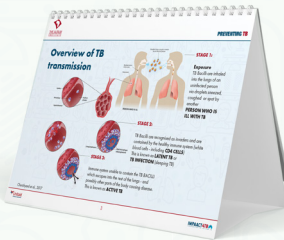




THE AURUM
INSTITUTE



COUNSELLING FOR **3HP**



Blue facing page - Patient



Green facing page - Facilitator

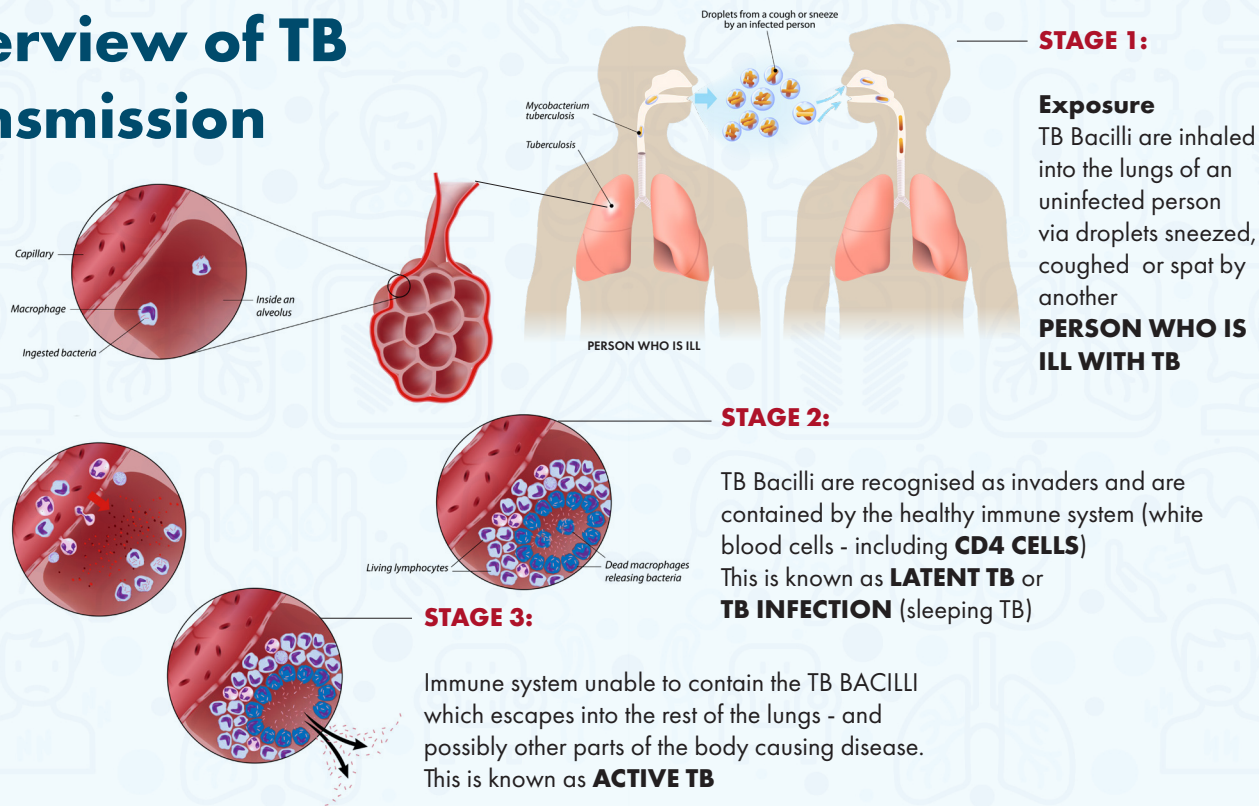
About the Tool

- It provides trainers with an attractive and interactive way of engaging with and supporting patients
- It attempts to graphically represent and simplify clinical content for a lay person
- It delivers correct and consistent messaging to ensure that patients are provided with accurate information
- It allows the facilitator to progress through the material at a pace and level comfortable for the client
- A facilitator can start and stop on any page, given the need of the client

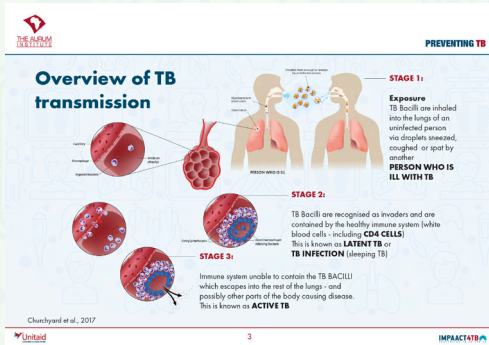
How the tool is designed

- Colour-coded, mirrored messages allows for ease of training; the facilitator sees what the patient sees to allow for a smooth conversation
- The facilitator is provided with notes to assist with messaging and accuracy of information

