

Predictors of defaulting from Anti-TB treatment in selected townships of Upper Myanmar

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Abstract

Defaulting from tuberculosis (TB) treatment is one of the major barriers to its control. The cure rate and treatment completion rate can be improved if the predictors of defaulting behaviour are known in advance. A case –control study was conducted in TB centres of selected townships of Upper Myanmar from August 2006 to July 2007 to investigate the predictors of defaulting from treatment. Total 400 patients (100 with defaulting behaviour and 300 regular treatment takers) participated in this study. The significant predictors were age more than 25 years, migratory patients, poor patients, patients with risk behaviours, patients not received early health education, patients lived more than 5 kilometres from clinics;, patients who had to travel more than 15 minutes to clinic, and bad social dealing of staff. The changeable factors like risk behaviour of patients, giving adequate and timely health education and patients' satisfaction with health services should be improved to reduce the default from anti-TB treatment.