Community TPT Treatment Literacy Toolkit
SESSION 1

TB/HIV COLLABORATION

Sub-Topics

What is TB? Symptoms of TB
When to get tested for TB
Who is at greatest risk of Latent TB Infection?
WHAT IS TB

- TB is a disease caused by the tuberculosis germ. It is spread from person to person through the air and settles in the lungs.

- When a person who is sick with TB of the lungs coughs, sneezes or spits, the invisible germs are spread into the air.

- The germs are able to stay in the air for many hours and a healthy person who breathes them in can be infected.

- TB is NOT spread by handling objects that someone sick with TB has simply been touching e.g. dishes, drinking water, sheets or clothing.
WHAT IS TB DISEASE?

- LATENT TB INFECTION
- ACTIVE TB

Person to person through the air by a person with TB of the lungs.
WHAT IS LATENT TB INFECTION?

Most people who breathe in TB bacteria and become infected are able to fight the bacteria to stop them from multiplying and the bacteria remains alive but inactive. This is called Latent TB Infection.

People with Latent TB infection

• Have no symptoms
• Don’t feel sick.
• Can’t spread TB bacteria to others.
WHAT IS LATENT TB INFECTION?

LATENT TB
Shows no symptoms and cannot spread the disease.
WHEN TO GET TESTED FOR TB

If you are having any of the following symptoms, you should visit your nearest clinic as soon as possible:

- Cough that lasts more than 1 week “cough of any duration for PLHIV”
- Coughing up blood
- Fever
- Night sweats
- Fatigue
- Unintentional weight loss
- Chills
- Loss of appetite
- Chest pain, or pain when breathing or coughing
WHEN TO GET TESTED FOR TB

- COUGH THAT LASTS MORE THAN 1 WEEK
- COUGH OF ANY DURATION FOR PLHIV
- CHEST PAIN, OR PAIN WHEN BREATHING OR COUGHING
- COUGHING UP BLOOD
- LOSS OF APPETITE
- CHILLS
- NIGHT SWEATS
- UNINTENTIONAL WEIGHT LOSS
- FATIGUE
People whose immune systems are weak, such as:
- People living with HIV (PLHIV)
- Diabetic patients
- Malnourished people
- Elderly people aged above 60 years
- Cancer patients
- People taking medicines that decrease the immune system

- Children under 5 years
- People who drink a lot of alcohol
- Smokers
- People living in overcrowded and poorly ventilated areas such as prisoners and miners.

People in close contact with someone who has TB especially those living in the same house with and caring for TB patients
Who is at greatest risk of TB disease?
SESSION 2

How to Prevent TB

Sub-Topics

- TPT
- What is TPT
- Available regimens
- Benefits of TPT
- BCG
TB Preventative Therapy (TPT)

**WHAT IS TPT?**

- Medication is given to people with latent TB infection (LTBI) (inactive TB) to prevent them from getting sick.

**AVAILABLE REGIMEN**

- The main TPT options are 3HP, 3RH and 6H (INH).
- 3HP is a combination of 2 drugs, isoniazid (H) and rifapentine (P) which are taken once weekly (same day) for 3 months (12 weeks) to prevent TB.

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**BCG**

**INFECTION PREVENTION AND CONTROL IN HOMES AND FACILITIES**

**BCG injection**

- Provides partial protection against severe forms of TB disease

**Infection Prevention and Control in homes and facilities**

- When taking care of someone with sputum positive TB, open windows and doors to allow good air circulation and encourage the patient to take medicines as prescribed and wear a mask.
TB Prevention Therapy (TPT)

- Isoniazid 300 mg
- Stay away from coughing people
- Clean your home
- Wash your hands
- Cover your mouth with inside of elbow or tissue when you cough or sneeze
- Open windows and doors to let fresh air circulate or flow freely
- Do not spit on the ground, use tissue and throw it in a dustbin
- Wash your hands regularly with soap and water
TPT benefits

- TPT protects people against TB disease especially PLHIV
- This in turn reduces sickness and deaths due to TB
- TB treatment is more costly compared to TPT (treatment for latent TB infection)
What Is 3HP?

