



PERKUMPULAN PELITA INDONESIA

“helping people to help themselves”

*** HEALTH DIVISION ***

STOP TUBERCULOSIS



REMEMBER:

1. KNOW
2. PREVENT
3. TREAT
4. ERADICATE



TB (TUBERCULOSIS) PROGRAM

The TB program has been ongoing since 2006 and still continues to be implemented in cooperation with governmental agencies such as the City Health Office Bandung, the Bandung District Health Office, the Health Department Sumedang and its sub-districts.

These associations work actively to implement strategies developed and recommended by the WHO (World Health Organization), such as the DOTS strategy (Directly Observed Treatment Short-course), which is the standard treatment of the short-term use of Anti-Tuberculosis Medication for all TB cases.

To do so, we use the National Tuberculosis Control Guidelines issued by the Ministry of Health as a reference and guidance in implementing TB control.

Within this program, members of the team have two main tasks as:

- 1. PMO Coordinator (Drugs Supervisor)**
- 2. Promote good health and provide information, education, & communication)**

The responsibilities of team members are as follows:

- Coordinate & monitor patients with TB taking medication so they stay regular and continuous, according to government DOTS program
- Supply personnel / counselor to an area that will help provide & deliver Anti-Tuberculosis Drugs during the treatment period (6-9 months), to complete treatment for all cases of active tuberculosis and prevention of Multi Drug Resistance - a double immunity drugs.
- Encourage and remind the TB patient to have the awareness of themselves, to want to do a correct inspection process and regularly visit the health care facility.
- Provide counseling and advice to family members of TB patients who have symptoms of the disease or are suspected to have TB, to ensure they immediately see a health care facility.
- Active in providing health counseling that is simple and clear to the community about the disease, in accordance with to the Republic of Indonesia Ministry of Health program.
- Develop good partnerships with the intensive treatment centers / clinics / institutions / foundations / other agencies in accordance with the TB program of the association "PELITA INDONESIA"

BRIEF INFORMATION ABOUT TB

WHAT IS TB?

- TB is a contagious infectious disease caused by the bacteria *Mycobacterium Tuberculosis*.
- TB is not hereditary and not caused by curses or witchcraft.
- TB can affect anyone of ANY social class.
- TB usually attacks the lungs but can affect other parts of the body, such as the brain, bones, joints, fingers, skin, sexual organs, etc.

Tuberculosis: Infection & Transmission

- Tuberculosis (TB) is an infectious disease caused by the bacteria *Mycobacterium tuberculosis*.
- TB is transmitted through the air via phlegm or saliva.
- When people with TB cough, sneeze, talk or spit, they spread TB germs or bacilli into the air. A person can be exposed to TB by inhaling only a small number of these germs.
- People who have tested positive in a TB smear test (Basil Hold Acid) can transmit the disease to 10-15 other people each year. One third of the world's population is infected with TB!
- A person that is infected with the TB bacteria will not necessarily become sick with the disease TB. TB can be inactive (dormant) for years by forming a cell wall that is similar to a thick layer of wax. When a person's immune system down, the possibility of TB becoming active is increased. TB can be cured by completing a full cycle of medication.

Tuberculosis:

- Is the third leading cause of death in Indonesia.
- Is the leading cause of death among women, more than deaths due to pregnancy & childbirth.
- If not treated properly, 50% of all TB patients will die within 5 years.
- Most cases strike during the reproductive years (15-55 years).

TB FACTS IN INDONESIA

- ❖ Every minute a new case of pulmonary TB occurs.
- ❖ Every two minutes a new patient is infected with active pulmonary TB.
- ❖ Every four minutes one person dies from TB in Indonesia.

SYMPTOMS OF TB IN ADULTS

1. Cough accompanied by phlegm that is continuous for 3 weeks or more.
2. Phlegm mixed with blood.
3. Shortness of breath accompanied with chest pain.
4. Weakness, decreased appetite, weight loss.
5. Sweating at night even without activity.
6. Fever that lasts more than a month.

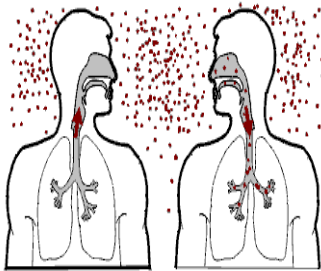
SYMPTOMS OF TB IN CHILDREN

1. Weight loss for 3 consecutive months for no apparent reason.
2. Loss of appetite.
3. Long and/or recurrent fever.
4. Lumps appearing in the neck, armpits and/or groin.
5. Cough lasting more than 30 days accompanied with chest pain.
6. Diarrhea that reoccurs after treatment.

PURPOSE OF TB TREATMENT

1. Cure for the patient.
2. Prevent death.
3. Prevent recurrence.
4. Lower the risk of transmission

TRANSMISSION OF TB



When talking, spitting, coughing or sneezing, people with TB will spread TB bacteria (germs) from their lungs into the air in the form of phlegm. The TB bacteria can then be inhaled and infect people in the surrounding area who inhale the contaminated air. After the bacteria has entered the body, it can spread from the lungs to other parts of the body.

HOW TB BACTERIA IS CONTAGIOUS?

TB bacteria enter the body through the respiratory tract and most frequently attacks the LUNGS by:

- Patients with TB who have not been properly treated coughing or sneezing into the air which is thereby inhaled by other people within ± 2 meter radius.
- People who are breathing air that has been contaminated by TB bacteria from phlegm or spit that was not properly disposed of.

MEDICINE MUST BE TAKEN REGULARLY AND COMPLETELY, IF NOT:

- ❖ The patient will suffer from TB again (relapse) and it will be more difficult to cure.
- ❖ The patient must complete the treatment regiment again for a longer period.
- ❖ The patient can transmit TB bacteria that are more resistant to ANTI-TUBERCULOSIS drugs.
- ❖ TB can spread to the lymph nodes, kidneys, bones, joints, intestines and brain.

REMEMBER!!!

- ✓ *TB is easily transmitted via children. When TB cases in children are found, you must search for the source of the original transmitter.*
- ✓ *TB can be prevented if those infected make the correct decision to undergo the correct treatment and living a healthy lifestyle.*
- ✓ *TB can be cured by taking all medications regularly and completely.*

DRUG SUPERVISORS:

1. Supervise the patient and ensure they take all the medicine regularly and completely.
2. Give encouragement and motivation to continue with treatment until cured.
3. Remind the patient regularly about control of drugs in accordance with the UPK agreement.
4. Remind patients to do re-examinations at the appointed time.
5. Provide counselling to patients and families with TB.

TB can usually be cured with regular medical treatment lasting 6-9 months!

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