Overview of TB transmission



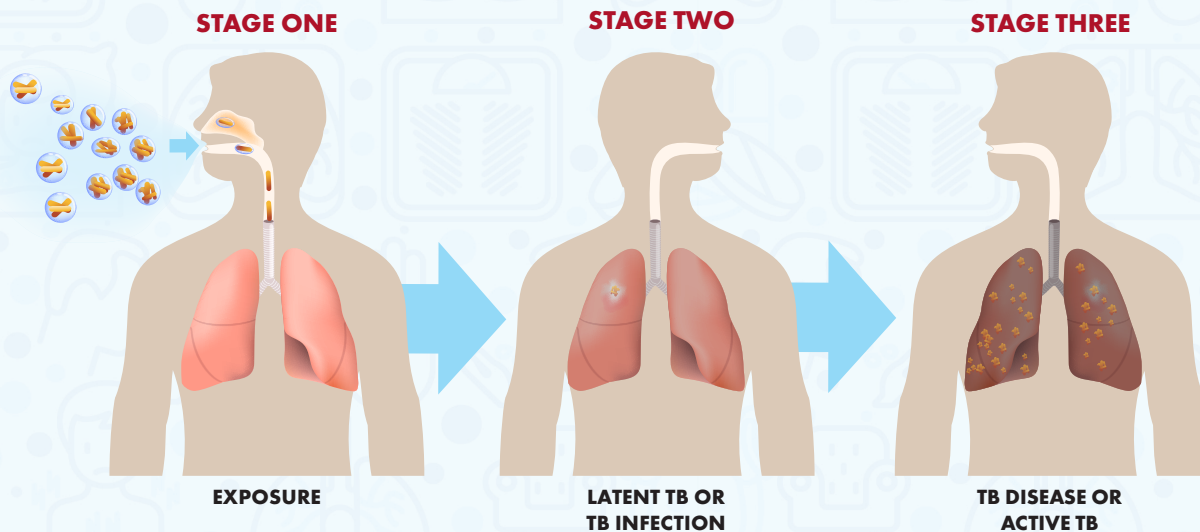
Churchyard et al., 2017

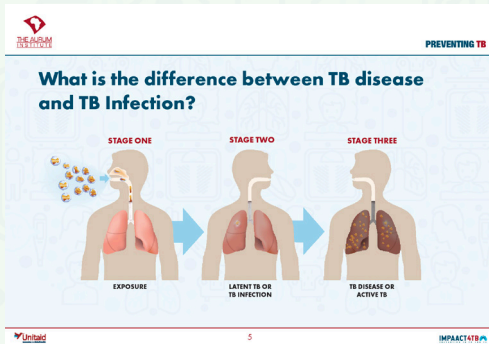


Overview of TB transmission

- TB in the lungs is the most common, however, TB germs can spread from the lungs to different parts of the body
- TB is a disease caused by the tuberculosis germ. It is spread from person to person through the air and settles in the lungs

What is the difference between TB disease and TB Infection?

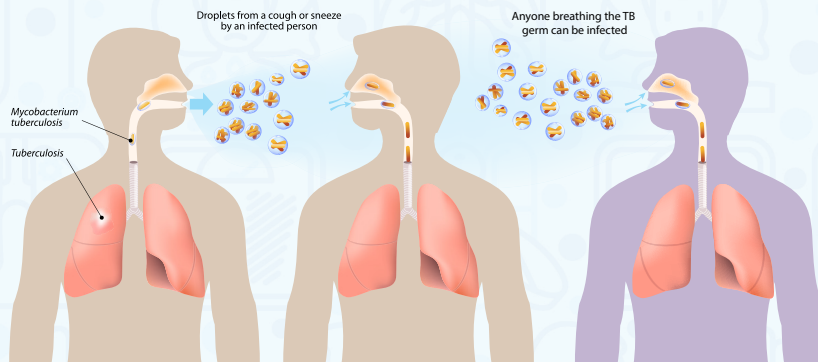




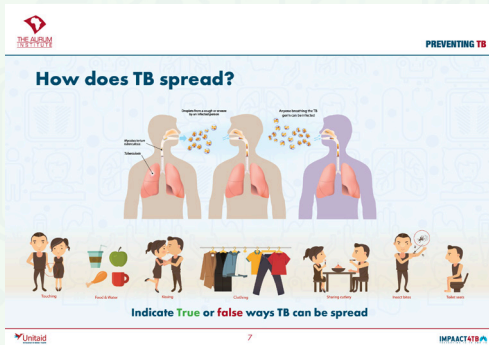
What is the difference between TB disease and TB infection?

