

**INTERVENTIONS TO PROMOTE ADHERENCE TO TREATMENT  
AMONG ADULT PATIENTS WITH TUBERCULOSIS:  
EVIDENCE-BASED NURSING**



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**ABSTRACT**

Tuberculosis (TB) is a major public health problem of global proportions including Bangladesh. Regardless, a large number of TB patients discontinue treatment. This leads to increased transmission of tubercle bacilli, as well as morbidity and mortality rates in at community and national levels. Effective interventions need to be identified to promote treatment adherence.

The objective of this study was to summarize current evidence-based interventions to promote treatment adherence among adult patients with TB. The PICO framework was used as a guideline to search for relevant studies in the electronic database sources of the Mahidol University library system. The author searched for systematic reviews published in English from 2010 to 2016. After the search, the author selected eight systematic reviews. All of the studies were appraised by the guidelines proposed by Melnyk and Fineout-Overholt (2015). Based on the aforementioned evidence, it is asserted that direct observe treatment (DOT) alone is unable to promote TB treatment adherence. Rather, a combination of other interventions with DOT is required. The interventions combined with DOT include the following: i) case management with DOT; ii) triad-model program with DOT; iii) intervention package with DOT. However, education and counselling interventions are effective strategies for enhancing treatment adherence. Moreover, reminder systems are also successful interventions for promoting adherence to TB treatment and clinic appointments. Reminder types should be included with these strategies. Telephone calls and letters can be used before a scheduled appointment as a pre-appointment reminder. To the contrary, letters or home visits can be used as default reminders after a missed appointment.

Finally, the author suggests that recommendations be used to develop clinical practice guidelines on interventions promoting adherence to treatment among adult TB patients in the clinical setting of Bangladesh. Further research should be conducted to evaluate intervention effectiveness in promoting treatment adherence among TB patients.

**KEY WORDS: TB PATIENTS / INTERVENTIONS / ADHERENCE TO TREATMENT / EVIDENCE-BASED NURSING.**

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