

**PREDICTORS OF POOR TREATMENT OUTCOMES FOR DRUG
RESISTANT TUBERCULOSIS IN EASTERN UGANDA:**

A retrospective cohort study

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DECLARATION

I, Namuyodi Damalie Waiswa, declare that this dissertation represents my own work except where due acknowledgement has been made in partial fulfillment for the award of the Master's degree in Public Health of Busitema University, 2017. It has not been previously presented or submitted to this university as a research project or any other institution for partial fulfillment of any qualification.



SIGNATURE.....

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DISSERTATION APPROVAL

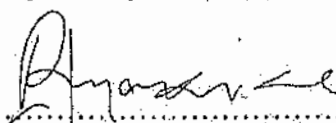
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DEDICATION

To my dear husband Stephen Waiswa for the words of encouragement, moral and financial support together with my sons and the church family for standing with me during my studies.

This is for you. Thanks for being there for me throughout the entire Master's program.

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LIST OF ACRONYMS AND ABBREVIATIONS

ART	Antiretroviral therapy
ATT	Anti Tuberculosis Treatment
DM	Diabetes Mellitus
DOT	Directly Observed Therapy
DR-TB	Drug Resistant Tuberculosis
HIV	Human Immuno-deficiency Virus
MDR-TB	Multi-drug Resistant Tuberculosis
MOH	Ministry of Health
MUAC	Mid Upper Arm Circumference
NTLP	National Tuberculosis and Leprosy Program
PMDT	Programmatic Management of Drug Resistance Tuberculosis
RPMT	Regional Performance and Management Team
RR-TB	Rifampicin Resistant Tuberculosis
RRH	Regional Referral Hospital
SDG	Sustainable Development Goal
SLID	Second line Injectable anti TB Drugs
SSA	Sub Saharan Africa
TB	Tuberculosis
WHO	World Health Organization
XDR-TB	Extensively Drug Resistant Tuberculosis

OPERATIONAL DEFINITIONS [1-4]

The following are the operational definitions for RR-TB/MDR-TB/XDR-TB patients treated using second-line TB treatment:-

Term	Operational definition
Mono-resistance	Resistance to one first-line anti-TB drug only.
Poly-resistance	Resistance to more than one first-line anti-TB drug, other than both isoniazid and rifampicin.
Multidrug resistance (MDR)	Resistance to at least both isoniazid and rifampicin.
Extensive drug resistance (XDR)	Resistance to any fluoroquinolone and to at least one of three injectable second-line drugs (Amikacin, Capreomycin, or Kanamycin), in addition to Rifampicin and Isoniazid (multi-drug resistance).
Rifampicin resistance (RR-TB)	Resistance to rifampicin detected using phenotypic or genotypic methods, with or without resistance to other anti-TB drugs; included any resistance to rifampicin in the form of mono-resistance, poly-resistance, MDR, or XDR.
Pre-XDR	A patient was diagnosed as MDR-TB with a DST result showing resistance to a fluoroquinolone (FLQ) or any of the Injectable Second Line Drugs (SLDs).
Cured	A patient who completes treatment without evidence of failure and remains consistently culture-negative with three or more consecutive cultures taken at least 30 days apart after the intensive phase.
Treatment completed	A patient who completes treatment without evidence of failure but has no record that three or more consecutive negative cultures taken at least 30 days apart after the intensive phase.
Lost to follow-up (LTF)	A patient whose treatment was interrupted for 2 consecutive months or more without medical reason.
Died	A patient who dies for any reason during the course of treatment.
Successful treatment	The sum of pulmonary TB patients with bacteriologically confirmed TB at the beginning of treatment who successfully completed treatment, whether with bacteriological evidence of success ("cured") or without ("treatment completed").
Treatment failure	When treatment is stopped (at any time) or need for permanent regimen change of at least two anti-TB drugs (in continuation phase) because of lack of culture conversion within 6 months on intensive phase, or bacteriological reversion in the continuation phase after culture conversion to negative, or evidence of additional acquired resistance to fluoroquinolones or second-line injectable or due to drugs adverse drug reactions (ADRs).

Not evaluated	A patient for whom no treatment outcome is assigned and treatment outcome is unknown.
Sputum smear conversion:	Defined as the first two consecutive negative sputum smears in patients who were smear-positive at diagnosis.
Time to culture conversion	Defined as time from treatment start to the date of the first of two consecutive negative cultures whose sputum samples were collected 30 days apart.
Culture reversion (to positive)	When, after an initial conversion, two consecutive cultures taken at least 30 days apart are found to be positive. Culture reversion is only considered when it occurs in the continuation phase.
Treatment initiation facility	Both inpatient and ambulatory care facilities that initiate and offer “start-to-finish” case management oversight for DR-TB in the region.
Follow up facility	Any public or private health facility identified and accepted to offer DOT to patients on DR TB treatment after being enrolled into care at an initiation facility.
Cohort:	A group of TB cases registered and monitored over a specific period of time, most commonly in the same calendar year; January to December-referred to as an annual cohort.

