ABSTRACT

Experiences of Pulmonary Tuberculosis Patients in Maintaining Medication Adherence through Self-Management when Experiencing Nausea and Vomiting during the Intensive Phase at Simalingkar Public Health Center, Medan

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Background: Nausea and vomiting are common gastrointestinal side effects in the early phase of anti-tuberculosis drug (ATD) treatment and may threaten medication adherence. Patients do not merely receive treatment but also manage these symptoms themselves. Qualitative studies on this experience in primary care in Indonesia remain limited. **Objective:** To explore in depth the experiences of pulmonary tuberculosis (TB) patients in maintaining medication adherence through self-management when experiencing nausea and vomiting during the intensive phase. **Methods:** A qualitative study with a descriptive-interpretative phenomenological design was conducted at Simalingkar Public Health Center, Medan. Eight intensive-phase (2HRZE) pulmonary TB patients who experienced nausea and/or vomiting were selected purposively. Data were collected through semi-structured in-depth interviews, observation, and document review, and analyzed using Colaizzi's method. **Results:** The eight participants (six women and two men) yielded 81 significant statements and 76 formulated meanings, which were organized into six themes: (1) nausea, vomiting, and physical complaints in early treatment; (2) dietary adjustment; (3) adaptation of the medication routine; (4) support from family and close persons; (5) motivation to recover; and (6) the role of health workers. **Conclusion:** Participants perceived nausea and vomiting as burdensome but temporary, and none stopped treatment. Adherence was maintained through a combination of self-management, social support, motivation, and support from health workers. Early education on side effects and nurse-led self-management support are recommended.

Keywords: pulmonary tuberculosis, self-management, medication adherence, nausea and vomiting, phenomenology