

Health seeking behavior of TB patients: with or without family history of the disease.



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Dedication

This thesis is dedicated to all the doctors, public health professionals and all other people who are working hard to stop the spread of TB in Pakistan. And due to their outstanding work has won US award for combating Tuberculosis. I also want to dedicate my thesis to the TB patients who are fighting with this disease.

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Abstract:

Tuberculosis is a major public health problem; Pakistan is ranked Fifth among the TB high burden countries. Good health seeking behavior is very important for the diagnosis, treatment and control of the disease in the country. This study is conducted in a government hospital Kayyaban-e-Sir-Syed, Rawalpindi. The aim of the study was to identify the impact of family history of TB on health seeking behavioral of TB patients. Purposive sampling technique is used and the study population is divided into two groups: TB patients with family history of the TB, TB patients without family history of the TB. Here family history is linked with awareness and health seeking behavior with the knowledge, attitude and practices of the patients. In-depth semi structured interviews were conducted from the registered TB patients. Patients belonging to the both groups were asked same questions. Interviews conducted from the TB patients were recorded, transcribed and then the qualitative data was analyzed using observations, conversational and textual analysis of data. Emerging themes from interviews was coded and analyzed with the respondents. Six major themes were emerged: Family history, Health seeking behavior, Treatment, Health education, Stigma, Diagnostic delay. Main finding under the themes were that TB patients with family history have comparatively good health seeking behavior, less diagnostic delay and more knowledge about the disease and the treatment than that of patients with no family history of the disease. The patients with the family history were more sensitized, knowledgeable, had better attitude towards the diagnosis and the seeking of the treatment and had good inclination towards healthy practices than that of patients with no family history of the TB. Role of the doctors is very important for improving the health seeking behavior of the patients. There is too much information about the pulmonary TB which is associated with lungs only but at the same time there is very less information about the extra pulmonary TB which can affect any part of the body. Most of the people believe that the TB is only associated with lungs. People should be educated about the extra pulmonary TB, in addition to this it should be brought to the notice of the doctors as well. The government and private hospitals need to disseminate the information about the TB for an adequate awareness of the patients, paramedics and the doctors. Knowledge regarding TB needs attention as still people get isolate themselves from their families due to TB. The TB stigma needs to be addressed with joint effort of the TB education program, media and mostly importantly the positive role of the families and co-workers. It is also

very important to educate the patients on the infection control measures and cough etiquettes so that the TB spread is halted.

Contents

1 Introduction.....	8
1.1 Significance/rationale of the study.....	8
1.2 Aim of the study.....	9
1.3 Research Objectives.....	9
1.4 Research Questions.....	9
1.5 Delimitations of the study.....	9
2 Literature Review	10
2.1 Identify Literature gap(s) pertaining to the topic understudy	10
2.2 Substantiating evidences from the literature	10
2.3 Relevant literature on the topic:	10
3 Proposed theoretical/conceptual framework (diagram)	12
Dependent Variable	12
Independent Variable:.....	12
4 Proposed Research Methodology	12
4.1 Sample Selection.....	12
4.2 Population Frame	13
4.3 Units of Analysis.....	13
4.4 Type of study	13
4.5 Time horizon:.....	13
4.6 Instrument development selection:	13
4.7 Data Collection:	13
5. Data Analysis:	13

5.1 Family History:	14
Table 1	15
1. With Family History:	15
2. With History More Careful:	16
3. With No Family History:	16
4. The Relapse Case:	17
5.2 Health Seeking Behavior:	17
Table 2:	17
1. Health seeking behavior of TB patients with family history:	17
2. Effect of the surrounding on the Health seeking behavior:	18
3. Health Seeking Behavior of TB Patients with no family history:	18
4. Role of the Doctors:	19
5. Role of Family History on Health Seeking Behavior:	19
5.3 Treatment:	20
Table 3:	20
1. Patients with family history:	20
2. Time period of the Treatment:	20
3. Patients with no family history:	21
4. Time period of the Treatment:	21
5. Few exceptions:	21
5.4 Health Education:	22
Table 4	22
1. Health Education of Patients with family history of TB:	22
Misconception:	22
2. Exception:	23
3. Health Education of Patients with no family history of TB:	23

Misconception:	24
4.Exception:	24
5.5 Stigma:	25
Table 5:	25
1. Patient with Family History:	25
2. Patient with no Family History:	25
3. Exception:	26
5.6 Diagnostic delay:	26
Table 6:	26
1. Patient with Family History:	26
2. Patients with no Family History:	26
3.Exception:	26
6. Discussion and Findings:.....	27
7.Conclusion and Recommendations:	29
8 Reference list (APA)	30