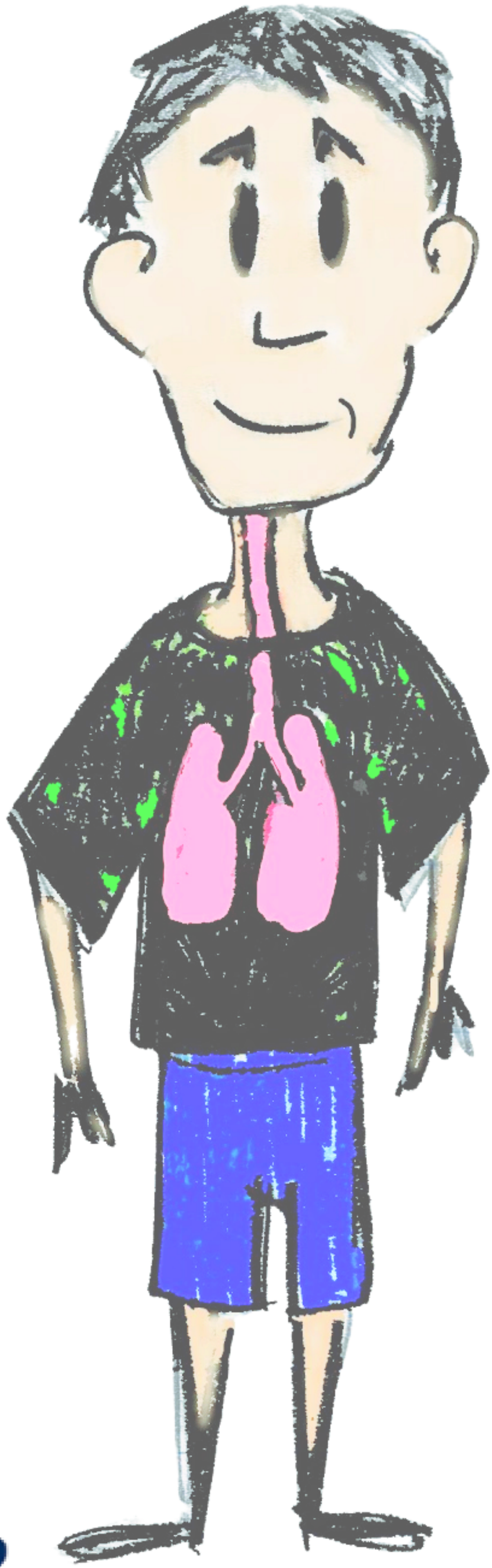
PATIENT'S TREATMENT NOTEBOOK



What You Need To Know About TB

Tuberculosis

Produced for you as an aid in TB knowledge, treatment understanding, appointment management, and available resources in your area.

Table of Contents

My Important Information

My patient number:

.....

My health unit address:

.....

.....

.....

.....

My health unit phone number:

.....

Nurse name:

.....

Nurse direct line or phone extension:

.....

DIS name:

.....

DIS direct line or phone extension:

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Lets Talk TB

Here Are The Basics

Tuberculosis (TB) is a disease (usually found in the lungs) caused by bacterium called Mycobacterium tuberculosis.

TB can cause severe illness if it is not treated on time.

There are two stages of TB: infection and disease

TB is spread when someone with TB disease coughs, sings, or breathes out air that another person inhales.

