

Depression among T.B Patients

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ABSTRACT

The present study shows that the depression level of among the T.B patients the study finding shows that treatment for T.B is complicated and lengthy process but T.B can be curable by the medicine there is no significant difference between male and female T.B patients. There is no significant difference depression of T.B patient's.

Keywords: *T.B Patients, Medicine, WHO.*

The T.B. is called mycobacterium tuberculosis in active tuberculosis means that one can even unconsciously and unknowingly acquire the bacteria for tuberculosis within them but not even know about it because it is inactive. Whereas active tuberculosis is the start of the bacteria developing and the signs and symptoms begin to be visible. This is when tuberculosis is active within you and is a serious issue leading to even more serious results. Although the T.B. bacteria can infect any organ Kidney, Lymph nodes Joints in the body. The disease commonly occurs in the lungs.

Tuberculosis is one of India's Major public health problems. According to WHO estimates? India has the world's largest tuberculosis epidemic many research studies have shown the effects and concerns revolving around TDR-TB especially IN India, where social and economic positions are still in progression.

The Govt. of Karnataka and Govt. of India Jointly had put the effort to Erase of T.B in India. I every day In India 260 cases are coming newly at hospital what is Tuberculosis?

Tuberculosis (TB) is caused by a bacterium called Mycobacterium tuberculosis (MTB). It most commonly affects the lungs but can affect other areas of the body. The common symptoms of TB are coughing, fevers, night sweats and severe weight loss.

TB is highly infectious and is spread through the air if someone with the bacteria coughs, spits or sneezes. The disease is, however, curable and largely preventable.

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Most healthy people who contract the bacteria will never experience symptoms. However, people who are undernourished, whose immune system is compromised or who live in extreme poverty are more likely to become ill. TB is the second most deadly infectious disease worldwide. In 2013 worldwide 9 million people fell ill with TB and 1.5 million people died.

In Bangladesh, TB is a major public health problem, killing around 70,000 people a year. Bangladesh is the world's most densely populated country, allowing TB to spread quickly due to poor living conditions and a lack of knowledge about the disease.

TB can affect young people of working age. Poor health means they can no longer work and earn a living. The disease drives them further into poverty.

DOTS

Directly observed treatment, short-course (DOTS) is at the heart of the World Health Organization (WHO) Stop TB strategy. The basic five components are:

- Political commitment with increased and sustained financing
- Case detection through quality-assured bacteriology
- standardized treatment with supervision and patient support
- An effective drug supply and management system
- Monitoring and evaluation systems and impact measurement

Symptoms

Although your body may harbor the bacteria that cause tuberculosis, your immune system usually can prevent you from becoming sick. For this reason, doctors make a distinction between:

Latent TB. In this condition, you have a TB infection, but the bacteria remain in your body in an inactive state and cause no symptoms. Latent TB, also called inactive TB or TB infection, isn't tuberculosis of the spine may give you back pain, and tuberculosis in your kidneys might cause blood in your urine.

When to see a doctor

See your doctor if you have a fever, unexplained weight loss, drenching night sweats or a persistent cough. These are often signs of TB, but they can also result from other medical problems. Your doctor can perform tests to help determine the cause.

The Centers for Disease Control and Prevention recommends that people who have an increased risk of tuberculosis be screened for latent TB infection. This recommendation includes:

- People with HIV I AIDS
- IV drug users
- Those in contact with infected individuals
- Health care workers who treat people with a high risk of TB

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Definition

Tuberculosis (TB) is a potentially serious infectious disease that mainly affects your lungs. The bacteria that cause tuberculosis are spread from one person to another through tiny droplets released into the air via coughs and sneezes.

Once rare in developed countries, tuberculosis infections began increasing in 1985, partly because of the emergence of HIV, the virus that causes AIDS. HIV weakens a person's immune system so it can't fight the TB germs. In the United States, because of stronger control programs, tuberculosis began to decrease again in 1993, but remains a concern. Many strains of tuberculosis resist the drugs most used to treat the disease. People with active tuberculosis must take several types of medications for many months to eradicate the infection and prevent development of antibiotic resistance.

Causes

Tuberculosis is caused by bacteria that spread from person to person through microscopic droplets released into the air. This can happen when someone with the untreated, active form of tuberculosis coughs, speaks, sneezes, spits, laughs or sings.

Although tuberculosis is contagious, it's not easy to catch. You're much more likely to get tuberculosis from someone you live with or work with than from a stranger. Most people with active TB who've had appropriate drug treatment for at least two weeks are no longer contagious.

