

REPUBLIC OF KENYA MINISTRY OF HEALTH

Drug-Resistant Tuberculosis (DRTB)

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Community Information Package





NATIONAL TUBERCULOSIS, LEPROSY AND LUNG DISEASE PROGRAM

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What is Tuberculosis (TB)

Tuberculosis (TB) is a disease caused by germs (bacteria) that mostly affects the lungs but can also affect any other part of the body except the hair, nails and teeth.

TB is spread from an infected person who has TB disease to a healthy person who breathes in the germs.

The infected person spreads the germs through the air when he/she coughs, laughs, sneezes, sings or spits openly.

TB is not transmitted by shaking hands, sharing food, toothbrushes or touching bed linen or toilet seats used infected persons.

What is Drug Resistant Tuberculosis (DRTB)?

Drug Resistant TB (DRTB) is caused by a TB germ (bacteria) that has undergone changes (become resistant) and does not respond to one or more of the usual TB medicines.

The infected person spreads the germs through the air when he/she coughs, laughs, sneezes, sings or spits openly.



Who can get DRTB?

Anyone can get infected when they breathe in air with DRTB germs from a person with DRTB. Patients on TB treatment can develop DRTB especially those who are not taking medication as required.



The following factors increase the risk of developing DRTB:

| Patients factors | Medicinal Factors | Health care provider |
|---|---|--|
| Not taking TB medicines as directed by the healthcare provider Not keeping clinic appointments during TB treatment Inadequate information on DRTB disease People with previous history of TB Poor access/difficulty in reaching health facilities Stigma and discrimination Drug and substance abuse e.g. alcohol, smoking, miraa, bhang, injectable drugs like cocaine etc People with other health conditions such as HIV, diabetes and mental illness Poor nutrition affecting adherence Close contacts with DRTB patients Occupation such as healthcare providers, prison staff, miners and persons working in congregate settings are at a higher risk | Inadequate supply Poor quality medicines Poor storage conditions Unavailability of certain medicines | Poor or no treatment monitoring Wrong dose or combination Failure to follow treatment guidelines Inadequate information on DRTB disease |

What are the signs and symptoms of DRTB?

When you have any of the following symptoms, visit your nearest health facility as soon as possible:



When you have any of the above symptoms, visit your nearest health facility as soon as possible.

How is DRTB tested?

Just like the usual TB, a sample is taken for testing to identify TB germs. Special tests are done in the laboratory to detect and differentiate the type of resistance to TB medication. These tests are available in health facilities



NOTE:

People who interact with DRTB patients (contacts) require screening and testing to determine if they are infected with DRTB (contact tracing and screening).

How do I prevent spread of DRTB?

DRTB can be prevented by:

- Searly detection and treatment of DRTB
- Screening and/or testing people (contacts) who interact with DRTB patients regularly
- Taking DRTB medicines as prescribed and supported by the healthcare provider without missing a single dose for the entire duration of treatment
- ③ Practice cough hygiene and protection:
 - Use of handkerchief/tissue paper to cover the mouth and nose while coughing. Ensure careful disposal of used tissues
 - Cover your mouth and nose with the elbow while coughing
- Ocrrect use of surgical masks
- O Avoiding overcrowded public places and dwellings
- Ensuring proper air circulation and adequate natural lighting
 - If living with a person with DRTB, ensure proper air ventilation and adequate natural lighting.









• Where possible, in the initial period of treatment, it is advised that the DR TB patient has their own well-lit and ventilated room to sleep in.



NOTE:

Medicines given to prevent DRTB disease are not currently available.

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How is DRTB treated?

