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The preventive measures adopted by the cured tuberculosis cases at rural community

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Abstract
Aim: To assess the preventive measures adopted by the cured TB cases.
Study Participant: A descriptive survey approach was adopted for the study.
Setting: Rural community at Udupi Dist.
Population: The sample consists of 10 cured TB cases. By using purposive sampling technique sample selection is done and distributed the checklist to assess the preventive measures. The data was collected by using demographic proforma, and checklist regarding the preventive measures by their own languages.
Measurement and findings: The study finding indicates clearly that majority 6 (60%) of them had been using average level of preventive measures, 3 (30%) of them had been using good level of preventive measures and 1 (10%) among them had poor level of preventive measures The study concluded that,. TB is an infectious disease. TB is a disease of poverty, with several known social determinants (e.g. malnutrition and tobacco smoking). This study was done to assess the preventive measures adopted by the cured TB cases among thepeople in selected rural community of Udupi, dist.

Keywords: TB, Preventive Measures, Cured TB Cases

Introduction

Day by day varieties of diseases are spreading. Some diseases commence acutely and some insidiously. In some diseases, a carrier state occurs in which the individual remains outwardly health and is able to infect others. A large number of people in our country and other developing countries suffer from TB because of lack of knowledge, lack of good practices to avoid the spreading of TB.

Pulmonary tuberculosis continues to be a major public health problem and account for over 80% of all cases. Revised National Tuberculosis Control Programme depends on passive reporting of the chest symptomatic to the health institution. Therefore, it is important that the basic knowledge about the disease, the treatment, and the preventive measures are clear among the individual in the community.

In a community most of the infected and non infected peoples are unaware of the diseases and their preventive measures because of the lack of knowledge about each disease. In the light of the above facts, it is an essential to assess the preventive measures taken by the cured TB patients. Hence the present study focused to evaluate the TB patients regarding their practice during the time of illness

Materials and Methods

A descriptive research design was adopted to assess the preventive measures adopted by the cured TB cases. The formal written permission was obtained from the Nitte CHC. The sample consists of 10 cured TB cases. Sample was selected by using purposive sampling technique. After assuring confidentiality the researcher expalined the objectives and purpose detailey in vernacular language and obtained informed consents from the participants. The preventive measures adopted by the participants were assessed by the help of checklist followed by a face to face interview, later distributed the check-list for measuring their practice. The research study was conducted on September 26 to September 29 in a selected rural community. Data were analyzed by applying descriptive statistics. Frequency and percentages were used for the sample characteristics.

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Description of research tool

Part 1: Demographic Characterstics.

It consists of 10 parts to obtain the information about the selected background data such as age, gender, religion, education, socio economic, type of family, year of TB affected, months of DOT'S treatment, had health education about TB before, source of health education.

Part 2: A check list. preventive measures adopted by the cured TB cases

It consists of 10 questions to determine the preventive measures adopted by the cured TB cases.

Results

Table 1: Distribution of samples according to demographic characteristics N=10

S. No	Sample Characteristics	Frequency	Percentage (%)
1	Age		
	14-29	5	50
	30-45	1	10
	46-61	4	40
2.	Gender		
	Male	6	60
	Female	4	40
3.	Educational Status		
	Primary	4	40
	Secondary	6	60
	PUC	0	0
	Higher	0	0
4.	Religion		
	Hindu	9	90
	Muslim	1	10
	Christian	0	0
	Others	0	0
5.	Socio Economic Status		
	High	1	10
	Middle	4	40
	Low	5	50
6.	Type Of Family		
	Nuclear	5	50
	Joint	5	50
7.	Year Of Tb Affected		
	1-3 yr	3	30
	4-6 yr	6	60
	>7 yr	1	10
8.	Months Of Dots Treatments		
	1-3 month	1	10
	4-6 month	9	90
	>7 month	0	0
9(A)	Past Health History		
	Yes	6	60%
	No	4	40
9(B)	Source of Health Education		
	Friends	0	0%
	Mass media	0	0%
	Educated from other sources	6	100%

Table 1: shows that, among 10 samples, majority of subjects were 5(50%) belongs to the age group between14-29, 4(40%) were in the age group of 46-61, and 1(10%) in the age group of 30-45., majority of the population 6(60%) were male. majority 6 (60%) had completed secondary education and 4(40%) were completed primary education., majority of

the population 9 (90%) were Hindus.. majority of the population 5 (50%) were under low socio economic status, 4(40%) were in middle socio economic status and 1 (10%) was in high socio economic status. type of family is equal i.e. 5(50%) from both joint &nuclear type of family.

