

Tuberculosis (TB) infection and Tuberculosis Preventive Treatment (TPT)



TB is caused by bacteria that spread through the air, therefore TB can infect anyone who breathes. The good news is that **TB disease can be prevented** by taking medication called TB Preventive Therapy (TPT).

The **TB Test & Treat Approach** should be followed to rule out TB disease before starting TPT. All individuals (adults and children) at increased risk should always be evaluated for TB disease before initiating TPT, including testing for active TB disease. **Therefore, all people considered for TPT should undergo clinical evaluation (symptom check and physical examination) and be tested with GeneXpert (Xpert), even without having any symptoms.** Other tests for TB include: culture, chest x-ray (CXR) and/or urine LAM. Diagnostic tests and choice of the most appropriate TPT regimen will vary by age and medical conditions (e.g. HIV status, pregnancy status and drug sensitivity type of the TB exposure).

If the test shows active TB disease, the person needs to be started on TB treatment (and not TPT). If the diagnostic tests are negative, the person needs to be started on TPT to prevent the development of active TB disease.

Once active TB disease has been excluded, TPT would be recommended to the following individuals:



1. People living with HIV (PLHIV)

- All people living with HIV (PLHIV) who have never received TPT, irrespective of CD4 count and antiretroviral therapy (ART) status. This includes children older than 14 weeks of age and all adults, including pregnant women.
- All PLHIV who have previously taken TPT who have a new significant TB exposure (see below).



2. TB contacts (people exposed to TB*)

- The above includes people who have previously taken TPT who have a new significant TB exposure: people who were in close contact with someone who has TB (who has not started TB treatment) by sharing the same indoor space. For example: households, workplaces, educational facilities, churches, social gatherings or other indoor places.

***A TB contact refers to all people who have had 'significant TB exposure'** - that is: shared the same enclosed space or shared living arrangement with someone who has TB disease for one or more nights or for frequent and extended daytime periods, before the person was on TB treatment. Contact can therefore take place in multiple spaces including households, workplaces, schools, or other places (for example community health workers providing care in inadequately ventilated households).



3. People with confirmed silicosis regardless of significant exposure to someone with TB.



4. Other high risk groups who should be considered for TPT after assessing their risk for developing TB disease include prisoners in correctional facilities, health workers and people who previously had TB.

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#RightToPreventTB
#PreventTBtoEndTB

@tbproof @tbproof @tbproof

IMPAACT4TB
PREVENTING TB TO END TB



Combining stories and science
to make the world TB Proof.