CONCEPTUAL FRAMEWORK

HIV and TB

Since the 1980s, the number of cases of tuberculosis has increased dramatically because of the spread of HIV, the virus that causes AIDS. Infection with HIV suppresses the immune system, making it difficult for the body to control TB bacteria. As a result, people with HIV are many times more likely to get TB and to progress from latent to active disease than are people who aren't HIV positive.

Drug-resistant TB

Another reason tuberculosis remains a major killer is the increase in drug-resistant strains of the bacterium. Since the first antibiotics were used to fight tuberculosis 60 years ago, some TB germs have developed the ability to survive, and that ability gets passed on to their descendants.

Drug-resistant strains of tuberculosis emerge when an antibiotic fails to kill all of the bacteria it targets. The surviving bacteria become resistant to that particular drug and frequently other antibiotics as well. Some TB bacteria have developed resistance to the most commonly used treatments, such as isoniazid and rifampin.

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Where you work or live

- Health care work. Regular contact with people who are ill increases your chances of exposure to TB bacteria. Wearing a mask and frequent hand-washing greatly reduce your risk.
- Living or working in a residential care facility. People who live or work in prisons, immigration centers or nursing homes are all at a higher risk of tuberculosis. That's because the risk of the disease is higher anywhere there is overcrowding and poor ventilation.
- Living in a refugee camp or shelter. Weakened by poor nutrition and ill health and living in crowded, unsanitary conditions, refugees are at especially high risk of tuberculosis infection.

Complications

Without treatment, tuberculosis can be fatal. Untreated active disease typically affects your lungs, but it can spread to other parts of the body through your bloodstream. Examples of tuberculosis complications include:

- Spinal pain. Back pain and stiffness are common complications of tuberculosis.
- Joint damage. Tuberculosis arthritis usually affects the hips and knees.

Blood tests

Blood tests may be used to confirm or rule out latent or active tuberculosis. These tests use sophisticated technology to measure your immune system's reaction to TB bacteria. QuantiFERON-TB Gold in-Tube test and T-Spot. TB test are two examples of TB blood tests.

These tests require only one office visit. A blood test may be useful if you're at high risk of TB infection, but have a negative response to the skin test, or if you've recently received the BCG vaccine.

Imaging tests

If you've had a positive skin test, your doctor is likely to order a chest X-ray or a CT scan. This may show white spots in your lungs where your immune system has walled off TB bacteria, or it may reveal changes in your lungs caused by active tuberculosis. CT scans provide more-detailed images than do X-rays.

Sputum tests

If your chest X-ray shows signs of tuberculosis, your doctor may take samples of your sputum - the mucus that comes up when you cough. The samples are tested for TB bacteria.

Most common TB drugs

If you have latent tuberculosis, you may need to take just one type of TB drug. Active tuberculosis, particularly if it's a drug-resistant strain, will require several drugs at once. The most common medications used to treat tuberculosis include:

- Isoniazid
- Rifampin (Rifadin, Rimactane)

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- Ethambutol (Myambutol)
- Pyrazinamide

If you have drug-resistant TB, a combination of antibiotics called fluoroquinolones and injectable medications, such as amikacin, kanamycin or capreomycin, are generally used for 20 to 30 months. Some types of TB are developing resistance to these medications as well.

A number of new drugs are being looked at as add-on therapy to the current drug-resistant combination treatment including:

- Bedaquiline
- Delamanid
- PA-824
- Linezolid
- Sutezolid

Prevention

If you test positive for latent TB infection, your doctor may advise you to take medications to reduce your risk of developing active tuberculosis. The only type of tuberculosis that is contagious is the active variety, when it affects the lungs. So if you can prevent your latent tuberculosis from becoming active, you won't transmit tuberculosis to anyone else.

Protect your family and friends

If you have active TB, keep your germs to yourself. It generally takes a few weeks of treatment with TB medications before you're not contagious anymore. Follow these tips to help keep your friends and family from getting sick:

- Stay home. Don't go to work or school or sleep in a room with other people during the first few weeks of treatment for active tuberculosis.
- Ventilate the room. Tuberculosis germs spread more easily in small closed spaces where air doesn't move. If it's not too cold outdoors, open the windows and use a fan to blow indoor air outside.

