FACTORS INFLUENCING NON-ADHERENCE TO TUBERCULOSIS TREATMENT IN JEPARA, CENTRAL JAVA, INDONESIA

Angelique Rondags¹, Ari Budi Himawan², Job FM Metsemakers¹ and Tri Nur Kristina³

¹Faculty of Health, Medicine and Life Sciences Maastricht, Maastricht University, the Netherlands; ²Department of Public Health, Faculty of Medicine, Diponegoro University, Semarang; ³Medical Educational and Developmental Unit, Faculty of Medicine, Diponegoro University, Semarang, Indonesia

Abstract. One of the most serious problems for tuberculosis (TB) control is non-adherence to TB treatment. We studied the factors influencing non-adherence to TB treatment in Indonesia to inform TB treatment adherence strategies. We conducted semi-structured interviews with non-adherent patients and key informants in Jepara, Central Java, Indonesia. Three major themes were found in reasons for non-adherence to TB treatment: 1) knowledge about TB, 2) knowledge about TB treatment and 3) choosing and changing a health care treatment facility. Respondents had an inadequate knowledge about TB and its treatment. Feeling healthy and having financial problems were the most common reasons for TB treatment non-adherence. Respondents sought treatment from many different health care providers, and often changed the treatment facility location. TB treatment adherence might improve by providing better education about the disease and its treatment to those undergoing treatment. Providing information about where to receive treatment and that treatment is free could also improve compliance.

Keywords: tuberculosis, treatment, non-adherence, Indonesia