



CARACTERIZACIÓN DEL COMPORTAMIENTO DE LA INFECCIÓN POR TUBERCULOSIS EN EL DEPARTAMENTO DEL ATLÁNTICO ENTRE LOS AÑOS 2021 Y 2023

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RESUMEN

La tuberculosis (TB) sigue siendo una de las principales causas de morbilidad y mortalidad a nivel mundial, a pesar de los esfuerzos globales para su control y erradicación. En 2021, según la Organización Mundial de la Salud (OMS), se reportaron 10,6 millones de casos nuevos de TB en el mundo, con una estimación de 1,6 millones de muertes atribuibles a esta enfermedad.

Objetivo: Caracterizar epidemiológicamente la infección por tuberculosis (TB) en el Departamento del Atlántico entre los años 2021 y 2023, analizando los factores sociodemográficos, clínicos y la adherencia terapéutica de los pacientes, con el fin de proporcionar información para mejorar la toma de decisiones en salud pública.

Material y método: Estudio observacional, retrospectivo y analítico realizado en pacientes diagnosticados con TB en el Departamento del Atlántico, Colombia, entre 2021 y 2023. Se incluyeron mayores de 18 años con diagnóstico microbiológico confirmado de TB. Se evaluaron variables sociodemográficas, clínicas, adherencia terapéutica y comorbilidades. Los datos fueron analizados utilizando estadísticas descriptivas y modelos de regresión logística multivariada para identificar factores de riesgo asociados con la no adherencia terapéutica.

Resultados: Se incluyeron 1133 pacientes, principalmente hombres (62%) con una mediana de edad de 42 años. Hubo prevalencias significativas de desnutrición (18%) y coinfección por VIH (12%), siendo esta última más común en hombres. La TB pulmonar representó el 87% de los casos, y entre las extrapulmonares (13%), las más frecuentes fueron pleural (52%), meníngea (19%) y ganglionar (16%). La adherencia al tratamiento fue alta, pero las mujeres consumieron más pastillas durante la fase intensiva. La no adherencia se asoció a falta de seguro médico y tratamiento prolongado. Factores de riesgo de mortalidad incluyeron edad, sexo masculino, VIH y comorbilidades.

Conclusiones: La TB sigue siendo un desafío importante en el Departamento del Atlántico. Es fundamental mejorar las estrategias de adherencia terapéutica y el manejo de comorbilidades para reducir la mortalidad y mejorar los resultados clínicos en estos pacientes.

Palabras clave: Tuberculosis, adherencia terapéutica, comorbilidades, epidemiología, Colombia

ABSTRACT

Tuberculosis (TB) remains one of the leading causes of morbidity and mortality worldwide, despite global efforts for its control and eradication. In 2021, according to the World Health Organization (WHO), 10.6 million new TB cases were reported globally, with an estimated 1.6 million deaths attributable to this disease.

Objective: To epidemiologically characterize tuberculosis (TB) infection in the Department of Atlántico between 2021 and 2023, analyzing the sociodemographic, clinical factors, and treatment adherence of patients, to provide information for improving public health decision-making.

Materials and Methods: This is a retrospective, observational, and analytical study conducted on patients diagnosed with TB in the Department of Atlántico, Colombia, between 2021 and 2023. Patients over 18 years old with microbiologically confirmed TB were included. Sociodemographic and clinical variables, treatment adherence, and comorbidities were evaluated. Data were analyzed using descriptive statistics and multivariate logistic regression models to identify risk factors associated with nonadherence to treatment.

Results: A total of 1,133 patients were included, mainly men (62%) with a median age of 42 years. There were significant prevalences of malnutrition (18%) and HIV coinfection (12%), the latter being more common among men. Pulmonary TB accounted for 87% of cases, and among extrapulmonary forms (13%), the most frequent were pleural (52%), meningeal (19%), and lymph node (16%). Treatment adherence was high, but women consumed more pills during the intensive phase. Non-adherence was associated with a lack of health insurance and prolonged treatment. Mortality risk factors included age, male sex, HIV, and comorbidities.

Conclusions: TB remains a significant challenge in the Department of Atlántico. Improving strategies for treatment adherence and comorbidity management is essential to reduce mortality and improve clinical outcomes in these patients.

Keywords: Tuberculosis, treatment adherence, comorbidities, epidemiology, Colombia.

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