

**PREVALENCE OF ALCOHOL USE AMONGST ADULT TB PATIENTS ATTENDING  
CLINICS IN MBEERE DISTRICT (2014)**

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## ABSTRACT

Kenya is among the 22 high TB burden countries world-wide which contribute 80% of global TB cases. The emergence of MDR-TB and XDR-TB cases in the country poses an even greater challenge in terms of treatment cost and public health implications. A total of 150 MDR-TB cases were detected in 2009. This is truly a public health disaster considering that a single case of open TB can infect up to 15 vulnerable persons per year. There is a global and the national concerns about alcohol use and abuse. The importance of alcohol abuse in predisposition to TB is well documented. Again, alcohol abuse has severe social consequences affecting treatment compliance. The dangers of alcohol use during treatment are also well known. But the magnitude of alcohol use and abuse amongst TB patients in Kenya has attracted low attention. No research has been done about alcohol use during TB treatment. Having seen patients coming to collect TB drugs while intoxicated with alcohol and literally persuading them to take the drugs prompted me to carry out the cross-sectional study in Mbeere district. As the results indicate, the prevalence of alcohol use amongst TB patients was 57.8% while those classified as high risk of alcohol abuse among them were 52.1%. There was a strong correlation between alcohol abuse and missing to take TB drugs ( $P < 0.021$ , 95% CI). There was also a very strong correlation between those patients who took alcohol while on treatment and missing TB drugs during treatment ( $P < 0.002$ , 95% CI). The study therefore gives some insight on the effects of alcohol use has on TB treatment compliance and therefore the need to prioritize alcohol use and abuse issues during TB treatment. This is likely to improve TB treatment adherence, improve treatment outcomes as well as decrease the likelihood of developing the drug resistant forms of TB. Possibly we would achieve the TB Millennium Development Goals of halting and beginning to reverse the incidence and mortality due to TB by even before 2015.