



USAID | **SOUTHERN AFRICA**
FROM THE AMERICAN PEOPLE



BASIC TB MANAGEMENT FOR COMMUNITY WORKERS

URC

Paradigm shift in TB/HIV Advocacy



“

We can't fight AIDS unless we do much more to fight TB as well ”

Nelson Mandela
Bangkok, July 2004

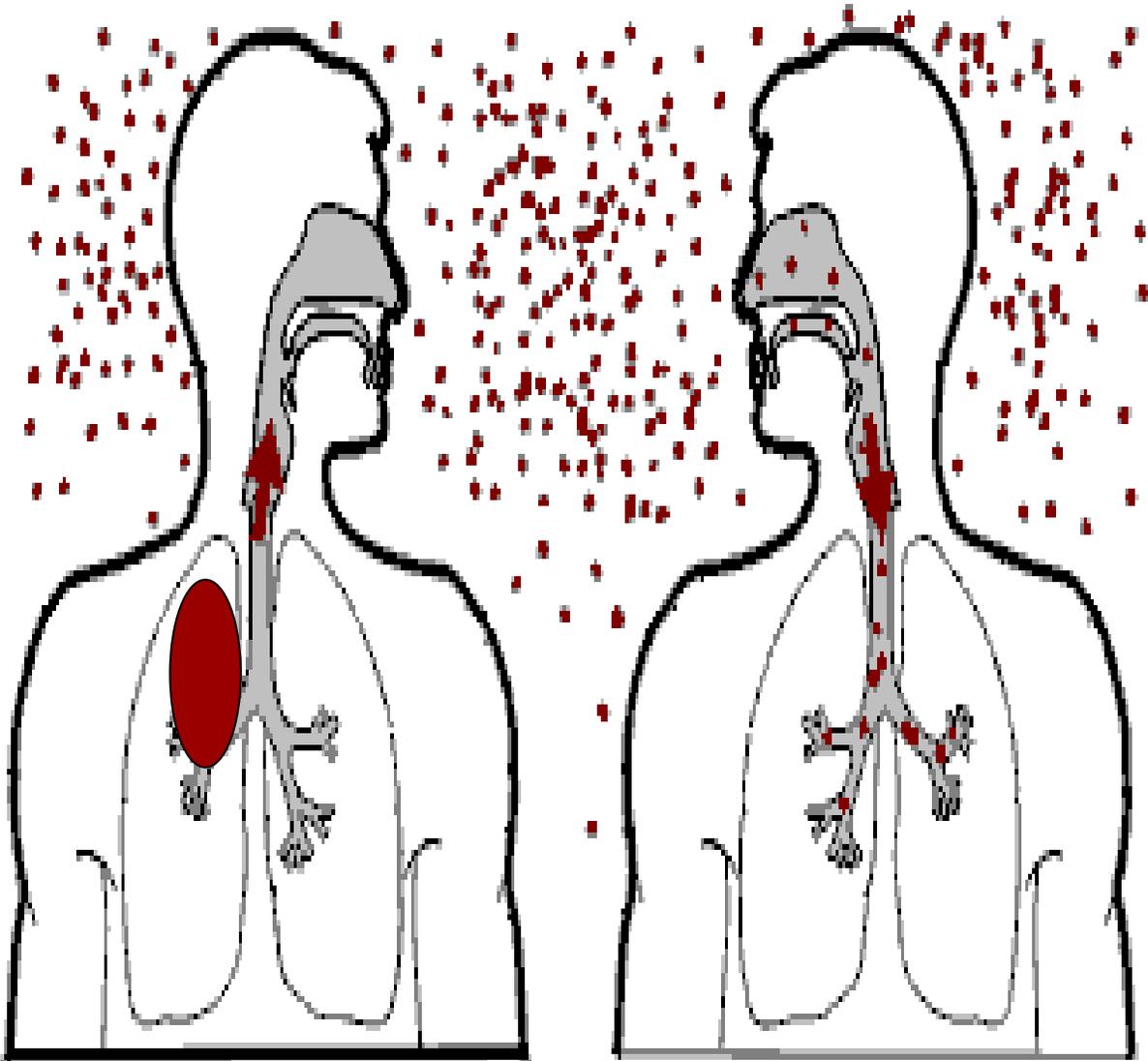
•

Learning Objectives

- What is TB and what causes TB
- Signs and Symptoms of TB
- How TB Is diagnosed
- Treatment of TB

TRANSMISSION OF TB

- TB is an infectious disease caused by a germ known as Myco – bacterium Tuberculosis
- TB is spread from person to person through air by droplet nuclei
- Infectiousness depends on the number of organisms in the air, length of time an exposed person breathes the contaminated air, the concentration of the organism in the air determined by the volume of space and its ventilation and the immune status.