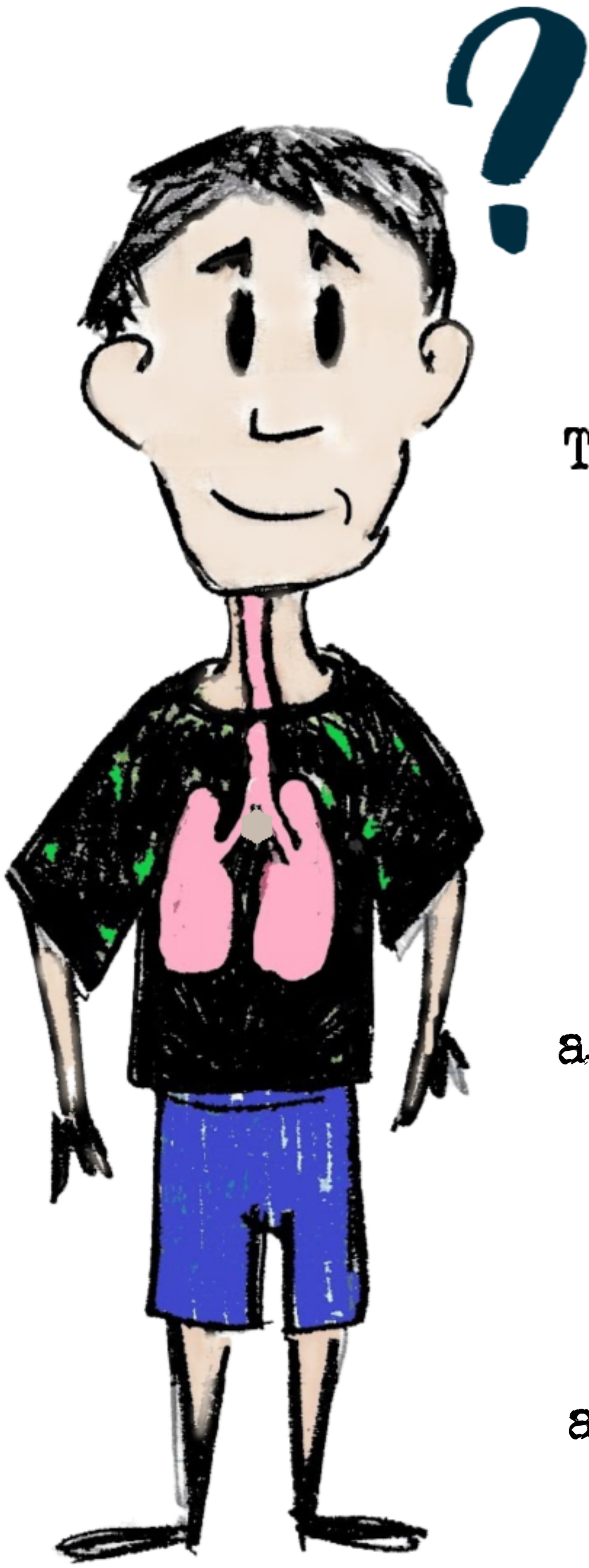
The tiny particles in this shared air can float across rooms and infect others .

These particles are called droplet nuclei.

Lets Talk TB

You Inhaled TB

So someone breathed in the droplet nuclei carrying TB. Now what?



That person's immune system fights to keep the TB bacteria from growing in the body. That person now has TB infection.

Someone with TB infection does not have symptoms of TB disease. We'll talk about TB disease later.

