

Family Support to improve Self Care Adherence Among Tuberculosis Patient: A Systematic Literature Review

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ABSTRACT

Introduction: Tuberculosis (TB) is a chronic disease that is a major cause of health problems and one of the biggest causes of death worldwide. About a quarter of the global population has been infected with TB disease and the majority have died. Indonesia is ranked 4th in the country with the highest TB burden globally in the Southeast Asia (SEA) region and the incidence rate increased by about 13% from 2020 to 2021. **Aim:** to determine the family support needed to improve self-care adherence among tuberculosis patients. **Methods:** The research design applied in this study was a systematic literature review and meta-analysis that was reported in accordance with the guidelines of the PRISMA statement. A systematic review was conducted in four English databases: PubMed, Google Scholar, ProQuest and Dimensions search engines. Both quantitative and qualitative studies that showed family support and self-care adherence to TB treatment were included. Critical appraisal was performed using the critical appraisal checklist from the Joanna Briggs Institute. These articles were published over the last 5 years (2019–2023). **Results:** A total of 245 articles were screened, and 5 articles were ultimately included in the review. This literature review provides an overview of how family support was crucial for TB patients during treatment. The better family support for TB sufferers, the higher the level of adherence. Family plays an important role in providing support during treatment for TB patients. **Conclusions:** This review demonstrates that family support is important to improve the self-care adherence of tuberculosis patients.

Keywords: *Family Support, Self-Care Adherence, Tuberculosis*