

The effect of Nutrition education on nutritional status of Tuberculosis patients

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Abstract

Tuberculosis (TB) is a major global health problem and is related to poverty, poor nutrition and compromised immune function. The vicious cycle of infection may cause under nutrition through increased metabolic demands while decreased intake and nutritional deficiencies may worsen the disease. Nutrition education provides guidance on the nutritional care and support for patients with TB. The current study intended to investigate the effect of nutrition education on nutritional status of tuberculosis patients. A pre and post interventional study was conducted at Gulab Devi Chest hospital, Lahore during period of December 2016 to February 2017. Data was collected from 100 pulmonary TB patients by filling questionnaire through interview technique to get an insight into patients' demographics, lifestyle factors and dietary behavior. Patients were counseled about recommended servings of five food groups and role of nutrition in disease management. Data were analyzed by using the SPSS software (latest version). Results of the study revealed that on pretesting 32% males, 35% females are undernourished and after three months improvement in BMI of 16% males, 22% females occurred ($p = .013$ to $p = .016$). The nutritional knowledge, hemoglobin (Hb) and erythrocyte sedimentation rate (ESR) of patients improved significantly after three months of intervention ($p = 0.000$). Most of the tuberculosis patients are undernourished and the risk of TB is affected by the nutritional status. Nutrition education has vital role in management and recovery from TB. Nutritional status of the TB patients should be assessed at diagnosis and throughout treatment so they should receive appropriate nutritional counseling.

Keywords: Tuberculosis, Nutrition Education, ESR, Hemoglobin level, Nutritional Status.

Biography:

Ms Maria Aslam holds MS degree in community health and nutrition and has been working as Assistant Professor in University Institute of Diet and Nutritional Sciences (UIDNS) since 6 years. She has an expertise in nutrition education, intervention and dietary counseling for a wide range of health conditions. She is also an author of number of research publications in the field of nutrition and food science. She has written two chapters in books of phytochemistry published by Apple Academic Press (AAP). She has also been a part of number of community nutrition projects, seminars and workshops..



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