



A Short Report On Tuberculosis In District Dir (Lower) Khyber Pakhtunkhwa Pakistan

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Abstract:

The present study was conducted during July 2003 to December 2003 in District Dir (Lower) Khyber Pakhtunkhwa Pakistan. The purpose of the present study is to describe the prevalence of Tuberculosis (TB) among the local population visited to health care center of Dir (Lower). A descriptive study was design. For the collection of data a design performa was used. A total of 142 sputum samples from patients suspected for pulmonary TB were collected from different Hospitals located in Dir (Lower), and were studied under microscope. Out of the total 143 the 37 (26%) were positive for Tuberculosis. In the present study female (59%) were more infected than male (41%). Where the age is concern the high occurrence (84%) of TB was recorded in age group 15-54 years, and the lowest was recorded (8%) in age group 0-14, 55 and above years. From our finding it is concluded that Tuberculosis is still prevalent in the visited population to health care center of Dir (Lower).

KEY WORDS:

Prevalence, Tuberculosis, Descriptive study.

INTRODUCTION:

Tuberculosis (TB) is a contagious disease caused by slow-growing facultative intracellular parasite *Mycobacterium tuberculosis*. In world wide the TB is a major health problem especially in less developed countries. Tuberculosis is a disease of poverty. One third of the world population is infected with TB. Every second someone in the world is infected with TB (1). If active TB patient is untreated it can infect 10-15 people a year. In 2006 worldwide 9.2 million new TB cases were diagnosed, while in 2009, 9.4 new cases of TB were diagnosed (2,3,4).

METHODS

This descriptive study was carried out in District Dir (Lower) Khyber Pakhtunkhwa Pakistan during July, 2003 to December 2003. The aim of the present study was to find out the prevalence of TB among the local population visited to health care center of Dir (Lower). A descriptive study was design. The

data was collected from the Hospitals located in Dir (Lower). A design performa was used for collecting the data include, address of patient, sex, age and date. A total 142 sample were collected. The descriptive analysis of the data was done.

RESULTS AND DISCUSSIONS

The TB is still remains a serious threat to public health worldwide and especially in developing countries. Over 50 percent of the global burden of the TB makes up Pakistan and other Asian countries (5). The study was approved by the ethical authority of respective hospitals. Out of the total 142 samples the 105 (74%) were negative and 37 (26%) were positive for TB (Figure 1).

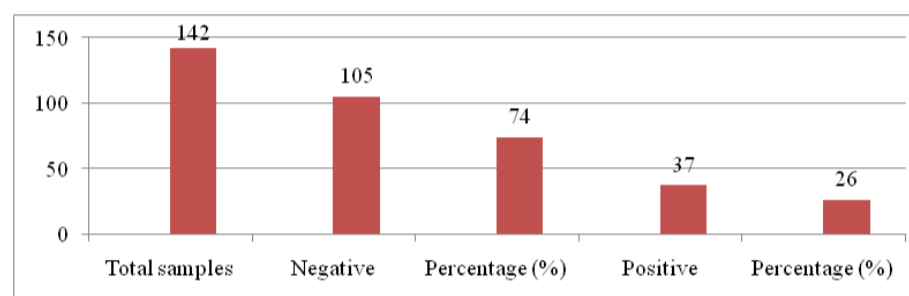


Figure 1: Distribution of negative and positive TB patient in District Dir (Lower)

SEX WISE OCCURRENCE OF TUBERCULOSIS

From the sex wise analysis of the data it is clear that the female are more infected with TB is compare to male (59%) and (41%) respectively (Figure 2). In the present analytical study the high prevalence was recorded in female as compare to male which is similar to the findings of others (6,7). The female have closed contact with children. They also have certain problem to visit a healthcare center, ignorance, no early medical care, lack of proper treatment protocol, War and economic depressions, lack of knowledge regarding the treatment, so the patient of TB left their treatment before the completion. Due to these reasons the female have high TB.

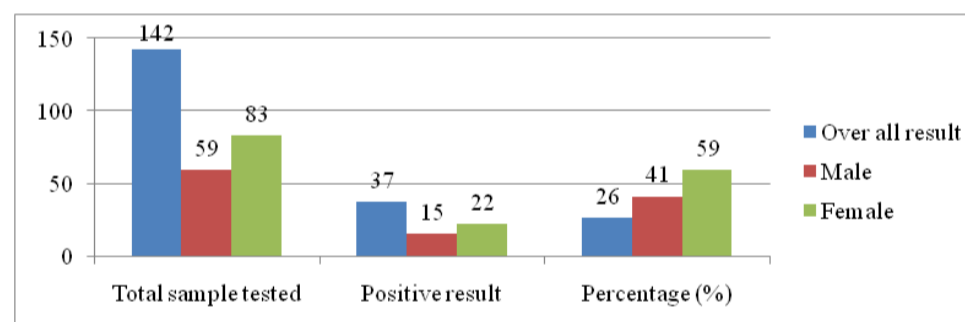


Figure 2: Gender wise occurrence of TB in District Dir (Lower)

AGE WISE OCCURRENCE OF TUBERCULOSIS

In the present analytical study the occurrence of TB among different age groups were also analyzed. The local population of Dir (L) was divided in to three different groups as follows group 1: 0-14 years, group 2: 15-54 and group 3: 55 and above. The high prevalence of TB patients was recorded in age group 15-54 years 31/37 (84%) while the lowest 3/37 (8%) was observed in age group 0-14, 55 and above years (Figure 3). The age wise analysis of TB patient's revealed alarming results as (84%) belong to age group 15-54 years followed by age group 0-14, 55 and above (8%) respectively. Age is important aspect in epidemiology. Age group 15-54 is most significant and productive. The high prevalence of TB in this age group is not only the problem of the individual but also poses a serious threat for whole family. TB also causes the poverty, because it can infect the productive age group. According to Shafqat and Jamail, (8)

more than 80% patients belong to age group 15-64 years which is similar to our finding. The result of our study is also comparable with Tauseef et al., (9) reported more than 70% TB patients in age group 21-60 years.

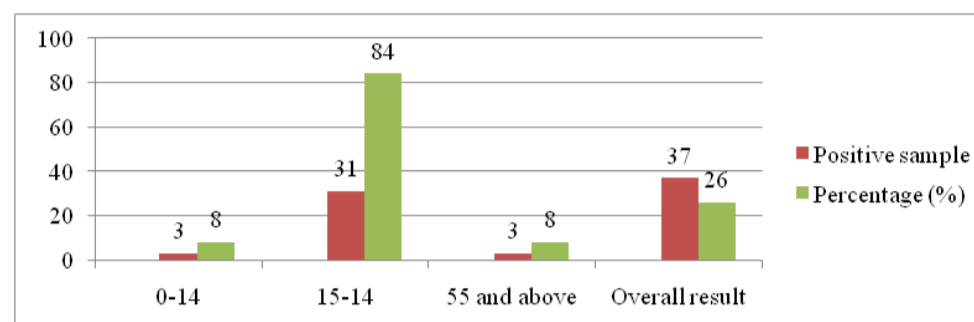


Figure 3: Age wise occurrence of TB patient in District Dir (Lower)

CONCLUSIONS

It is concluded that the TB is still prevalent in visited population to health care center of Dir (Lower). The female have high prevalence of TB is compare to male. While the age group 15-54 years have high prevalence of TB. Awareness and knowledge regarding the treatment of TB is needed and especially for women.

COMPETING INTERESTS

The authors declare that they have no competing interests.

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