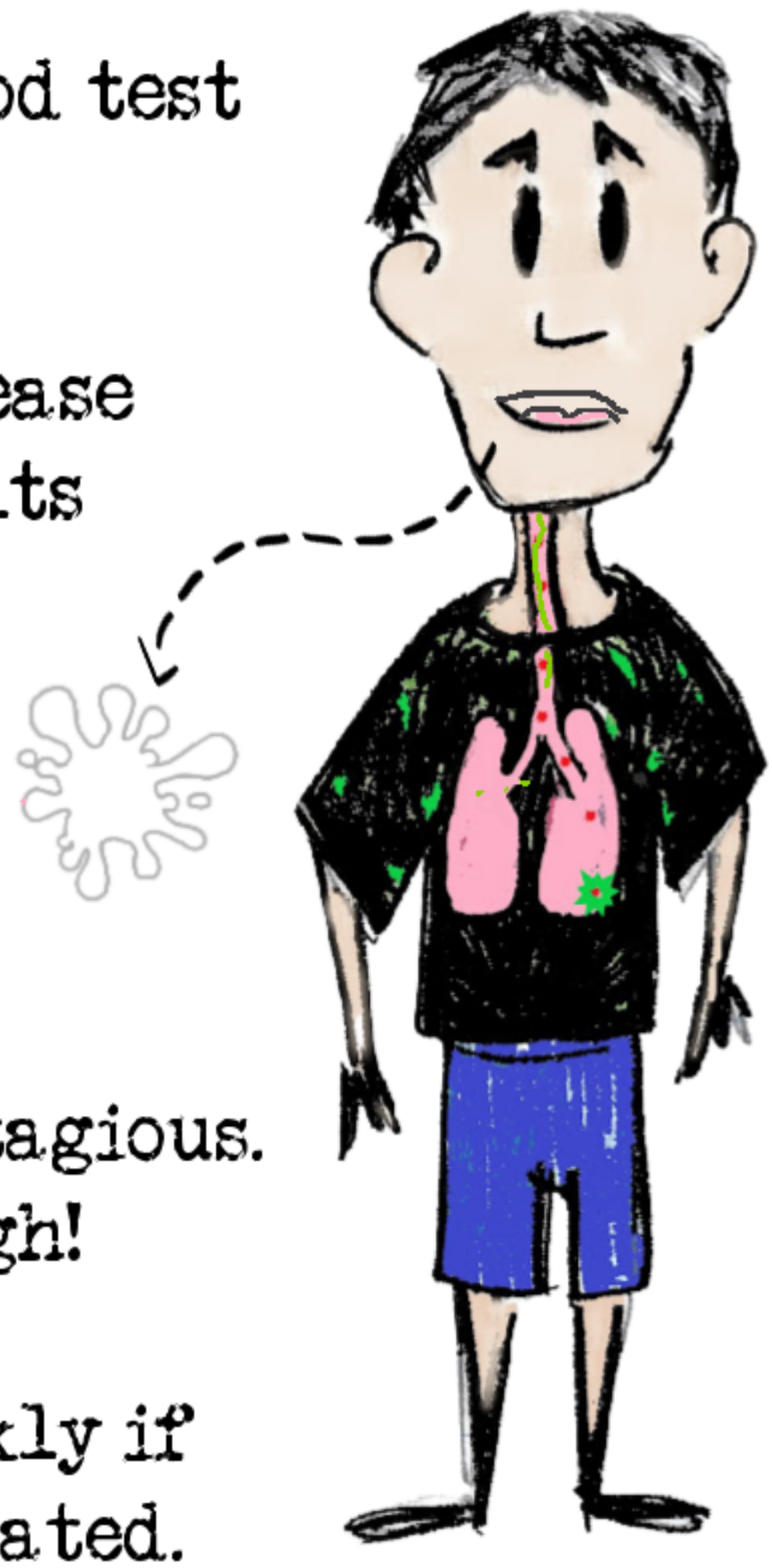
People with TB infection (without active disease) are not contagious.

Lets Talk TB

How to Know If You're Infected

The following test results combined indicate TB infection;

-a positive skin or blood test for TB
-a normal chest x-ray
-no symptoms of TB Disease
-negative sputum results



Sputum is mucus that is coughed up from the lungs.

