



Kyrgyzstan food parcels distribution and its influence on strengthening patient's adherence to treatment

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High Loss to Follow Up & High MDR in Kyrgyzstan

Kyrgyzstan is one of the 27 high burden MDR countries. Loss to follow up (LTFU) is a problem 8.3%, with a high number of patients missing their 5-month sputum check.

Free Food Parcels with TB Medication

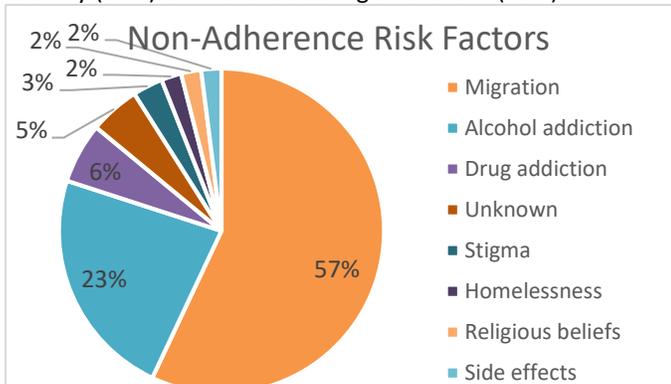
To increase adherence to TB treatment, the program distributed food parcels to TB patients on the continuation phase of treatment:

- 4826 of the 7058 people on TB treatment across all regions in Kyrgyzstan in 2015 received food parcels
- Parcels were distributed where patients normally get their TB medication
- All patients received information sessions on TB during distribution
- Patients had the opportunity to speak with health care workers
- The sputum check was included as a condition to receive a food parcel



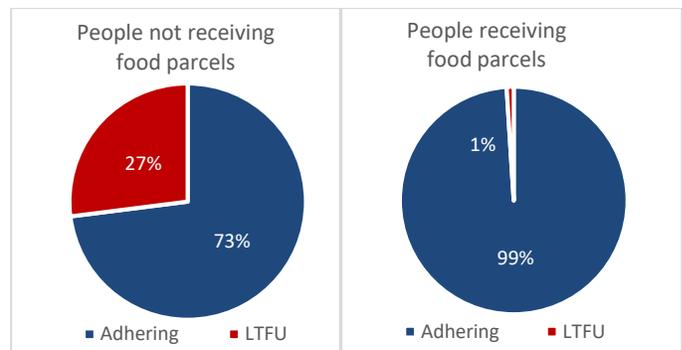
Risk Factors for Non-Adherence

The majority of those LTFU are people who migrate to another country (57%) or who are battling alcoholism (23%).



LTFU Rate Significantly Lower for Food Parcel Recipients

99% of people on TB treatment from January 2015 to December 2015 who were enrolled in the food parcel distribution program came for their X-ray examination and sputum check as scheduled at five months compared with 73% among TB patients who didn't participate in program.



Conclusion

- Integration and coordination of the food parcels with primary care and TB services, combined with the additional motivating incentive of the food parcels, makes it easier for patients to comply with adherence.
- With a 99% compliance rate, we recommend that this patient-centered care model be replicated to ensure greater patient adherence to TB treatment.