- Eligibility for 3HP
- Dosing
- How to handle missed doses
- 3HP and Alcohol Use
- 3HP and Malaria
What is Rifapentine and Isoniazid (3HP)?

- Isoniazid and Rifapentine, commonly called 3HP is a regimen used to treat latent TB infection (inactive TB)
- It is taken once every week for 3 months hence the name 3HP
- 3HP is taken together with vitamin B6 (Pyridoxine)

Eligibility for 3HP

- All people living with HIV (PLHIV) on ART aged 2 years and above
- Children under 15 years living with HIV soon after finishing TB treatment
- All contacts of sputum positive TB cases aged 15 years and above if HIV positive

**Some people may be found ineligible for 3HP after further assessment by the Health Care Worker (HCW)**
What is Rifapentine and Isoniazid (3HP)
• 3HP should be taken once weekly for three months.
• Try to stick to the same day of the week e.g. if taking on Sunday and you miss a dose, take the medication within 3 days and go back to your normal Sunday routine.
• If you miss for more than 3 days you have 2 options:
  • 1 – 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.
  • 2 – 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 health care worker immediately. **DO NOT TAKE ONE DOSE PER DAY, ADHERE TO ONCE WEEKLY FOR 3 MONTHS.**
• If you do not complete 3 months of 3HP; you must undergo enhanced adherence counselling and may either continue or repeat treatment thereafter as advised by the HCW.
DOSING

3HP
INH – 900mg
RPT – 600mg

RIFAPENTINE
A
- Single Tablet
- Antimycobacterial
- Strength: 150mg
- Product shelf life: 36 months

ISONIAZID
B
- Single Tablet
- Prophylaxis
- Strength: 300mg
- Product shelf life: 24 to 48 months

RIFAPENTINE + ISONIAZID
C
- Fixed Dose Combination (FDC)
- Isoniazid (300mg) + Rifapentine (300mg)
in a single tablet

Combined
Once a week for 3 months (12 weeks)

MONTH 1
MONTH 2
MONTH 3

ISONIAZID (INH)
RIFAPENTINE (RPT)
INH/RPT
PYRIDOXINE

CHILD PATIENTS 2 – 14 YEARS

WEIGHT BAND
10 – 15 KG
16 – 28 KG
24 – 30 KG
>30 KG

SINGLES
INH (300mg) – 3
RPT (150mg) – 2
FDC
INH (100mg) + RPT (150mg) – 1

ADULT PATIENTS >14 YEARS

WEIGHT BAND
INH (300mg) – 3
RPT (150mg) – 3
FDC
INH (300mg) + RPT (300mg) – 1

Add Pyridoxine 25mg weekly in PLHIV (Increase to 50mg if symptoms of peripheral neuropathy)
TPT is safe but you may experience the following side effects

- Stomach upset, nausea or vomiting,
- Loss of appetite
- Headache
- Urine, sweat, saliva, or tears turn reddish
- Flu-like symptoms with or without fever
- Skin rash or itching
- Pain or tingling in your hands, arms, or legs

NB: These side effects are not common, report to health facility
What you need to know about side effects (2)

3HP IS SAFE, WHEN YOU EXPERIENCE ANY OF THESE SIDE EFFECTS:

- Visit the health facility as soon as you can
- The HCW will assess the severity and nature of the side effect

AFTER THE ASSESSMENT, THE HCW MAY:

- Reassure and tell you to continue taking the medicines if the side effect is minor
- Reassure you and manage the symptoms whilst making further assessments, OR
- Discontinue treatment if the side effect is severe
Interference With Other Medicines

• 3HP may interfere with medication, including birth control and malaria medication.

• It is very important for your HCW to know other medicines you are taking.

• If you see another Health Care Worker, tell them that you are being treated for latent TB infection.
Take-Away Messages

✓ 3HP is taken once a week for 3 months
✓ Do not take 2 doses at the same time when you miss a dose
✓ 3HP cannot be taken by children under 2 years
✓ If you experience side effects visit your nearest health facility immediately!
Take-Away Messages

PREVENT TB
2 END TB!
Scale-up 3HP now!