The bacterium that causes TB is called *Mycobacterium tuberculosis*. Inactive tuberculosis means that one can even unconsciously and unknowingly acquire the bacteria for tuberculosis within them but not even know about it because it is inactive. Whereas, active tuberculosis is the start of the bacteria developing, and the signs and symptoms begin to be visible. This is when tuberculosis is active within you, and is a serious issue leading to even more serious results. Although the TB bacteria can infect any organ (e.g., kidney, lymph nodes, bones, joints) in the body, the disease commonly occurs in the lungs.

Depression among T.B Patients

Common symptoms include:

- Coughing that lasts longer than 2 weeks with green, yellow, or bloody sputum
- Weight loss
- Fatigue
- Fever
- Night sweats
- Chills
- Chest pain
- Shortness of breath
- Loss of appetite

Dispersed throughout the country. Pollution causes many effect in the air the people breathe there. and since TB can be gained through the chances of TB remain high and in a consistent movement going uphill: for India.

Treatment

India has a large burden of the world's TB, one that this developing country can ill afford, with an estimated economic loss of US \$43 billion and 100 million lost annually directly due to this disease. Treatment in India is on the rise just as the disease itself is on the rise. To prevent spreading TB, it's important to get treatment quickly and to follow it through to completion by your doctor. This can stop transmission of the bacteria and the appearance of antibiotic-resistant strains. It is a knowingly fact that bacterial infections require antibiotics for treatment and prevention, thus, commonly you will see that patients diagnosed with tuberculosis have certain pills and antibiotics carried around with them. The antibiotics most commonly used include isoniazid, rifampin, pyrazinamide, and ethambutol. It is crucial to take your medication as instructed by your doctor, and for the full course of the treatment (months or years). This helps to ward off types of TB bacteria that are antibiotic-resistant, which take longer and are more difficult to treat.

REVIEW OF LITERATURES

The concept of Depression Among T. Patients has been studied in myriad situations of individuals and its health enhancing qualities and the feeling of being cared for loved and accept cannot be under estimated, the presence of aid and support from significant others in the form Depression T.B. Patients appropriate representation of psychological assets or resources. Therefore is necessary to explain to T.B patients.

Donald and ware (1984) concluded that subjective rating of being cared for and loved and wanted by others are substantially related both conceptually and empirically to mental health. A Depression or T.B Patients system may increase unreliability to mental illness.

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Smith and Hobbs (1996) and Hibbard (1985) observed that mental illness is not the private misery of any individual but in the individual life involving family, job, friendship and religious affiliations. "The relationship between Depression and status of health indicated the having more socialites being more trust full of others and perceiving more control are all related to having better health.

METHODOLOGY

1) **Statement of problem :**

To study the psychological "Depression Among T.B Patients.

2) **Variables:-**

- a) Independent variable
 - Gender
 - Rural
- b) Dependent variables
 - Depression among T.B. Patients

3) **Objectives:**

- a) To know the symptoms of psychological Depression among T.B patients.
- b) To know the difference in the level of psychological Depression among T .B patients of male and female.
- c) To know the difference in the level of Depression IN rural Patient's
- d) To know the difference in the level of Depression male and female T.B patients.
- e) To know the difference In the level of Depression In TB patients

4) **Hypothesis**

- a) There Is significant relation between depression among T.B patients.
- b) There is significant difference in depression of male and female T.B patients.
- c) There is significant difference m depression among rural TB Patients.
- d) There is significant difference in depression male and female of TB patients.
- e) There is significant difference in depression T.B patients rural.

5) **Sample Design**

Area	Male	Female	Total
Rural	25	25	50
Total	25	25	50

The total sample of present study is 50 patient. The Rural Female 25 Patients and 24 male patients and the sample were selected in Jewargi Govt. hospital.

DISCUSSION

Table showing mean SD and T- Value of Depression T.B patrician's

Area	Male	Female	Total
Rural	25	25	50
Total	25	25	50

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The table shows result of depression among male and female the mean score of male is 107.96 and standard Deviation (S.D) is 21.81 that of female mean score is 120.68 and SD is 43.10 there is significant difference mean and SD value of male and female patients.

When t-test is applied to know the significant Difference It's found the obtained T-value of T= 1.31 it is not significant difference in male and female T.B depression patients.

CONCLUSION

- Treatment for T.B is a complicated and lengthy process.
- T.B. patients' can cure by medicine
 - There is no significant difference Between male and female T.B patients
- Now T.B controlling by Awareness
 - There is no significant difference Depression of T.B patient's

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