- People who become infected with TB germs, but do not feel sick have latent TB infection (sleeping TB)
- Because the germs are inactive (sleeping), you may not feel sick
- A person with latent TB infection cannot spread TB to others

How does TB spread?



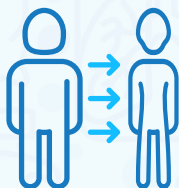
Indicate **True** or **false** the ways TB can be spread



How does TB spread?

- When a person who is sick with TB of the lungs, coughs, sneezes or spits, the invisible TB germs are spread into the air. The germs are able to stay in the air for many hours and anyone who breathes them in, can become infected
- TB is NOT spread by handling objects that someone infected with TB has simply been touching e.g. dishes, drinking water, sheets or clothing
- All the pictures are FALSE; you can NOT get TB from:
 - Touching
 - Food & Water
 - Kissing
 - Clothing
 - Sharing Cutlery
 - Insect Bites
 - Toilet Seats

When should I test for TB?



Unintentional
weight loss



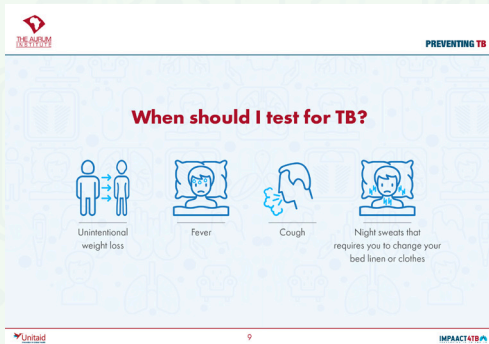
Fever



Cough



Night sweats that
requires you to change your
bed linen or clothes



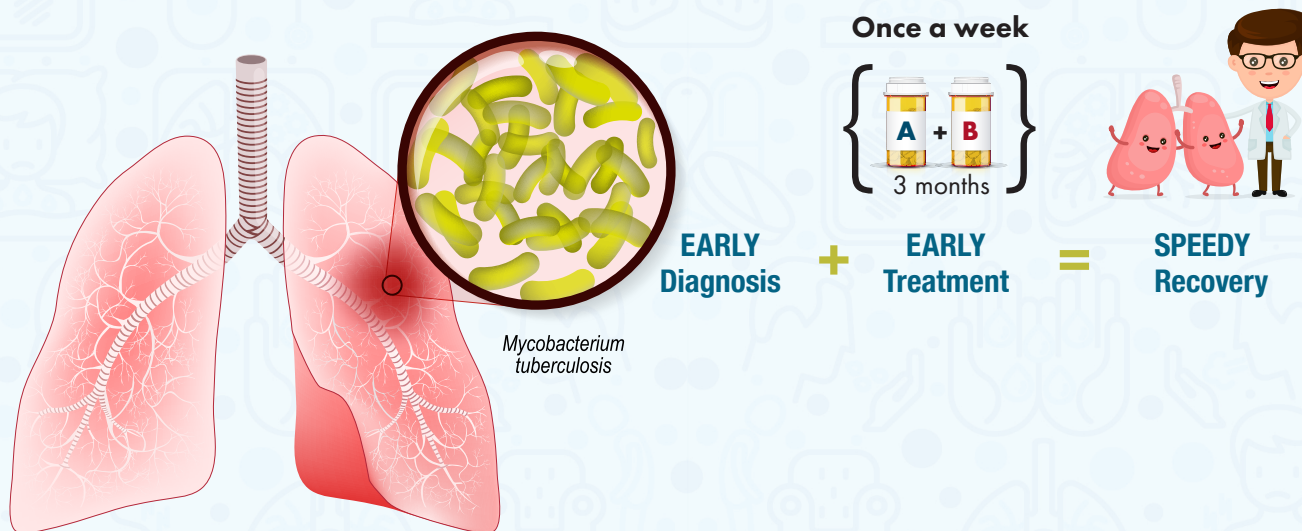
If someone has any one of the shown symptoms, they must be referred to the clinic for investigation