TAG
Treatment Action Group
What is 6H?

- Eligibility for 6H
- Dosing
- How to handle missed doses
- Isoniazid (6H)
What is Isoniazid? (INH?)

- Isoniazid, commonly called INH is a regimen used to treat latent TB infection (inactive TB)
- It is taken once daily for 6 months hence the name 6H
- INH is taken together with vitamin B6 (Pyridoxine)

Eligibility for Isoniazid

- All people living with HIV (PLHIV) on ART
- Children living with HIV immediately at completion of TB treatment
- All TB contacts of sputum positive TB cases of all ages
- According to the national TB guidelines addendum on contact investigation and TPT, all contacts of pulmonary TB cases are eligible for TPT

** Some people may be found ineligible after further assessment by the health care worker (HCW) **
What is Isoniazid? (INH)
Isoniazid should be given daily for six months,

If a patient does not complete 6 months of Isoniazid; s/he must undergo enhanced adherence counselling and may either continue or recommence treatment thereafter as advised by the HCW.

If a patient discontinues INH for more than three (3) months, the HCW must stop INH and the patient must undergo enhanced adherence counselling and screening for TB before being allowed to restart.

If you miss a dose and remember on the same day take it as soon as possible. However, if it the day has passed. Skip the missed dose and take your next scheduled dose. **DO NOT TAKE 2 DOSES AT THE SAME TIME.**
DOSING

Isoniazid Tablets 300 mg

MONTH 1
MONTH 2
MONTH 3
MONTH 4
MONTH 5
MONTH 6

IPT
TPT is safe but you may experience the following side effects

- Increased appetite
- Headache
- Itchy skin
- Joint Pains
- Diarrhea
- Nausea
- Stomach Pains

**NB:** These side effects are not common. Report to health facility
Interference With Other Medicines

- INH may interfere with other medications, please make sure you inform health care providers if you are taking other medications.

- It is very important for your HCW to know what medicines you are taking.

- If you see another health care worker, tell them that you are being treated for latent TB infection.
Rifampicin and Isoniazid, commonly called RH is a regimen used to treat latent TB infection (inactive TB) in children.

It is taken once daily for 3 months hence the name 3RH.

3RH is taken together with vitamin B6 (Pyridoxine).

**Eligibility for RH**

According to the national TB guidelines addendum on contact investigation and TPT, all contacts of pulmonary TB cases are eligible for TPT.

**Some children may be found ineligible after further assessment by the health care worker (HCW)**
What is Rifampicin and Isoniazid (RH?)
• RH should be taken daily for three (3) months,

• If you miss a dose and remember on the same day take it as soon as possible. However, if the day has passed, skip the missed dose and take your next scheduled dose.

**DO NOT TAKE 2 DOSES AT THE SAME TIME.**
TPT is safe but you may experience the following side effects

- Increased Appetite
- Headache
- Itchy skin
- Joint pains
- Diarrhea
- Nausea
- Stomach Pains

**NB:** These side effects are not common. Report to health facility
What you need to know about Side Effects (2)

TPT IS SAFE, WHEN YOU EXPERIENCE ANY OF THESE SIDE EFFECTS

- Visit the health facility as soon as you can
- The HCW will assess the severity and nature of the Side Effect

AFTER THE ASSESSMENT, THE HCW MAY:-

- Reassure and tell you to continue with taking the medicines if the side effect is minor
- Reassure you and manage the symptoms whilst making further assessments, OR
- Discontinue treatment if the side effect is severe
Interference With Other Medicines

• RH may interfere with a number of medications including prescription and over-the-counter medicines, vitamins and herbal

• It is very important for your HCW to know what medicines you are taking.

• If you see another health care worker, tell them that you are being treated for latent TB infection.
Take-Away Messages

✔ RH is taken once daily for 3 months
✔ Do not take 2 doses at the same time when you miss a dose
✔ RH can be taken by children under 2 years and
✔ If you experience side effects visit your nearest health facility immediately!