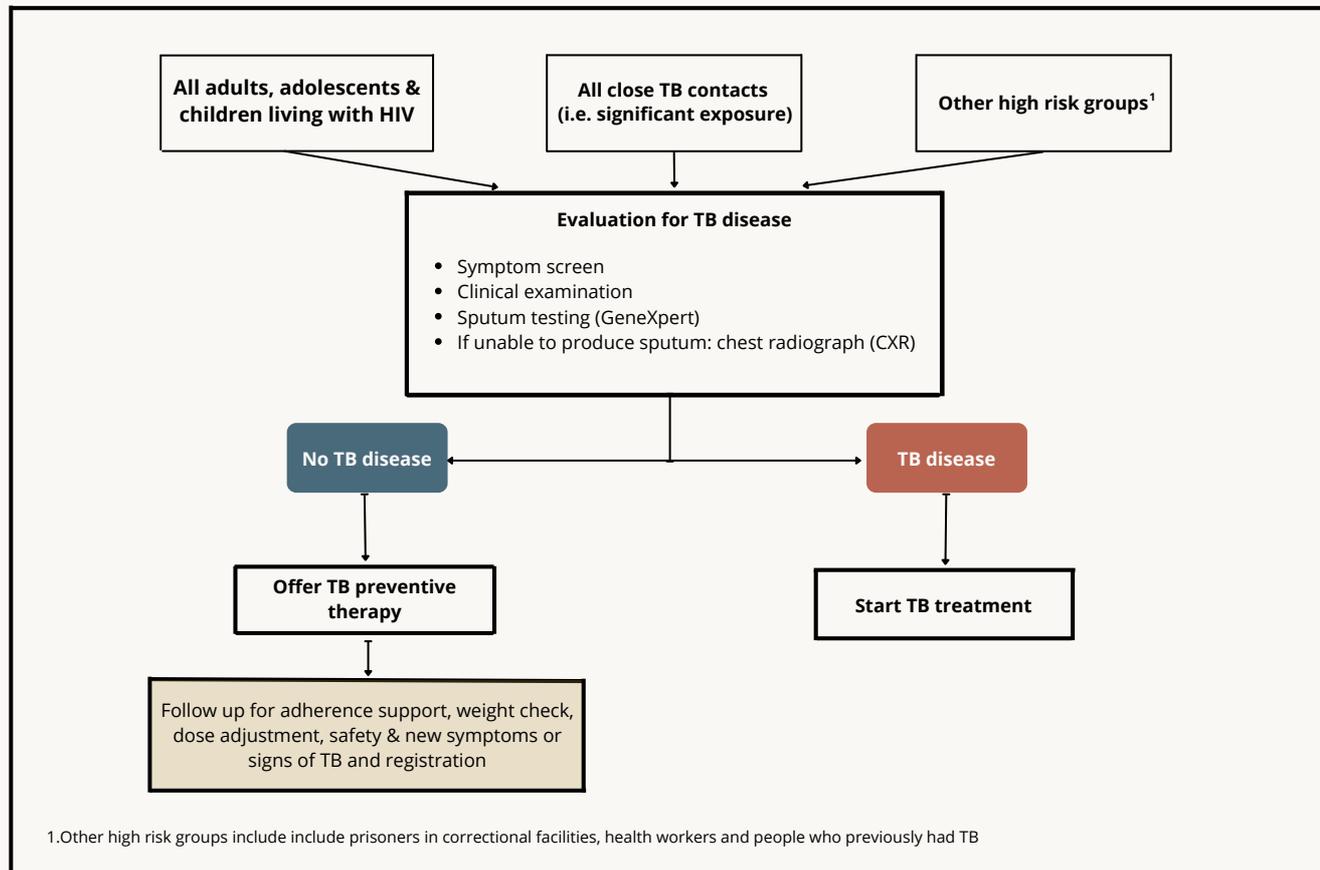
**THE AURUM
INSTITUTE**

HOW TO ASSESS IF AN INDIVIDUAL NEEDS TPT

(as outlined in the 2021 DRAFT National Department of Health guidelines)

Please note: Your role as a community health worker is to refer people who may need TPT to the appropriate healthcare professionals (clinic sisters, antenatal sisters or doctor you work with, and please remember to follow up).

Figure 1. General algorithm for provision of TB PREVENTive therapy using the test & treat approach (Department of Health, 2021)



AVAILABLE TREATMENT



All people on TB Preventive Therapy that includes isoniazid, should be offered pyridoxine (vitamin B6) for the duration of their treatment

Educate people about possible side effects and what to do when these happen, e.g: loss of appetite, nausea, and vomiting, abdominal pain/ discomfort, feeling tired or weak, change in urine colour, jaundice and having pale/ lighter stools.

It is important to do drug sensitivity testing (DST) for known patients with drug-resistant (DR) TB before initiating TPT in a TB contact.

If you have an additional questions, please check with you clinic pharmacists, nurses and doctors.

Always remember the importance of infection prevention and control while you are doing assessments (e.g. adequate ventilation, use of a respirator).



HELPLINE 0800 012 322

Call the helpline for TB and HIV advice.

***SCREEN YOURSELF NOW FOR TB:**

Type "TBcheck" in WhatsApp to 0600123456 or dial *134*832*5# (free service).