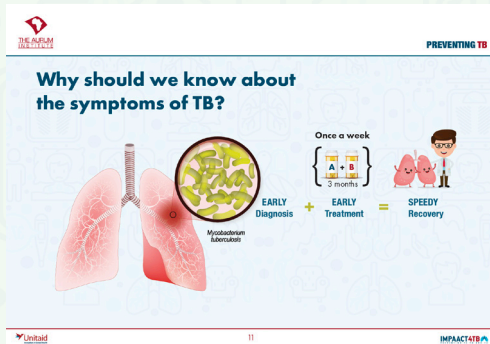
- Unintentional weight loss
- Fever for more than 2 weeks
- Night sweats that requires you to change your bed linen or Clothes
- Cough for more than 2 weeks (or any duration if you are HIV positive)

When should a child be tested for TB?

- Cough of more than 2 weeks that is not responding to treatment
- Weight loss or not growing/developing well
- Fever for more than 2 weeks
- Fatigued (Less playful/always tired)
- When they have been in close contact with an adult who has TB or who were born from a mother with TB

Why should we know about the symptoms of TB?





Why should we know about the symptoms of TB?

- So that we can identify people who might have TB disease
- One of the key steps to controlling TB is to identify patients early so that they can be started on treatment early.
- Starting treatment sooner will help minimise the spread to others.

EARLY Diagnosis + EARLY Treatment = SPEEDY Recovery

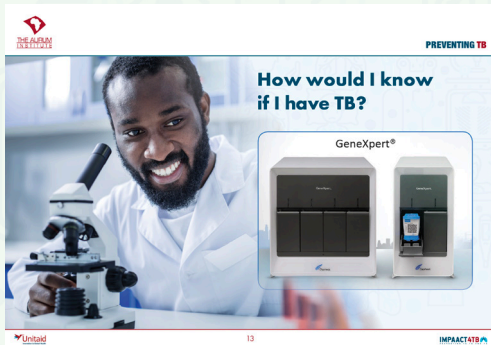
We should always try to identify people who display symptoms of TB – this is called ‘intensified case finding’.

REMEMBER THE BIG 4

1. Cough
2. Fever for > 2 weeks
3. Night sweats
4. Unexplained weight loss (>1,5kg in a month)

How would I know if I have TB?





How would I know if I have TB?

- A person with symptoms of TB will be asked to do a sputum test (cough up sputum – not saliva – into a small bottle)
- The sputum needs to be tested to see if TB germs are present
- The test results may be available on the same day as your visit. If not, the Health Care Worker will give you a date, usually 2 days later, to come back to the clinic

Can TB be Cured?



4 for 2 + 2 for 4

PHASES OF TB TREATMENT:

INTENSIVE PHASE

4(drug) for 2 (months)



CONTINUATION PHASE

2(drug) for 4 (months)





Can TB be Cured?

YES!

4 for 2 + 2 for 4

PHASES OF TB TREATMENT:

INTENSIVE PHASE
4 drugs for 2 months

CONTINUATION PHASE
2 drugs for 4 months

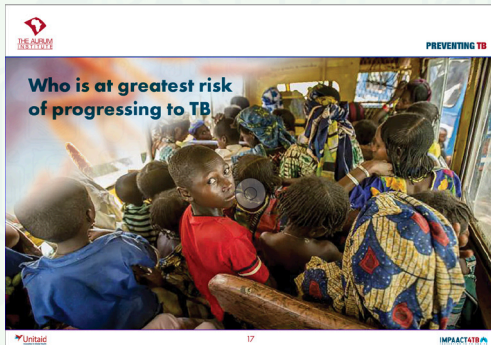
Unitaid 15 IMPACT4TB

Can I be cured of TB?

- At the beginning of treatment, there are numerous TB bacteria in the body. For this reason, 4 drugs are given for the first 2 months
- Although most tubercle bacilli are killed within the first 2 months of treatment (intensive phase), there will still be active bacilli in the body
- Treatment with at least 2 drugs must continue for several more months to kill the remaining bacilli (continuation phase)
- If treatment is not continued for a long enough time, the remaining bacilli may continue to grow, causing TB disease to re-occur
- In certain instances, TB can be treated for longer than 6 months

Who is at greatest risk of progressing to TB Disease?