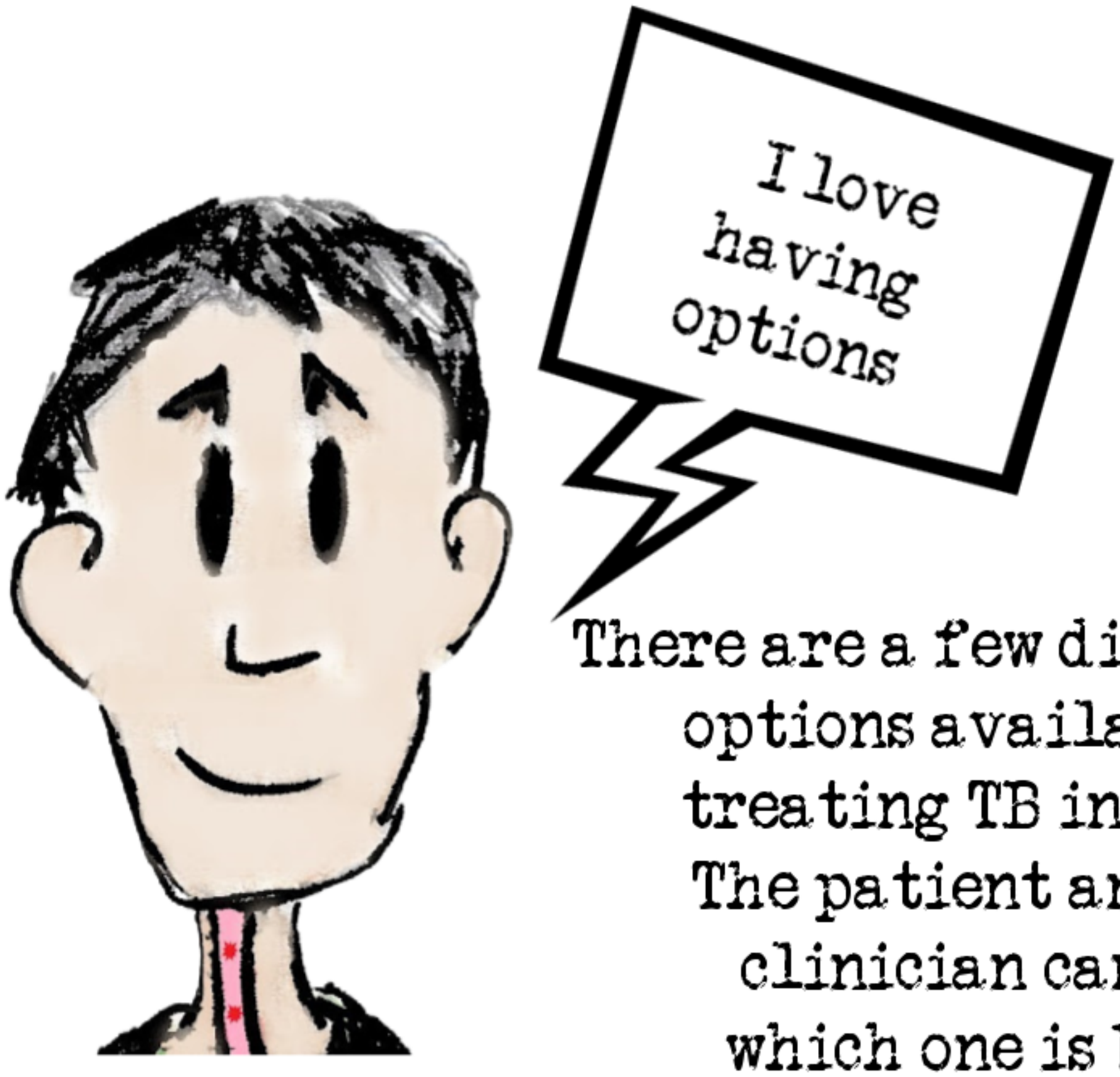
TB infection is not contagious. TB disease can be, though!

Things can change quickly if the infection is not treated.

Lets Talk TB

TB Infection Treatment

Great news! When someone has TB infection, without active disease, they can take medicine to prevent the TB bacteria from growing.



There are a few different options available for treating TB infection. The patient and their clinician can decide which one is best for them!

Some treatments involve taking pills everyday. Others involve taking pills only on certain days each week.

Lets Talk TB

From Infection to Disease

If TB infection is not treated on time, and the immune system becomes weakened for any reason, then the TB bacteria can begin to grow and multiply in the body.

When the TB bacteria grow they cause severe health issues. These can include: cough, fever, weight loss, fatigue or tiredness, bloody sputum, and more.

