Subtheme 1: Chronic illness and care   OP7

The association of sociodemographic and health-related factors with the pattern of tuberculosis among newly diagnosed patients at Chest Clinic Jaffna

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Background and Objective: In Sri Lanka annually 8,000 patients with tuberculosis disease are detected. This figure is 200-250 for the Jaffna district. The pattern of tuberculosis refers to the distribution of pulmonary and extra pulmonary tuberculosis according to various sociodemographic and health-related factors. This study aimed to assess the influence of sociodemographic and health-related factors on the pattern of tuberculosis among newly diagnosed patients with tuberculosis at the District Chest Clinic Jaffna during 2016 - 2020.

Methods: A descriptive cross-sectional study was performed based on secondary data available at the Chest Clinic Jaffna. Frequencies and percentages were used to describe the factors. The association between sociodemographic and health-related factors with the pattern of tuberculosis was assessed using the chi-square test.

Results: In the sample of 1003 newly diagnosed patients, the mean age was 47.9 years and 36.7% were below 40 years. Among them, 65.4% had pulmonary tuberculosis and 34.6% had extra pulmonary tuberculosis (EPTB). Tuberculosis lymphadenitis was the leading cause of EPTB at 24.9%. Low education and unemployment were identified as risk factors. Over half (52.2%) had studied only up to O/L. Diabetes was identified as a risk factor in 20% of the sample.

Conclusions: The pattern of tuberculosis in the Jaffna district is closely linked to age, gender, education level, BMI, smoking status, and comorbidities. The prevalence was high in MOH areas Jaffna, Chavakachcheri, and Kopay. This population has to be targeted for health promotion activities. Screening for diabetes, malnutrition, and smoking is recommended at the time of diagnosis of tuberculosis along with referral for appropriate remedial action.

Keywords: Pattern of tuberculosis, Jaffna, Diabetes, Extra pulmonary tuberculosis, Health factors