

**THE CAUSES OF NON-COMPLIANCE TO  
TUBERCULOSIS TREATMENT IN PATIENTS AT  
MATLALA DISTRICT HOSPITAL**

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**DECLARATION**

I, Freddy Linzamo Moba hereby declare that the work on which this research is based is original (except where acknowledgements indicate otherwise) and that neither the whole work nor any part of it has been, is being or is to be submitted for another degree at this or any another university.

Dr. FM LINZAMO

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## **ABSTRACT**

### **Aim/Objectives**

The aim of this study was to determine the causes of non-compliance to Tuberculosis treatment in patients seen at Matlala District Hospital.

### **Materials/Methods**

A cross-sectional descriptive study among tuberculosis patients was conducted at Matlala hospital for a period of twenty four months. The study was performed in district hospital located at Sekhukhuni district of the Limpopo Province. The hospital has 250 beds with 11 doctors.

The population of this study was tuberculosis patients presenting at Matlala hospital from January 2008 to December 2009. A defaulter was defined as a patient whose treatment was interrupted for two consecutive months or more. A semi-structured questionnaire was used for data collection. The participants of the study were asked to complete the questionnaire with the help of the trained research assistant.

The data for this study was captured and analyzed using Microsoft excel and EpiInfo, respectively. The frequencies and percent were used to interpret the data. The finding was displayed using bar graphs and pie charts.

### **Result**

A total of 430 tuberculosis patients participated in the study. Of these, 64(14.8%) were defaulters. About 31% of the defaulters were in the age group 30-39 years, 53% were males, 63% single, 13% with no formal education, 81% unemployed, 21% drink alcohol, 31% smoke. The majority start defaulting at the third month and fifth month. The main reasons for defaulting were due to: went to traditional healers, distance to health center, and felt better after starting treatment.

Fifty percent of the defaulters were HIV positive. More than fifty percent of the defaulters were once admitted during life time in the hospital due to pulmonary tuberculosis.

### **Conclusion**

This study has demonstrated that the factors which contribute to non-compliance to Tuberculosis treatment among patients seen at Matlala Hospital were mainly the distance, use of traditional healers and feeling of improvement. With regard to the said reasons, we need to intensify patient education about the need to complete treatment and improve the DOTS support system.

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