

Abstract

Management of Drug Resistant TB drugs Side Effects

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Drug resistant-TB (DR-TB) management including treatment is not as simple one. Adverse reaction and toxicity should be anticipated with any treatment course during treatment. Treatment of DR-TB requires the use of multiple drugs and most patients will experience some difficulty tolerating them. The response of an individual patient, however cannot be predicted. Drugs should not be withheld in anticipation of or because of fear of a reaction.

Side effects were defined as follows:

- Ototoxicity – tinnitus, hearing loss confirmed by audiometry, presence of disequilibrium
- Psychiatric disorders – presence of depression, anxiety, nightmares or psychotic symptoms
- Gastrointestinal effects – nausea, vomiting, abdominal pain, hematemesis, melena, diarrhea, positive endoscopic findings
- Arthralgia, arthritis – pain or swelling in the joints, limitation of movement
- Central nervous system (CNS) – seizure activity of any type as reported by the patient or witnessed by another individual
- Hepatitis – any elevation of serum transaminases in the presence of symptoms or elevation of serum transaminase of five times normal values without any symptoms
- Dermatologic – any skin change characterizing rash or bronzing
- Leukopenia – blood leucocyte count $< 4.000/\text{mm}^3$
- Peripheral neuropathy – numbness, weakness, tingling or burning in the extremities, peripheral neuropathy confirmed by electromyography
- Nephrotoxicity – rise in the serum creatinine of 0.5 mg/dl from baseline at any time during treatment
- Hypothyroidism – serum thyroid stimulating hormone (TSH) $> 10 \text{ mU/L}$

Patients should be well informed about their anti-TB treatment regimens so that they can be recruited as partners invested in the success of their therapy.

- Prior to initiating that every possible attempt to make their treatment, it is essential to discuss the benefits and risk of therapy. The patient should understand the need for treatment, the importance of each medication in the treatment regimen and the possible side effects and toxicities
- Assure that every possible attempts to make their treatment as easy as possible will be made, but emphasize that having enough effective drugs in the regimen is essentials to achieving a cure
- Help patients realize that this may be their last opportunity for cure and future treatment regimens could be more toxic and less effective

Quickly recognize and respond to the symptoms a patients expresses. Careful assessment may allow some symptoms to be attributed to causes other than medication toxicity. Most patients will be willing to continue medication despite side effect when:

- They understand the benefit of the medication
- They know that many of these symptoms improve after the first several weeks
- They are assured that their providers are doing heir best to evaluate and address their problems

References

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