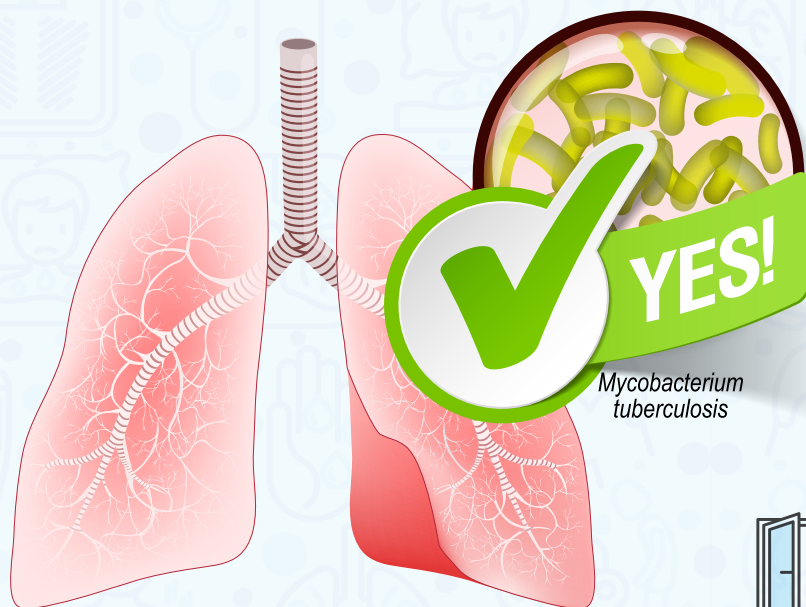


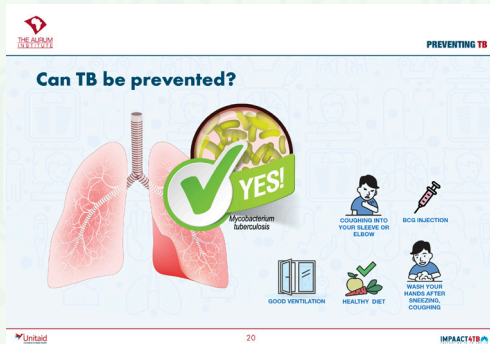


Who is at greatest risk of progressing to TB Disease?

- People in close contact with someone who has TB
- Peoples whose immune systems are weak, such as: Those living with HIV, diabetics, malnourished people, elderly people over the age of 60 years or those with cancer or taking medicines that decrease the immune system.
- Children under 5 years
- People living in overcrowded & poorly ventilated areas such as prisoners and miners

Can TB be prevented?





Can TB be prevented?

BCG injection

- Provides some protection against developing severe forms of TB such as meningitis in children

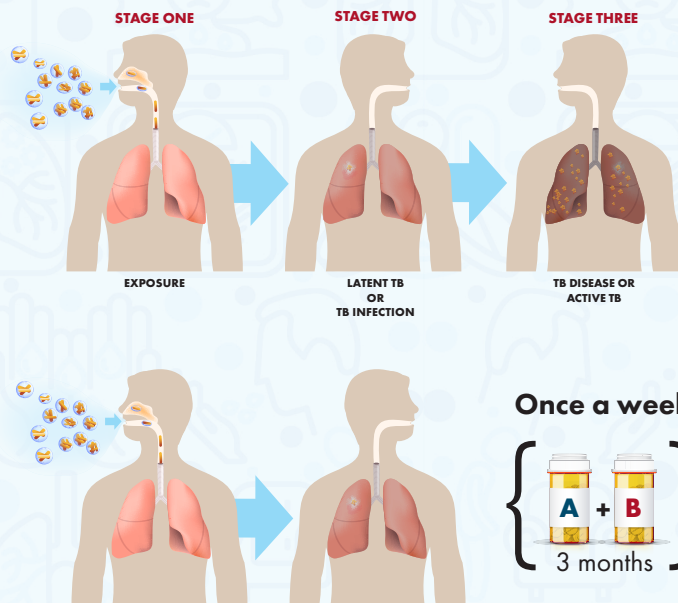
TB Preventative Therapy (TPT)

- Medication is given to people with Latent TB infection (sleeping TB) to prevent them from getting sick
- Two main choices for TPT are isoniazid or 3HP

Infection Prevention and Control in homes and facilities

- This is done through correct hygiene, ensuring opening windows and healthy life style

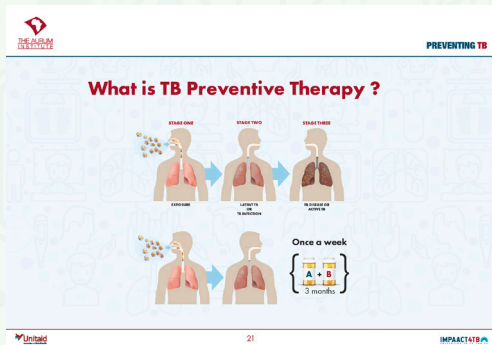
What is TB Preventive Therapy ?