If this happens then the TB infection has become TB disease.

Now medication MUST be taken to cure the TB disease.

Lets Talk TB

TB Disease

TB disease happens when the body's immune system cannot keep the TB mycobacteria from growing in the body.

Usually the TB bacteria are found in the lungs, but TB can be found anywhere in the body.

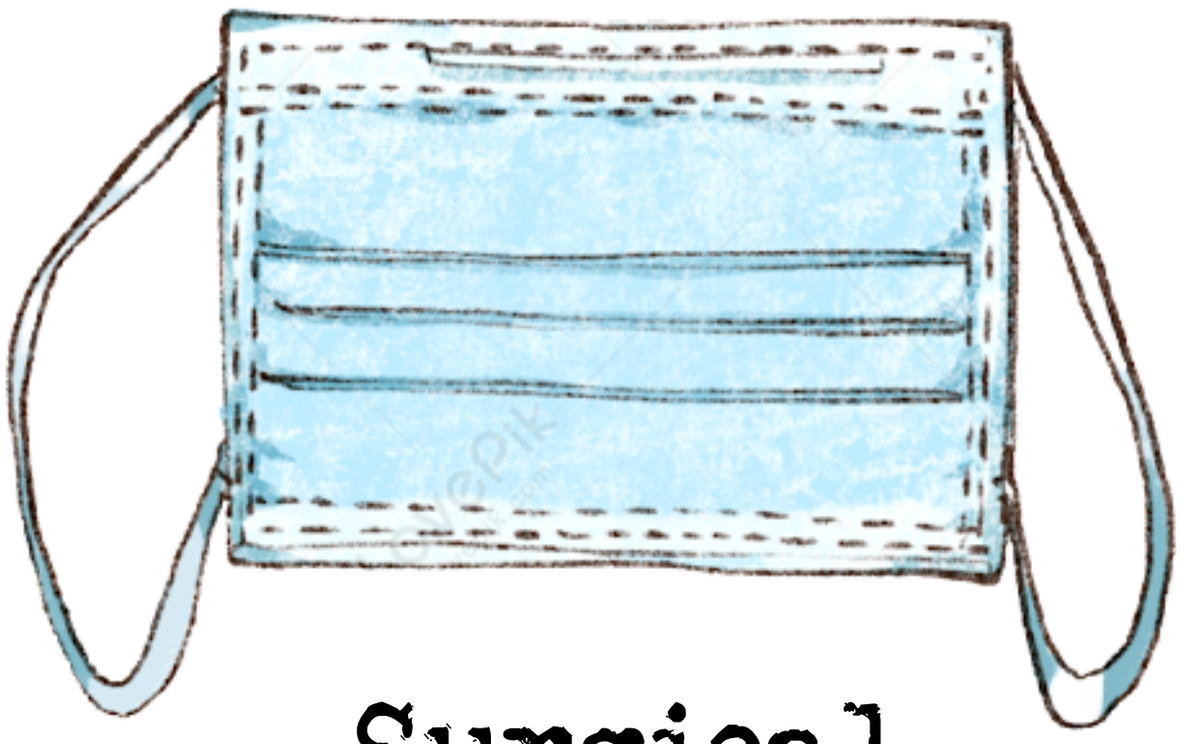
TB disease is only spread through shared air, not through sharing the same utensils, etc.

Wearing special face masks can help prevent TB from spreading to other people.

Lets Talk TB

Choosing Which Mask to Wear

N95 Mask



Surgical Mask

An N95 mask should be worn by people who may share air with someone that has TB disease. The N95 keeps shared air out.

A surgical mask should be worn by the person who has TB disease. This will keep others from getting infected with TB.

