

**HEALTH CARE SEEKING BEHAVIORS OF
TUBERCULOSIS DISEASE IN
NEW PULMONARY TUBERCULOSIS PATIENTS
IN TUBERCULOSIS DIAGNOSTIC CENTRE,
MANDALAY REGION**

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ABSTRACT

A cross-sectional study was conducted among new pulmonary TB patients for health care seeking behavior of TB in TB diagnostic center, Mandalay Region during October to November, 2013. The study aimed to review the health care seeking behaviors of TB among new pulmonary TB patients attending at TB diagnostic center, Mandalay Region to assess their knowledge on TB and the health care seeking behavior of the pulmonary TB patients as well as proportion and length of the patient delay in seeking the treatment of TB among the pulmonary TB patients. A total of 154 TB patients were involved in this study. Face to face interview was performed by using pre-tested semi-structured questionnaire. Mean age of the respondents was 42.77 ± 16.951 yr. and male constituted 63 %. It was found that 53 % were married. Regarding occupation, 31.2% were dependents. Among the respondents, 70% of the patients answered cough as the symptom of TB but only 57.8% knew the correct mode of transmission. All the respondents could answer the treatment duration and heard about TB and DOTS from health care provider 64.6% and less than half of them knew the cause and prevention. Only 9.1% knew MDR-TB as a consequence. Nearly 69% had a good knowledge but the reason for seeking care was the suffering symptoms were getting worse. On knowledge scoring, 68.8% had high knowledge on all about TB. The pharmacy and GP were the first place for seeking treatment accounting for 40.9% each. Nearly 54% were delayed with a median delay 30 days. About 72.3% of the patients who took self-treatment were delayed and there is association between delay and self-treatment. There was no significant association between age, sex, education, urban/rural residence and patient delay. Knowledge on TB also had no association with delay. This study highlighted that there would have opportunities to reduce patient delay by improving the health seeking behavior thereby reducing the self-treatment portion. The study recommended to strengthen the health education, to strengthen the existing Public-Private partnership more focus on GP, to advocate the pharmacies including non-registered drug and to expand the activities with pharmacies in presumptive TB patients' referral if the results of the pilot study were satisfactory.