

**FACTORS RELATED PATIENT COMPLIANCE WITH
“DIRECTLY OBSERVED TREATMENT SHORT COURSE”
IN POKHARA URBAN KASKI, NEPAL**

HARI BAHADUR KUNWAR

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HARI BAHADUR KUNWAR 4737958 ADPM / M

M.P.H.M. (PRIMARY HEALTH CARE MANAGEMENT)

THESIS ADVISORS: BOONYONG KEIWKARNKA, Dr.P.H., THAVAL POBLAP, Ph.D., JUTATIP ARCHAPITAK, Ph.D.

ABSTRACT

A cross-sectional study was conducted at Pokhara urban Nepal in January 2005. The aim of determine the patient compliance with DOTS (Directly observed treatment short course). All sputum smear positive TB patients registered during 15th July 2004 to 15th January 2005 under the DOTS treatment were interviewed by using a structured questionnaire.

The findings of the study revealed that 72.97% of the respondents complied with the course. The majority of the respondents were 15-34 yrs. old, male, married, literate, laborers with a moderate level of family income. Similarly, majority of them positively answered about the availability of health staff, health education and TB drugs. More than half of them used a vehicle, has no need to pay traveling costs, lived less than 2 km away and had a traveling time under 15 minutes, the majority of them had a waiting time less than 5 minutes. About three-fifths of them had a high level of knowledge and perception on TB disease and the DOTS program.

The results showed that there were significant associations between knowledge level, availability factors such as availability of health staff, health education, TB drugs, and patient compliance with DOTS. Furthermore, overall perception toward disease and its treatment, perceptions of susceptibility, severity and benefits was also significantly associated with patient compliance. All of these were significantly associated with a level at p-value <0.05.

Compliance with DOTS could be improved by revising its service by provision of more information the disease and its treatment, effective expansion of the DOTS program near the patients' homes and involving the community in TB control activities.

KEY WORDS: TUBERCULOSIS / COMPLIANCE / DOTS

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