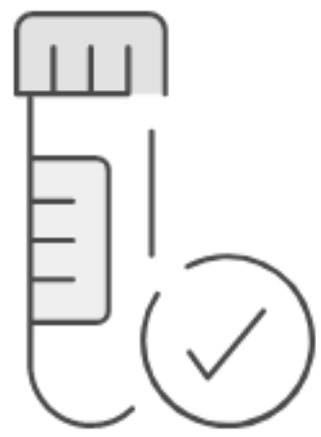
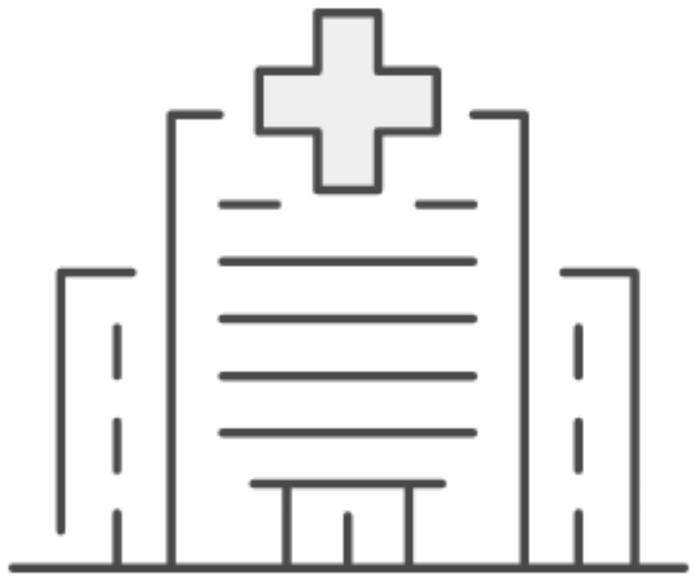
Lets Talk TB

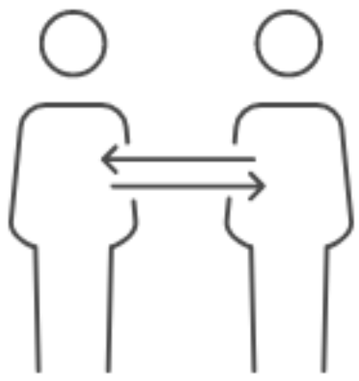
Symptoms of TB disease:

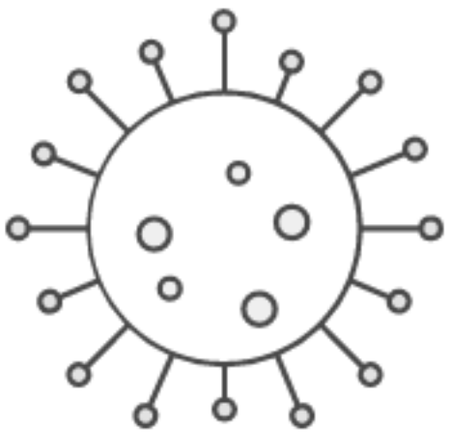
Cough
Bloody, green, or yellow Sputum
Weight loss for no explained reason
Night sweats
Fever
Fatigue
Loss of appetite
Wound that fails to heal
Swollen bumps on neck and more

TB disease diagnosis is made by looking at:

Symptoms
Chest xray
Sputum results
Blood tests
and History





Why TB Treatment Is So Important

TB disease can make you feel very sick. That will get better as you take the TB medication prescribed for you.

TB is dangerous when not treated. It is dangerous for the patient and the public since it can cause very serious illness and it is contagious!

Louisiana's Sanitary Code mandates that persons with TB disease must receive treatment to cure their TB disease.

