



A cross sectional study to determine the effectiveness and compliance of the new guidelines of RNTCP

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Abstract

Background: Government of India introduced new guidelines of Revised National Tuberculosis Control Programme (RNTCP) to control TB. A study was done to evaluate the effectiveness and compliance of new guidelines among patients of MR-TB Centre, Indore.

Objective: 1) To determine the effectiveness of new guidelines of TB in improving patient compliance.

2) To determine whether the nutrition money provided to the patients of TB really being used for nutrition or is utilized for some other purpose.

3) To determine the effects of providing nutrition money on the health status of patients of TB.

Methodology: The present study is a cross sectional study, this study was conducted in the 50 persons in MR-TB Centre, Indore for 2 months. Sampling technique of study was Simple Random Sampling Technique. The study tool of the study is Pre tested and Pre-designed questionnaire for patients of TB enrolled under the new guidelines of RNTCP. Data was entered in excel sheet and analyzed.

Results: In this study population, most of the patients belonged to the age group 21- 40 (54%), nearly 60% did not know about the Poshan Yojana. 85% of patients used the given amount for their nutritional needs.

Conclusion: The study revealed that most of patients have not been able to take the full advantage of the medical, nutritional and financial support measures offered by government.

Keywords: RNTCP, TB, Poshan Yojana.

Introduction

Tuberculosis remains a worldwide public health problem despite of the fact that the causative organism was discovered more than 100 yrs ago

and highly effective drugs & vaccine are available making it a preventable & curable disease.

To control TB in India, National Tuberculosis Programme (NTP) was launched in 1962.

However the treatment success rates were unacceptably low and the death & default rates remained high. Therefore in 1993, in order to overcome these lacunae, the Government of India came up with Revised National Tuberculosis Control Programme (RNTCP).

Nikshay

Central TB Division in collaboration with National Informatics Centre has undertaken the initiative to develop a case based web based application named Nikshay, launched in May 2012

Nikshay Poshan Yojana

1. Creating a platform for TB patients.
2. Recording details of the TB patients.
3. Offering financial assistance– All TB patients will receive Rs. 500 monthly, directly in their active bank accounts linked with Aadhar cards.
4. Part of NHM – The implementation of the special medical scheme, offering help to the TB patients, will be done under the National Health Mission.

Aims and Objective

- 1) To determine the effectiveness of new guidelines of TB in improving patient compliance.
- 2) To determine whether the nutrition money provided to the patients of TB really being used for nutrition or is utilized for some other purpose.
- 3) To determine the effects of providing nutrition money on the health status of patients of TB.

Methodology

The present study is a cross sectional study, this study was conducted in the 50 persons in MR-TB Centre, Indore for 2 months. Sampling technique of study was Simple Random Sampling Technique. In our study all the patients of TB who give consent are included. Patients of disease

other than TB, Patients suffering from TB before the launch of new guidelines of RNTCP & whose name has not been enrolled in the program, and patients who did not given consent are excluded. The study tool of the study is Pre tested and Pre-designed questionnaire for patients of TB enrolled under the new guidelines of RNTCP. Data was entered in excel sheet and analyzed.

Results

Table 1: Age of the patient

Age Group	Number of patients in the given group (out of 50)	% of patients in that age group
0-10	0	0%
11-20	4	8%
21-30	13	26%
31-40	14	28%
41-50	7	14%
51-60	1	2%

Maximum patients (>50%) lie within the age group (21-40)

TYPE OF T.B	Number of patients within the given type (total =50)	% of patients within the given type
Category 1	26	52%
Category 2	24	48%

Table 2: Comfortable with which kind of regime

Type of regime found comfortable	Number of patients in the given group	% of patients in the given group
Daily	48	96%
Thrice weekly	2	4 %

*According to the data most of the people (96%) find the daily regime more comfortable

Table 3: Getting your treatment/tablets

Medication procured through	Number of patients in the given group	% of patients in the given group
Health worker	27	54%
Private	2	4%
Hospital	21	42%

*Most of the patients obtain their medication either from health worker (54%) or from the hospital (42%)

Table 4: Getting

How do you get new medicines	No. Of patients (45)	% of the patients
Showing empty packets	24	53.33%
Without showing the packet	11	24.44%
On showing the card	9	20%
Doctors prescription	1	2%

a new packet of tablets

*Majority of the patients get their medicines on showing the empty packet

Table 5: Knowledge that under RNTCP, TB patients are being given monetary support by the government of India for the improvement of their nutritional status.

Whether they know about Poshan Yojana	No. Of patients	% of patients
Yes	20	40%
No	29	58%

*Nearly 60% of the patients do not know about Poshan Yojana.

Table 6: Utilization of money

How is the money utilized	No. of patients in the given group(out of 20)	%of patients in the given group
For nutrition	17	85%
Other expenses	3	15%

*Most of the patients (85%) use the given amount for fulfilling their nutritional needs

Discussion

In this cross sectional study done on 50 Tuberculosis patients (aged 11 – 60 yrs) where most of the patients belonged to the age group 21-40 (54%), we found that about 52% patients were under Category 1 and 48% under category 2 TB as compared to a study carried out in Kotali Azad Kashmir which showed the prevalence of Category 1 TB to be 94.15% and that of category 2 TB to be 5.85%.

Patients who were previously taking thrice a week regimen have now been shifted to the daily regimen under the new guidelines, Most of the patients (96%) found the daily regime more comfortable. Most of the patients obtained their medication on a weekly basis (52%) either from a health worker (54%) or from the hospital (42%).

The new packet of tablets was obtained by showing empty packet (53%) and without showing empty packets in (24%).

Nearly 60% did not know about the Poshan Yojana. The number of patients receiving 500 rupees are the same people who knew about the Yojana i.e 40%. 85% used the given amount for their nutritional needs (to buy vegetables, fruits).

Conclusion

The present study revealed that most of patients have not been able to take the full advantage of the Nikshay Poshan Yojana due to unawareness. Inspection and enforcement with designated roles and responsibilities and dedicated manpower is needed for sustainable long term impact. Active measures should also be taken to spread the message and generate awareness on the importance of TB notification and multiple support measures offered by the government to become a TB free nation.

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Conflict of interest: None declared

Ethical approval: the study was approved by the Institutional Ethics Committee

References

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