TB Preventive Therapy (TPT)

- Medication is given to people with TB infection (sleeping TB) to prevent the progression to Active TB



What is 3HP?



2 drugs, rifapentine and isoniazid which are taken
for 3 months (12 weeks)
to get rid of latent TB infection



What is 3HP?

Once a week

A rifapentine { A + B } isoniazid B

3 months

2 drugs, rifapentine and isoniazid which are taken for 3 months (12 weeks) to get rid of latent TB infection

Unitaid 23 IMPACT4TB

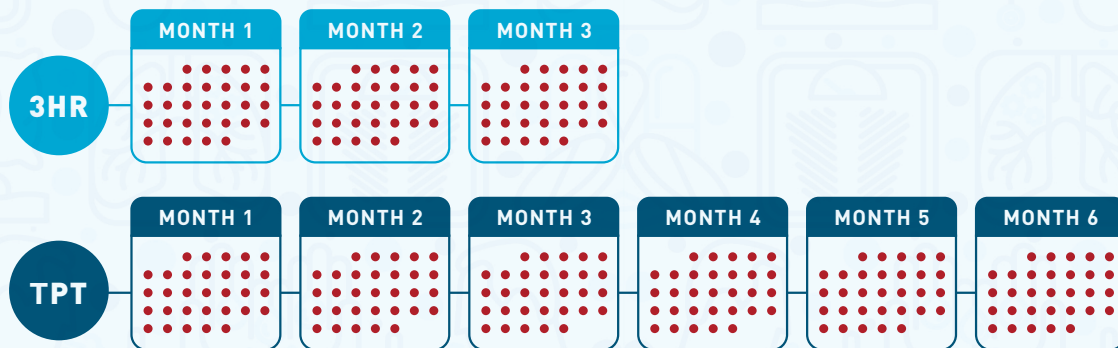
What is 3HP?

- 3HP is a combination of 2 drugs, rifapentine and isoniazid which are taken for 3 months (12 weeks) to get rid of latent TB infection

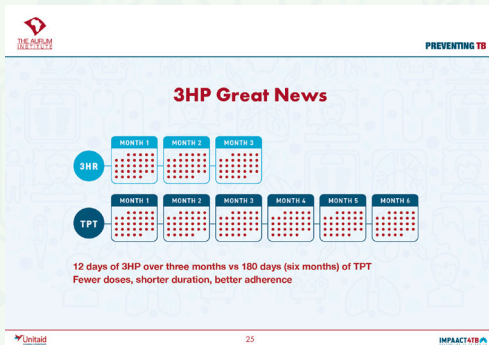
Benefits of taking 3HP correctly:

- Prevents TB infection from becoming TB disease by 90%
- It is taken for a shorter period
- It is easier to take
- Fewer side-effects
- Less toxic to the liver

