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## Knowledge and Awareness of Tuberculosis among Pulmonary Tuberculosis patients in selected rural areas of Haryana

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### Introduction

Tuberculosis (TB) has reached epidemic proportions in many developing countries including India. India has more new TB cases annually than any other country with a contribution of over twenty percent to the global burden of TB. Among different types, pulmonary TB is one of the leading causes of adult mortality. Studies also demonstrated that the prevalence of TB was more common among men than women of economically productive age groups, indicating variation in infection and progression of disease. Study shows that HIV positive individuals are more susceptible to develop TB compared to HIV negative individuals and it is the leading cause of death among HIV positive individuals. The association of pulmonary TB with diabetes mellitus and rheumatoid arthritis is also well established. Study also shows that TB patients had a significantly higher risk of developing chronic kidney disease than the controls.

Since the introduction of National Tuberculosis Control Programme (NTP) in 1962, the Government of India has taken different steps to controlling TB on a mass basis. However, the lack of awareness regarding TB impeding progress toward TB control. Because, the incidence of TB was inversely associated with increasing awareness. Moreover, lack of awareness can worsen the epidemiological situation by increasing. Around 229 per lakh persons have tuberculosis (TB) in Haryana, with more men being affected than women. This is in contradiction of national trends. Referring to World Health Organization and National Family Health Survey reports, Piyush Goel, consultant, Pulmonology and Critical Care, Columbia Asia Hospital, Gurugram, said 380 cases per lakh women against 220 cases per lakh men are affected by TB nationally while the numbers in Haryana stand at 277 per lakh men against 199 per lakh women.

Therefore it is important for Tuberculosis patients to have adequate knowledge and awareness about Tuberculosis as it is a need of hour in India to decrease the burden of Tuberculosis.



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## Objectives

1. To assess the knowledge of the Tuberculosis patients about Tuberculosis diseases.
2. To assess the awareness of Tuberculosis patients about Tuberculosis diseases.

## Methodology

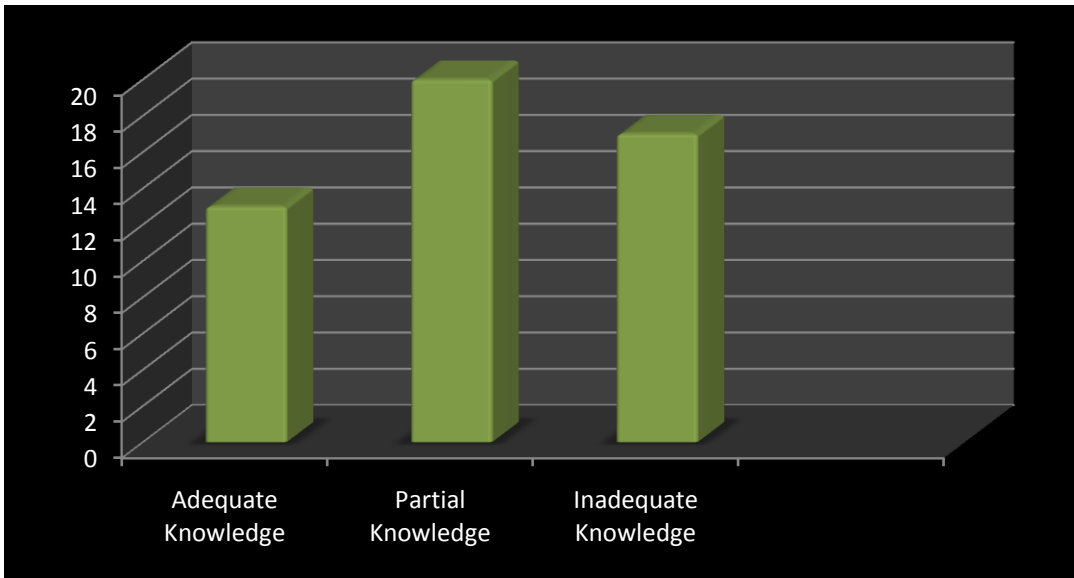
A descriptive study design adopted for the study . 50 tuberculosis Patients included in the study. Convenience sampling was selected to conduct the study. The demographic details consisted of age, sex, marital status,duration of tb treatment. Data was collected through predesigned and pretested questionnaire after informed consent.

