

Nutrition Education for Care and Support of Tuberculosis Patients

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Abstract—Tuberculosis is one of the most fatal disease worldwide, in human caused mostly by the gram-positive acid-fast bacilli under the genus mycobacterium. The mycobacterium tuberculosis primarily affects lungs thereby causing pulmonary tuberculosis. It can also affect bones, joints, intestine, lymph nodes, skin and other tissues of the body causing extra pulmonary tuberculosis. The oral traditions of medicine and public health have it that malnutrition is an important risk factor for the development of tuberculosis (TB). Malnutrition profoundly affects cell-mediated immunity (CMI), and CMI is the principle host defense against TB. Poverty and food insecurity are both causes and consequences of TB. The association between TB and undernutrition has long been known. TB makes undernutrition worse and undernutrition weakens immunity, thereby increasing the likelihood that latent TB will develop into active disease.

An adequate diet, containing all essential macronutrients and micronutrients, is necessary for the well-being and health of all people, including those with TB infection or TB disease. Macronutrients (protein, carbohydrate, fat) and Micronutrients (Vitamins & Minerals) work together to make an individual healthy and disease free. In this project, data of patients suffering from tuberculosis was collected and thereby was statistically studied. Information, Education and communication material was prepared to design an awareness program regarding role of nutrition in patients suffering from tuberculosis.