3HP Great News



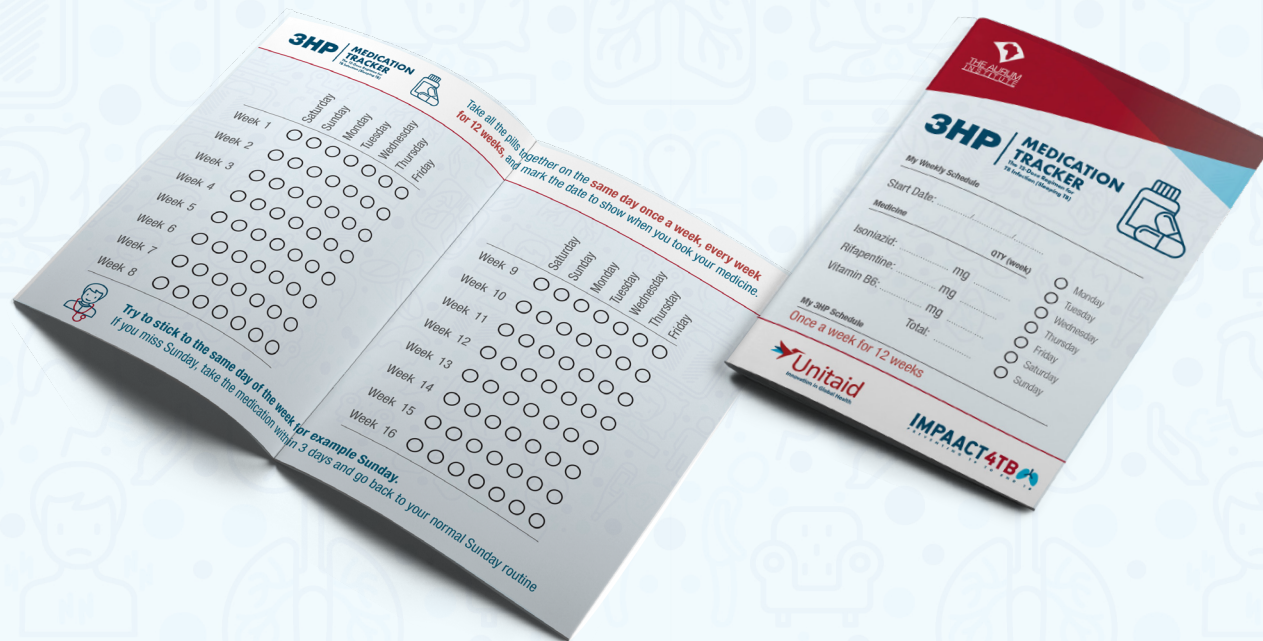
12 days of 3HP over three months vs 180 days (six months) of TPT
Fewer doses, shorter duration, better adherence



3HP Great News

- Take the medication for 12 weeks vs 6 months
- The 12 doses course should be completed within 12 weeks
- The medication will still be effective if all doses are completed within 16 weeks, but this is not ideal

Taking my pills

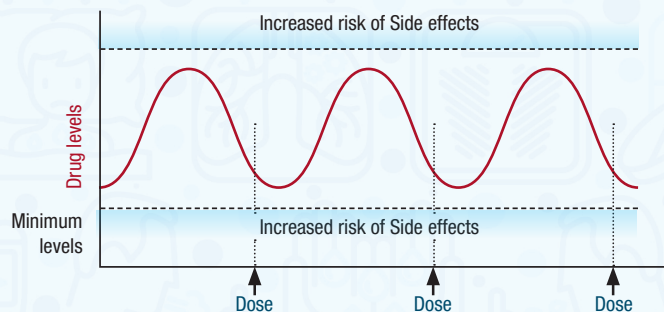




Taking My Pills

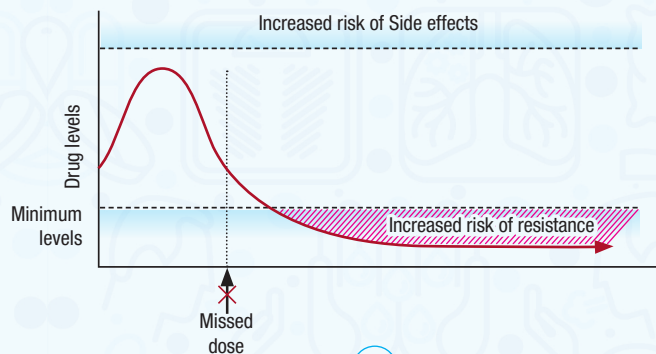
- Emphasise the reduced pill burden: 3HP 10 tablets once a week vs TPT daily dose for 6-12 months
- Stress the importance of a weekly routine
- If your stomach is upset after taking your medicine, try eating beforehand
- Drinking alcohol daily or taking traditional medicines can increase your risk of liver damage when taking isoniazid. You should discuss your alcohol use with your doctor before starting isoniazid and rifapentine.
- Visit the clinic immediately if you have any side effects or have any symptoms of TB - nights sweats, weight loss, cough and high temperature

Why should I take my medication on the same day every week?



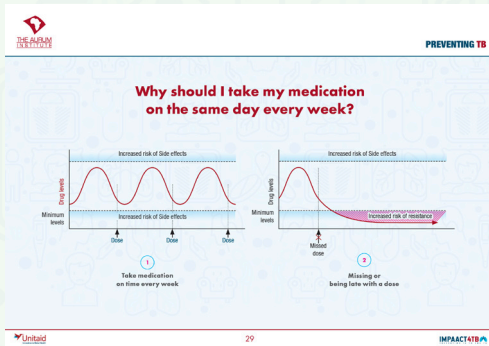
1

**Take medication
on time every week**



2

**Missing or
being late with a dose**



Why should I take my medication on the same day every week?

