

**EMERGING CHALLENGES IN THE TREATMENT AND MANAGEMENT
OF MULTI DRUG- RESISTANT AND EXTENSIVELY DRUG- RESISTANT
TUBERCULOSIS AT THE KENYATTA NATIONAL HOSPITAL**

**A RESEARCH PROJECT SUBMITTED FOR THE PARTIAL FULFILMENT
TOWARDS THE AWARD OF A DEGREE IN PHARMACY.**

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ABSTRACT

The aim of this project was to identify the challenges in the treatment and management of MDR and XDR TB at the Kenyatta National Hospital, with the following objectives in mind; (1)to find out exactly the number of patients at the clinic and their main challenges as they receive treatment;(2)to get information from the primary healthcare givers on the major challenges and problems they encounter during the course of their work ;(3) to target frontline care givers without higher specialization, who provide the bulk of care in most hospitals ,including the Kenyatta National Hospital. These care givers are not always ware of important research that can help them care for patients better.

The study was conducted at the out-patient isolated MDR/XDR - TB clinic from 3rd September to 5th October 2012. During the study period, data was collected from 10 health workers and 20 patients. Appropriate questionnaires were designed for the purpose. The collected data was analyzed using SPSS version 11.0 software. In conclusion, it was found that there is a need for a better support of both the health workers in terms of training and provision of improved working conditions. On the patients' part, there was need for the health worker to be more supportive and the government to allocate more resources, both financial and training, to cater for all patients adequately.

It was recommend that more financial support for patients on MDR/XDR treatment. Training more health workers and equipping them with clinical knowledge as well as human skills and counseling abilities (customer friendly) was seen as a very important exercise. There is also need to improve screening and diagnostic techniques to ensure patients do not suffer for long before they are diagnosed. Lastly, public awareness and public education on some very basic public health education should be initiated and sustained.

Healthcare providers, in addition, can help prevent MDR-TB by quickly diagnosing cases, following recommended treatment guidelines, monitoring patients' response to treatment and making sure therapy is completed. Another way of preventing MDR-TB spread and better management id to avoid exposure to known MDR-TB patients in closed or crowded places such as hospitals, prisons or homeless shelters.