

DETERMINANTS OF NUTRITION STATUS AMONG PATIENTS WITH PULMONARY TUBERCULOSIS AT KERICHO COUNTY REFERRAL HOSPITAL, KENYA

Tuberculosis (TB) is one of the top 10 causes of mortality worldwide. Africa hosts the highest prevalence with Kenya being among 30 countries with the leading burden of TB. Considering that it is a major cause of death in Kenya, it remains a major public health concern. Nutrition status is one of the determinants for the development of TB. Poor nutrition status affects cell-mediated immunity, which is the principal host defense against TB, increasing the risk of reactivation of latent TB and progression to active disease and also predicts outcomes of TB cases. Assessing nutrition status is essential for patients with TB to identify those at risk, improve their nutritional status, and prevent any complications associated with malnutrition while promoting good dietary practice influencing recovery from TB. Sustainable development goal number 3 of ensuring healthy lives and promoting well-being for all at all ages aims at ending epidemics of tuberculosis and other infectious diseases by 2030. There are limited studies on the determinants of nutrition status among pulmonary tuberculosis (PTB) patients. The main aim of the study is to investigate the determinants of nutrition status among PTB patients attending Kericho County Referral Hospital. The study will adopt a Cross-sectional descriptive study design. Kericho County Referral hospital and TB clinic will be selected using purposive sampling; PTB patients will be selected using systematic random sampling. Structured questionnaire will be used to collect data from 185 PTB patients. Demographic and socioeconomic characteristics, dietary practices, Morbidity status, and Nutrition status will be analyzed using descriptive statistics; mean, median, standard deviation, and percentages, 24-hour recall data will be analyzed using Nutri-survey 2007 computer package. The association between demographic and socioeconomic characteristics, dietary practices, morbidity status and nutrition status will be determined using chi-square and Pearson correlation coefficient (r).

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