



Research Article

ASSESSMENT OF TUBERCULOSIS-RELATED KNOWLEDGE AMONGST RURAL AND URBAN POPULATION IN RAJASTHAN

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ABSTRACT

Background-Awareness and knowledge about any health condition or disease is important for improving the quality of life and optimizing patient's health.

Methods-This cross sectional study enrolled 100 people residing in urban and rural area of the city. This study was carried out for 3 month duration and individuals aged more than 18 years were enrolled.

Results-There was a no-significant difference in the awareness about symptoms between rural and urban population. There was a significant difference in the awareness of modes of transmission as far as air and close contact were concerned.

Conclusion- Our study shows that knowledge and awareness about tuberculosis is not upto the mark with rural population still being unaware of various truths.

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INTRODUCTION

Awareness and knowledge about any health condition or disease is important for improving the quality of life and optimizing patient's health.¹ Tuberculosis is the most dreaded and common global health issue after HIV and is the leading cause of death.² Adequate and timely knowledge about tuberculosis is associated with positive attitude towards healthcare.³ Tuberculosis is the third leading cause of mortality in developing countries after HIV and Ischemic heart disease. According to a survey and global TUBERCULOSIS report, there were approximately 8.6 million newly diagnosed cases in 2012 and 1.3 million deaths due to tuberculosis. Even though it is treatable condition, it is the second leading cause of death. This can be mainly attributed to lack of awareness and knowledge. According to surveys done in the past, there is the evidence that if we improve the knowledge and awareness about tuberculosis amongst the population then it can lead to significant decrease in the Tuberculosis of new case.

T.B continues to rank among world's most serious health problems despite effective diagnostic & treatment measures.⁴ Current study was conducted considering the fact that unless the general public & young generation possess basic knowledge about T.B & its management, it is unlikely to make best use of available facilities.

MATERIALS AND METHODS

This cross sectional study enrolled 100 people residing in urban and rural area of the city. This study was carried out for 3 month duration and individuals aged more than 18 years were enrolled. All the patients were required to fill a questionnaire which contained information about their socioeconomic data like age, sex literacy level, and residential status, religion and monthly income. The questionnaire had questions regarding the symptoms of Tuberculosis, its mode of transmission and various methods to prevent its spread. All the data obtained from the survey was arranged in Microsoft excel and analysed by EPI Info software. Z test was applied as the test of significance and p value of less than 0.05 was considered significant.

Table 1 Awareness about symptoms amongst rural and urban population

| Symptoms | Rural (n=50) | Urban (n=50) | p-value |
|-------------|--------------|--------------|---------|
| Cough | 32 | 38 | >0.05 |
| Fever | 30 | 33 | >0.05 |
| Weight loss | 18 | 21 | >0.05 |
| Vomiting | 6 | 7 | >0.05 |
| Hemoptysis | 4 | 3 | >0.05 |

There was a no-significant difference in the awareness about symptoms between rural and urban population.

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Table 2 Awareness about modes of transmission

| Mode of transmission | Rural (n=50) | Urban (n=50) | p-value |
|----------------------|--------------|--------------|---------|
| Air | 13 | 18 | <0.05 |
| Close contact | 9 | 15 | <0.05 |
| Water | 2 | 3 | >0.05 |
| Food | 3 | 3 | >0.05 |
| Smoking | 4 | 5 | >0.05 |

There was a significant difference in the awareness of modes of transmission as far as air and close contact were concerned.

DISCUSSION

In the present study, assessment of awareness about TB showed that the awareness of people is not satisfactory. The goal of national health policy 2017 was to increase the awareness of TB in both educated & uneducated people. In 1959 the Government of India, with the help of WHO, established the National TB Institute (NTI) in Bangalore to develop a national TB control programmer (NTP), with the aim of establishing prompt awareness, diagnosis and ambulatory treatment which were integrated into general health services.

Tuberculosis is an infectious disease that primarily affects lungs and various other organs of the body. It is caused by mycobacterium tuberculosis. It is known as pulmonary tuberculosis if it affects lungs and extrapulmonary tuberculosis if it affects any other organ. The major route of spread of Tuberculosis is by aerosol⁵. Various measures have been taken at the state and centre level to prevent and control the disease. Despite of this, tuberculosis is increasing at an alarming rate and various deaths have been associated with it. Approximately one third of the world's population has tubercular infection.⁶ India ranks highest in the world regarding the number of tubercular cases. The key to controlling any disease is complete and thorough knowledge and awareness about the condition.

In a study conducted by Yadav *et al*⁷ on awareness of Tuberculosis, which showed that literate population had higher level of awareness. In a similar study conducted in Delhi, there were 95% of the participants who were aware of tuberculosis.

CONCLUSION

Our study shows that knowledge and awareness about tuberculosis is not upto the mark with rural population still being unaware of various truths.

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