



**Service Priorities and Programmes**  
**Electronic Presentations**

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**Health education program for newly diagnosed Pulmonary Tuberculoses patients in an isolation ward**

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**Introduction**

Pulmonary Tuberculosis (PTB) is a major contributor to the global burden of disease and has received considerable attention in recent years. Poor adherence to treatment is common, which contributes to prolonged infectiousness, drug resistance, relapse, and death. Studies show treatment adherence of PTB patients might be improved by providing health education about treatment duration and side effects.

**Objectives**

· To raise patients' self alertness on PTB treatment and encourage treatment adherence  
· To facilitate patient education for PTB cases in a standardized and systematic way

**Methodology**

Patients who are communicable and newly diagnosed PTB were recruited. A 10-questions pre-test was designed to capture patients' basic knowledge about PTB. Then, a structural education session was provided by nurse individually. Contents of education session include basic knowledge of PTB, infection control, pharmacological treatments and related side effects, and community support information. Patients were asked to complete a post-test and a questionnaire before discharge to evaluate the effect of health education program. Personal hygiene reminder was also provided to the selected subject and/ or their relatives before discharge.

**Result**

From August 2010 to December 2012, 28 subjects were recruited successfully and completed the education program. All patients had positive improvement (Mean =18.1% improvement) on knowledge of PTB after the program. All patients strongly agreed that the education program was beneficial to them and the education tool facilitates their learning of PTM. They agreed the importance of PTB treatment adherence. A health education program for PTB patients was launched since August 2010 in an isolation ward of United Christian Hospital. The program was successfully increase patients' self-alertness and enhanced compliance of PTB management. In a board sense, the program can prevent further spread of diseases through improving

treatment adherence.