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Title: Operational challenges of nutrition among Pulmonary Tuberculosis patients of Raipur town in Chhattisgarh province, India

#### Abstract:

Background: Food insecurity and poor nutritional status in the population are important contributors to the global burden of Tuberculosis disease but usually neglected as a part of Tuberculosis management. The association between Tuberculosis and malnutrition is bi-directional. It predisposes the patient to malnutrition and malnutrition increases the risk of developing active Tuberculosis by 6 to 10 folds.

AIMS: To assess the nutritional status and document a dietary gap among pulmonary Tuberculosis patients in Raipur city.

Methods: A cross-sectional study was conducted among 120 Pulmonary TB patient recruited from designated microscopic Centre (DMC) attached to Pt J.N.M. Medical College, Raipur by consecutive sampling method. Relevant information was obtained in predesigned pretested proforma by interview after informed consent. Results: Overall 54.16% study subjects were under weight (BMI < 18.50); 93.3% had calorie deficit; 37.5% had a dietary gap which was varying over a wide range from 500 Kcal to 1000 Kcal (p-value < 0.005). Very few (5%) were consuming extra calories than standard RDA; 54.17% didn't receive dietary counseling. Of those who received dietary counseling, 40% didn't follow it.

Conclusion and Recommendation: High proportion of tuberculosis patients were undernourished. It needs a monitoring systems and feedback based initiatives to ensure compliance.

#### Biography

Dr. Ashish Sinha is an Associate Professor in Dept of Community Medicine at Pt JNM Medical College Raipur. He got Graduated and Post Graduated in Pt JNM Medical College Raipur. He is also Director Medical in Sickle Cell Institute in Chhattisgarh India. He got Fellowship in Canada. He published 25 research paper in National and International Journals. He also presented 3 research papers in International Conferences. Previously He worked for World Health Organization, National AIDS Control Organization and PGIMER Chandigarh in various positions.