distress, lack of support.	Weak social ties, lack of motivation, feeling of neglect.	Social disconnection and lack of support.
Job loss, financial struggles, extra burden on family, borrowing money.	Work absenteeism, medical costs, financial instability.	Economic strain and instability.

CONCLUSION

This study highlights the psycho-social experiences of pulmonary tuberculosis patients, emphasizing the need for integrating mental health support in TB management. Psychological counseling, early intervention, and patient education can improve treatment adherence. Addressing broader challenges beyond adherence is essential for developing comprehensive interventions to enhance patient outcomes.

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