ABSTRACT

Background

The outcome of treatment in drug resistant tuberculosis (DR-TB) patients is often poor, but predictors of poor treatment outcome have remained obscure. Uganda is one of the 30 high TB/HIV burden countries in the world. The Uganda multidrug resistant tuberculosis (MDR-TB) treatment success rate dropped from 82% among patients enrolled into care in 2012 to 74% among the 2013 cohort and the mortality rate increased from 11% in the 2012 cohort to 18% in the 2013 cohort. I assessed treatment outcomes and predictors of poor treatment outcome among DR-TB patients in Eastern Uganda in order to identify enabling and disabling factors that would inform MDR TB intervention programs to ensure better treatment outcomes.

Methods

A retrospective cohort study was conducted using data from four selected DR TB treatment initiation hospitals in Eastern Uganda: Iganga, Mbale, Soroti and Lira. All DR-TB patients who initiated TB treatment between June 2013 and December 2016 were included in the study. Data were abstracted from DR TB register and patients' files using a data abstraction form. Data from the records of 269 DR-TB patients were analyzed using STATA version 14. Univariate, bivariate and multivariable analyses were done. Outcomes were evaluated at 6, 12 and 24 months.

Results

The median age was 37 years, and 62.4% were female. DR-TB/HIV co-infection was at 54.7% (147). Overall, 69% (203) of patients had favorable treatment outcomes. Death, loss to follow up, not evaluated and failure rates among the study participants were 32 (11.9%) of which 50% of the deaths occurred in the first 6 months of treatment, 9 (3.3%), 24 (8.9%) and 1 (0.3%) respectively.

Predictors of poor treatment outcomes were negative HIV status (OR 0.39, 95% CI 0.20-0.76), Directly Observed Treatment (DOT) model of care (OR 0.11, 95% CI 0.05-0.23), DOT site (OR 3.8, 95% CI 1.65-8.76) and drug unavailability (OR 2.7, 95% CI 1.20-5.95). The majority of the MDR TB patients (n=193, 71.7 %) had prior exposure to TB treatment, and 66 (25%) of MDR TB patients on treatment had poor outcomes. The community based DOT model of care yielded more treatment success (195/207 (94.2%)) compared to the facility based model (10/207 (4.8%)).

Conclusion

The treatment success of DR TB patients in Eastern Uganda is lower than the global and national targets. This can be majorly attributed to the high death rates. My study shows that being on DOT does not translate to favorable treatment outcomes centrally to what is globally known. The high proportion of unevaluated patients also plays a significant role in the low treatment success rate just as the irregular supply of medicines.

It is recommended that the TB program reviews the DOT model of care and ensure constant drug supply.

CHAPTER 1: INTRODUCTION AND BACKGROUND

1.1 Introduction

Tuberculosis (TB) is a bacterial infection caused by mycobacterium tuberculosis and most often affects the lungs (pulmonary TB) though it could affect other organs (extra-pulmonary TB) [5]. The emergence of resistance to anti-tuberculosis drugs, and particularly multi drug resistance tuberculosis (MDR-TB), has become a major public health problem in many countries and an obstacle to effective global TB control [6, 7]. Globally, the incidence of drug resistance to anti-TB drugs has increased since the first treatment for TB was introduced in 1943. The emergence of MDR-TB followed the widespread use of rifampicin beginning in the 1970s, and led to the need for new regimens using second-line drugs[8].

Drug resistant tuberculosis (DR-TB) is said to occur when TB organisms grow in the presence of one or more anti-TB drugs. MDR-TB is one of the forms of DR-TB that is said to occur when there is resistance to both isoniazid and rifampicin- the two most efficacious drugs in the treatment of TB. The term extensively drug resistant tuberculosis (XDR-TB) describes MDR-TB strains with additional resistance to any fluoroquinolone and at least any of the three injectable second-line drugs (SLIDs) - (Kanamycin, Capreomycin, or Amikacin)[2].

Although its causes are microbial, DR-TB is essentially a man-made problem. From a microbiological perspective, resistance is caused by a genetic mutation that makes a drug ineffective against the bacilli. From a clinical and programmatic perspective, it is an inadequate or poorly administered treatment regimen that allows a drug-resistant strain to become dominant in a patient infected with TB[8]. Ongoing transmission of established drug resistant strains within a population is also a significant source of new drug-resistant cases, often in populations

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