A photograph of a person in profile, coughing. A spray of small, dark particles is visible in the air, extending from the person's mouth. The background is dark, and the lighting highlights the person's face and the spray of particles.

3000 bacilli hang
in the air -
for up to 5 hours

Signs and Symptoms of Active Tuberculosis

TB Disease in the Lungs (most common):

- Coughing for 2 weeks and more
- Chest Pain and shortness of breath
- Coughing Up Blood

General TB Disease:

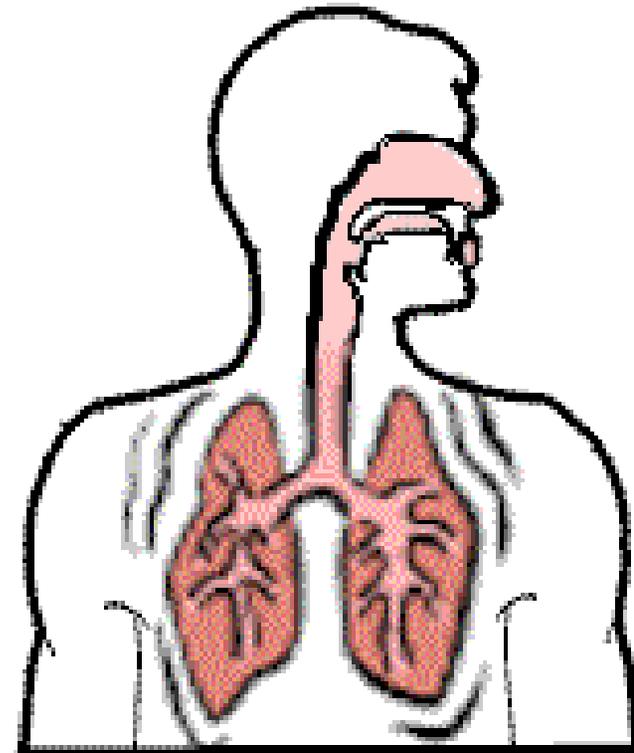
- Feeling of sickness or weakness
- Poor appetite and Weight loss
- Fever
- Night sweats

DIAGNOSIS OF TB

- Patients with these symptoms who is or was in contact of smear positive TB patient is more likely to have TB.
- Symptoms of Extra-PTB. depends on the organ involved.
- Chest pain from TB pleurisy, enlarged lymph nodes and sharp angular deformity of the spine are the most frequent signs of extra-pulmonary tuberculosis

When is TB infectious

- Patients considered infectious if:
 - Coughing
 - Undergoing cough inducing or aerosol generating procedures
 - Sputum smear positive and
 - Not receiving treatment
 - Just started treatment
 - Responding poorly to treatment



Source: SA NTCP 2008

HOW IS TB DIAGNOSED

- TB can only be diagnosed at the clinic by Nurses and Doctors
- A simple method of diagnosis is by giving of Sputum at the Clinic to be send to the Laboratory
- Sometimes Doctors use an X - Ray



TREATMENT OF TB

- TB is treated with tablets at the Clinic
- Tablets are taken every day including weekend
- Treatment is for 6 months for those that are having TB for the first time and 8 months for those that are getting TB more than once
- Sputum is checked again at 2 months to see if the patient is improving and again before the end of treatment

When is TB not infectious

- Patients are no longer infectious if they meet all of the following
 - If they are on the correct and adequate treatment and taking treatment properly
 - Have significance clinical response to treatment
 - Have had 2 consecutive sputum negative

HOW DO WE MINIMISE THE SPREAD OF TB

- Always open windows to allow clean air in
- When one has some of the symptoms one needs to visit the clinic
- Advise friends or families who are sick to visit the clinic
- We need to cover our mouths/ noses when we are coughing or sneezing
- Encourage those taking treatment to complete it as instructed by Nurses and also to go for follow





THANK YOU