

ABSTRACT

Background: Tuberculosis is a major cause of morbidity and mortality globally. The treatment success rate has not yet reached the WHO target of 90%. One effective intervention is counseling. RSUP Surakarta has applied counseling but the success rate of TB at RSUP Surakarta is still below the target.

Objective: To determine the relationship between counseling and treatment success in pulmonary TB patients at RSUP Surakarta.

Methods: An observational study with a retrospective cohort design using SITB, SIMRS, and the counseling records of RSUP Surakarta in 2022. The group of bacteriologically confirmed pulmonary TB patients who received counseling was 155 people, and those who did not receive counseling was 36 people.

Results: The majority of respondents were male (53.4%), in the age group 35-44 years (21.99%), with mean of 43 years. 52.88% lived ≥ 11 km from RSUP Surakarta, 34.55% worked in the informal sector. 70.58% were new TB patients, 75.92% were adherent, and 75.92% had delayed TB diagnosis with mean 3 months. Most (68.06%) recovered from TB. 85% of respondents received counseling, and 36.13% received 2 counseling sessions. Multivariate analysis found that 2 counseling sessions could increase the likelihood of successful TB treatment 1.9 times (95% CI: 1.2-3, $p < 0.05$). Treatment adherence increased the likelihood of successful TB treatment by 1.3 times (95% CI: 1-1.8, $p < 0.05$). Sociodemographic factors (sex, age, residence, occupation), category of TB patient, and delayed TB diagnosis status were not associated with treatment success due to the counseling intervention.

Conclusion: Counseling and treatment adherence are associated with successful TB treatment. Health facilities need to implement 2 counseling sessions as a treatment adherence intervention for TB patients to optimize treatment success.

Keywords: counselling; treatment success; pulmonary Tuberculosis; adult Tuberculosis patients.

ABSTRAK

Latar Belakang: TB merupakan penyebab kesakitan dan kematian yang utama di dunia. Angka keberhasilan pengobatannya masih belum mencapai target WHO yaitu 90%. Salah satu intervensi yang selama ini efektif adalah konseling. RSUP Surakarta telah menerapkan intervensi konseling namun angka keberhasilan TB di RSUP Surakarta masih di bawah target.

Tujuan: Mengetahui hubungan konseling dan keberhasilan pengobatan pada pasien TB paru di RSUP Surakarta.

Metode: Penelitian observasional dengan rancangan penelitian *cohort retrospektif* menggunakan data SITB, SIMRS dan Rekam konseling RSUP Surakarta tahun 2022. Kelompok TB paru terkonfirmasi bakteriologis yang mendapat konseling sebanyak 155 orang dan yang tidak mendapat konseling sebanyak 36 orang.

Hasil: Sebagian besar responden adalah laki-laki (53, 4%), kelompok usia 35 - 44 tahun (21,99%) dengan rata-rata usia 43 tahun, 52,88 % berdomisili ≥ 11 km dari RSUP Surakarta, 34,55% bekerja di sektor informal, 70,58% pasien TB baru, 75,92% patuh selama pengobatan, 75,92 % terlambat diagnosis TB dengan rata-rata lama diagnosis adalah 3 bulan dan sebagian besar sembuh dari TB (68,06%). Sebesar 85% responden mendapat konseling dan 36,13% yang mendapat konseling 2 sesi. Hasil analisis multivariat menemukan bahwa konseling 2 sesi dapat mempunyai kemungkinan keberhasilan pengobatan TB 1,9 kali lebih besar daripada yang tidak mendapat konseling (CI 95%: 1,2-3, $p < 0,05$). Kepatuhan pengobatan meningkatkan kemungkinan keberhasilan pengobatan TB sebesar 1,3 kali (CI 95%: 1 – 1,8, $p < 0,05$). Faktor sosiodemografi (jenis kelamin, usia, domisili, pekerjaan) dan riwayat pengobatan TB serta status keterlambatan diagnosis TB tidak berhubungan dengan keberhasilan pengobatan dikarenakan adanya konseling.

Kesimpulan: Konseling dan kepatuhan pengobatan berhubungan dengan keberhasilan pengobatan TB. Fasyankes perlu menerapkan konseling sebanyak 2 sesi sebagai intervensi kepatuhan pengobatan untuk mengoptimalkan keberhasilan pengobatan TB.

Kata Kunci: Konseling, Keberhasilan Pengobatan, Tuberkulosis paru, Pasien Tuberkulosis dewasa.