- DRTB is treated for a period of 6-24 months depending on the type of resistance (laboratory results).
- It involves the use of a combination of TB medicines
- It is important to take the medicines as recommended by the Healthcare Provider without missing even a single dose
- Medicines are administered every day by a healthcare provider for the entire treatment period either at hospital or at home
- Before treatment is started the following is required:
 - The patient is required to identify a suitable treatment supporter to support them during the course of treatment.
 - The healthcare provider will educate the patient and treatment supporter on DRTB disease, medication and other expectations.
 - They will sign a consent for treatment











- Initial tests will be done to check for the function of various body organs.
- Further tests will be done regularly to assess progress and drug side effects during the course of treatment.
- Side effects associated with the current DRTB medicines are preventable and manageable
- In persons living positively with HIV and have DRTB, It is safe and effective to take both treatment

NOTE: Current DRTB medications are taken by mouth

O A patient can receive treatment either:

Home or a TB Manyatta (where a healthcare provider visits the patient)

A health facility by going daily to take the medicine A hospital -Admitted in an isolation unit

Monthly review and follow up is important for DRTB patients, and can be done at the health facility, TB Manyatta or at home by a team of healthcare providers.

The monthly review and follow up is important for:

- Assessing progress on treatment
- Follow up tests
- Nutrition review and counselling
- Checking and managing drug side effects
- Supporting and encouraging daily intake of medication
- Adherence counselling and psychosocial support
- Review people (contacts) who interact with DRTB patients
 regularly

What is the cost associated with DRTB treatment?

- DRTB medicines are free-of-charge in all public hospitals, faith-based organizations and some private health facilities
- However, there are other costs that the patient may incur which include:
 - Food expenses
 - Transport for visit to health facility
 - Accommodation when seeking medical care
 - Consultation fee and initial tests
 - Treatment costs incase of any complications.

What is the role of the community in DRTB prevention and treatment?

- Supporting the patient: socially, spiritually, emotionally and psychologically
- Work together with the healthcare provider to support the patient to take their medicines as prescribed.
- Encouraging any persons with signs and symptoms of DRTB to seek medical attention.
- Starting other household activities to supplement nutritional needs of the DRTB patients such as kitchen gardens and chicken rearing.
- Showing love and compassion to the DRTB patients as it is necessary for successful treatment.
- Not to discriminate against or stigmatise
 DRTB patients









What is the role of good NUTRITION in DRTB management

- Nutrition enhances the benefits of DRTB treatment. The patient should take three balanced meals and two healthy snacks per day.
- Good nutrition includes proteins, carbohydrates, vegetables, fruits from locally available sources, and at least eight (8) glasses of water per day.



Food Pyramid

DRTB AND COVID-19

DRTB remains a major public health disease in Kenya. This has further been compounded by the ongoing Covid-19 pandemic as the two diseases mostly affect the lungs and present with similar symptoms.

Similarities and differences between DRTB and covid-19

| | DRTB | Covid-19 (corona virus disease) |
|-----------------------|---|--|
| Causes | Bacteria (mycobacterium tuberculosis) | Virus (SARS-CoV-2) |
| Transmission | Airborne | Airborne Contact with infected persons, objects or surfaces |
| Onset | Weeks to Months | Within a few days |
| vaccination | No vaccine for DRTB. However, BCG vaccine against TB in general is given at birth | • New vaccines in use |
| Signs and symptoms | Common symptoms of active lung TB are: • cough • Cough with sputum and at times with blood stain • chest pains | Common symptoms include: • hotness of the body • dry cough • tiredness |

| Signs and symptoms | body weakness unintended weight loss hotness of the body night sweats | Less common symptoms: aches and pains sore throat diarrhea pain and redness of the eyes with or without discharge headache loss of taste or smell a rash on the skin, or discoloration of fingers or toes Serious symptoms: difficulty breathing or shortness of breath chest pain or tightness loss of speech or movement |
|-----------------------|--|---|
| Testing | Sputum sample | Sample from the nose and throat |
| Treatment | Combination of antibiotics (anti-TB medicines) for 6-24 months | Currently no known treatment Supportive management (management of symptoms) |
| Prevention | Early detection and treatment Screening and testing of contacts Practice cough hygiene - cover mouth and nose while coughing Use of face masks Avoiding overcrowded public places and dwellings Ensuring proper air circulation and adequate natural lighting | Frequent hand washing with soap and running water Keeping social distance Correct wearing of face masks Self-isolation for people with symptoms Prompt testing of symptomatic individuals and contacts |



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