

# Delay in diagnosis and treatment of TB in Nepal

## Background

Early diagnosis of disease and prompt initiation of treatment is essential for an effective tuberculosis control programme. Delay in diagnosis and treatment of TB may increase the risk of transmission and worsen clinical outcomes, even leading to death. Delays may occur at the level of the patient (patient delays) or at the level of health system (health system delays). Factors which contribute to patient or health system delay are numerous.

## Aim

This study aims to identify and address the factors causing delay in order to plan strategies to support NTP Nepal.

## Methodology

This is a quantitative study and data was collected from patient interviews at different districts of Nepal including Lalitpur, Dang, Surkhet, Kapilvastu and Bardiya; which were selected randomly by representing different ecological regions and urban/rural areas. Data collection, entry and preliminary analysis have been completed. Final analysis and report writing is being performed and the project is going to be completed soon.

## Conclusion

The study detected that patients of rural area were more likely of having longer health system delay as compared to those of the urban area however no significant association was observed between patient delay and area. This study also observed that patient and health system delay didn't differ by sex. In comparison with rural area, more patients of urban area had good level of knowledge regarding the disease and its symptoms and both types of delays were observed lesser in doing self-decision while seeking health care than that of the decision made by parents and spouses. Likewise, lesser health system was detected in those patients who were diagnosed in private health institution than those patients who were diagnosed in public health institution.