## Results and Discussion

**Table.No:1 Assessment of Level of knowledgeof the Tuberculosis patients regarding Tuberculosis diseases.**

<b>Knowledge Level</b>	<b>Percentage (%)</b>
Adequate Knowledge	13
Partial Knowledge	20
Inadequate Knowledge	17

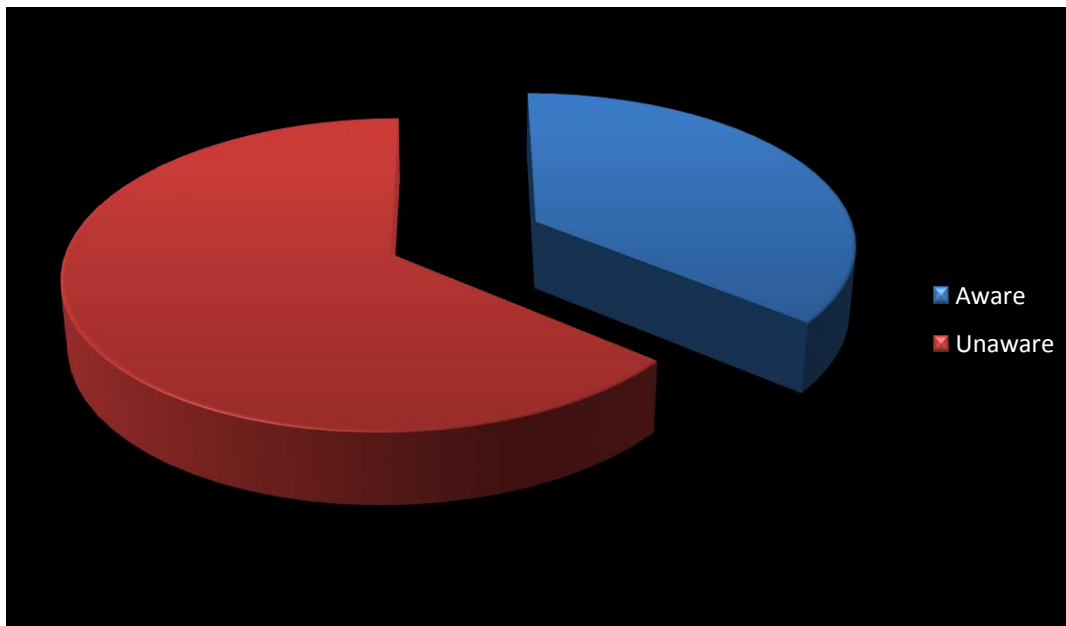
**Figure. No:1. Percentage of Level of knowledge of the Tuberculosis patients regarding Tuberculosis diseases.**



**Table.No:2 Assessment of Level of awareness of the Tuberculosis patients regarding Tuberculosis diseases.**

Awareness	Percentage (%)
Aware	18%
Unaware	32%

**Figure. No:2. Percentage of Level of Awareness of the Tuberculosis patients regarding Tuberculosis diseases.**



### Discussions

The study revealed that the tb patients overall knowledge about the disease is only partial. They have lots of doubts and myths regarding the tuberculosis. The knowledge was analyzed after determining various components for assessing the knowledge these includes general information about tb, mode of transmission, causes of tb treatment and duration of tb treatment. The adequate knowledge regarding tuberculosis is only 13% and awareness about the disease condition is only 18%.

### Conclusions

Based on present study results it can be concluded as adequate knowledge and awareness was low in selected areas of Haryana. Provision of treatment to the affected patients is not the only solution in controlling tuberculosis since a large number of tb patients are expected to continue suffering from the disease due to lack of awareness, social stigma, misconceptions and discriminating attitude towards them on treatment seeking behavior. A mass media campaign is needed through IEC activities and all family members were included in these activities to make it successful to get rid off the misconceptions and poor attitude about the disease.



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