Graph 1

- Shows what happens when you take medication as expected, once a week every week on the same day for 12 weeks
- Example, every Sunday
- Your body is able to maintain the needed amount of medication to prevent TB infection progressing to TB disease
- It also remains at a level in your body where getting side effects or developing resistance is less likely

Graph 2

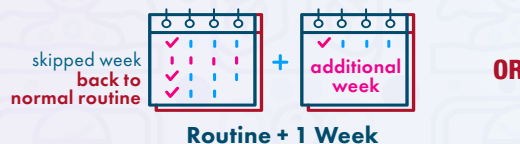
- Shows what happens when you do not take your medication on a weekly basis
- For an example. If you were meant to take your medication on Sunday and you only remembered on Thursday, then the level of medication in your blood is low
- Too low to prevent TB disease
- Stopping and starting medication can increase the risk of developing resistance – this is when your body no longer responds to the medication

What do I do if I miss a dose?



Within 3 days

Try to stick to the same day of the week i.e. Sunday. If you miss Sunday, take the medication within 3 days and go back to your normal Sunday routine



After 3 days

Take your next dose on your usual day: this means you have skipped a week and you will need to continue the medication for an additional week



Start your new weekly schedule on the day you remembered you forgot your medication i.e. if you were on a Sunday and only remembered Thursday, you can take it on Thursday and make Thursday your new day to take 3HP for the rest of the treatment



If you are unsure about when to take your medication, please ask your healthcare worker immediately

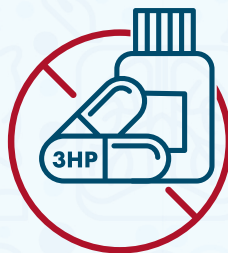


- Try to stick to the same day of the week i.e. Sunday.
- If you miss Sunday, take medication within 3 days and go back to your normal Sunday routine

- Take your next dose on your usual day, this means you have skipped a week and you will need to continue the medication for an additional week

OR

- Start your new schedule on the day you remembered you forgot your medication i.e. if you were on a Sunday and only remembered Thursday, you can take it on Thursday and make Thursday your new schedule for the rest of the treatment



WHO SHOULD NOT TAKE 3HP?



Children less than
2 years old



Pregnant women



Women who expect
to become pregnant
during treatment



Some medications



Who should not take 3HP

- Further evidence is required before 3HP can be recommended during pregnancy. Ongoing clinical trials will provide information on the safety of 3HP in pregnancy.
- Due to a lack of evidence of the safety of rifapentine in children, 3HP cannot be recommended in children less than 2 years of age
- Persons who are taking medicines that 3HP would interfere with such as some ARVs (Lopinavir, Nevirapine)

What do I need to know about side effects?



Rifapentine may cause your urine (pee), saliva, tears,
or sweat to appear an orange-red color.

This is normal



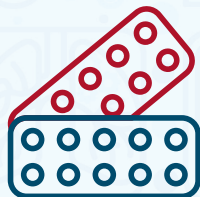
What do I need to know about side-effects?

- Isoniazid may cause tingling or numbness in hands and feet. Your doctor may give you Vitamin (B6) to prevent this

Most people can take their 3HP without any problems. But any medicine you take may cause problems. Please contact a health care provider if you have the following symptoms:

- Dizzy or lightheaded when sitting, standing, or lying down
- Less appetite, or no appetite for food
- Stomach upset, nausea, or vomiting
- Flu-like symptoms with or without fever
- Severe tiredness or weakness
- Fevers or chills
- Severe diarrhoea or light coloured stools (poop)
- Skin or whites of your eyes appear yellow
- Skin rash or itching
- Bruises, or red and purple spots on your skin that you cannot explain
- Pain or tingling in your hands, arms, or legs

- CAUTION -



**Hormone based
birth control**



**Use barrier forms
of birth control**



Pregnancy



Caution

- This medication may affect hormone based birth control (including birth control pills, rings, and injections).
- During treatment, barrier forms of birth control (condoms or diaphragms) should be used to avoid pregnancy.
- If you become pregnant or think you might be pregnant, tell the doctor or nurse right away.



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For updated information on IMPAACT4TB and to download a copy of this document and other materials related to TB preventive therapy, please visit: www.impaact4tb.org/library