- As per the year of TB affected, 6(60%) of people had TB infection 4-6 years back, 3(30%) of people had it about 1-3 years back and 1(10%) of people had it about 7 years back.
- As per the months of DOTS treatment, 9(90%) were taken treatment around 4-6 month and 1(10%) taken treatment around 1-3 month.
- As per the past health history, majority of 6(60%) had educated regarding TB &the remaining 4(40%) didn't had any education regarding TB.
- As per the source of health education 100% were educated from other sources and no one was educated from friends and mass media.

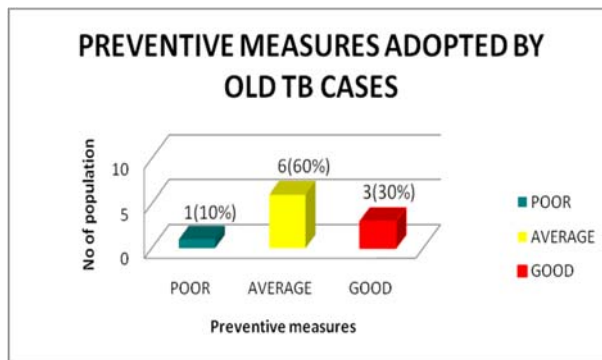**Part 2: preventive measures adopted by cured tb cases.**

Fig 1: Bar diagram representing the preventive measures adopted by the cured TB cases.

Figure 1 shows that per o majority of the subjects, 6 (60%) of them had been using average level of preventive measures, 3 (30%) of them had been using good level of preventive measures and 1 (10%) among them had poor level of preventive measures.

Discussion
Section 1: Description of sample characteristics
- The present study showed that with regards to the age, 5(50%) belongs to the age group between14-29, 4(40%) were in the age group of 46-61, and 1(10%) in the age group of 30-45.
- The present study showed that with regards to the gender, majority 6 (60%) of the population were male and minority 4 (40%) were female.
- As per educational status, majority 6 (60%) had completed secondary education and 4(40%) were completed primary education.
- As per religion majority 9 (90%) are Hindus and 1(10%) were Muslims.
- As per socio economic status, majority of the population 5 (50%) were under low socio economic status, 4(40%) were in middle and 1 (10%) was in high socio economic status.
- People distribution as per the type of family is equal i.e. 5(50%) from both joint &nuclear type of family.

- As per the year of TB affected, 6(60%) of people had TB infection 4-6 years back, 3(30%) of people had it about 1-3 years back and 1(10%) of people had it about 7 years back.
- As per the months of DOTS treatment, 9(90%) were taken treatment around 4-6 month and 1(10%) taken treatment around 1-3 month.
- As per the past health history, majority of 6(60%) had educated regarding TB &the remaining 4(40%) didn't had any education regarding TB.
- As per the source of health education 100% were educated from other sources and no one was educated from friends and mass media.

Section 2: Preventive practice measures adopted by the cured TB cases
As per our data analysis, majority 6 (60%) of them had been using average level of preventive measures, 3 (30%) of them had been using good level of preventive measures and 1 (10%) among them had poor level of preventive measures.

Conclusion
TB is an infectious disease caused by a bacterium, *M. tuberculosis* that spreads from person to person in tiny drops of moisture released when someone who has the active form of the disease sneezes or coughs. TB is a disease of poverty, with several known social determinants (e.g. malnutrition and tobacco smoking). This study was done to assess the preventive measures adopted by the cured TB cases among the people in selected rural community of Karkala, Udupi Dist.

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