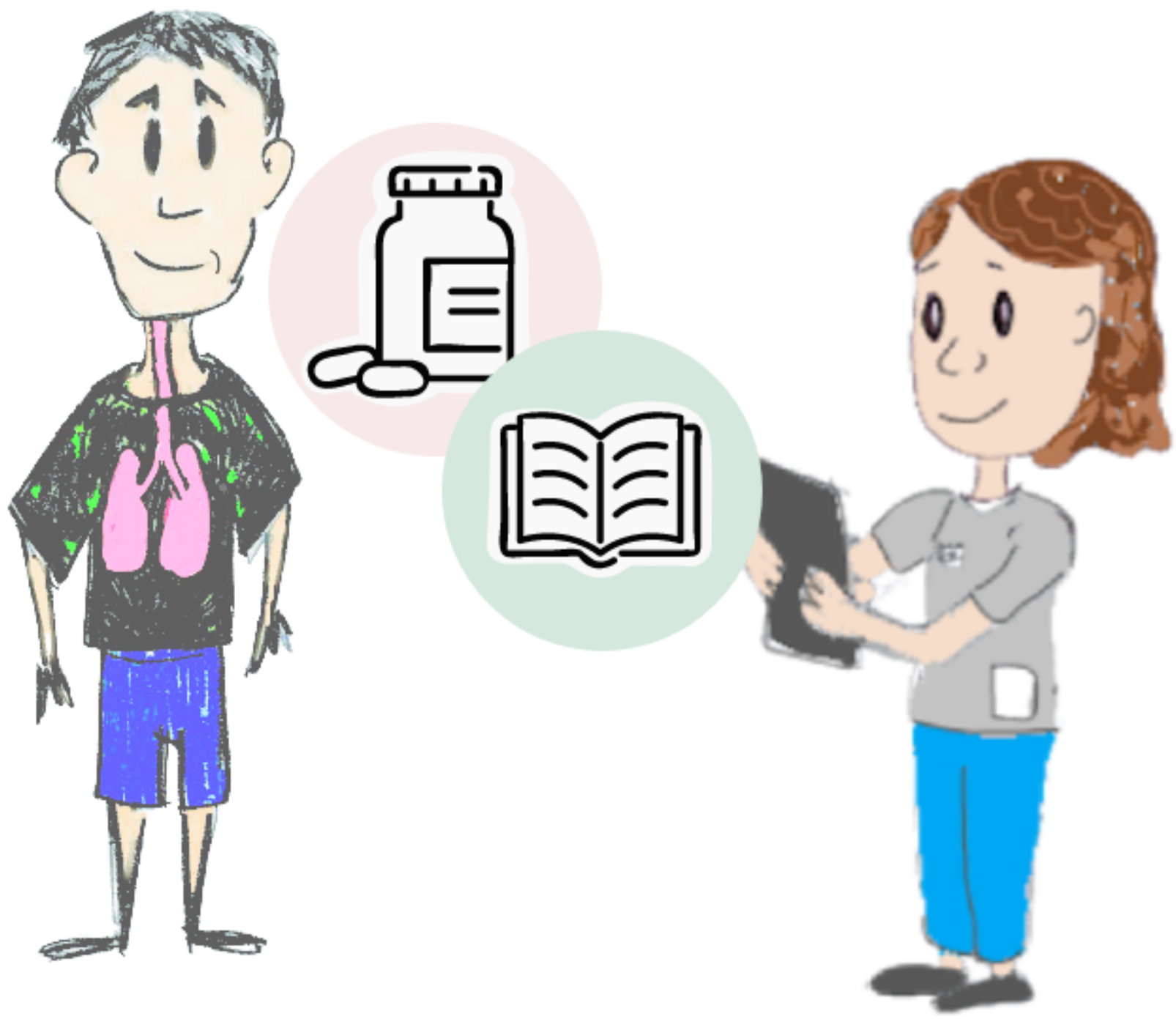
Missing doses can cause the TB bacteria to become resistant. If that happens then the medications won't work. Our healthcare staff will work with you to make sure no doses are missed.

We will be here for you every step of the way!

What is D-O-T?

DOT stands for Directly Observed Therapy.

That means that a healthcare worker observes the TB medication being taken by the patient. Each dose is signed off on a calendar by the patient and the DIS.



What is a D-I-S?

DIS stands for Disease Intervention Specialist.

The DIS are healthcare workers. DIS and nurses typically are the healthcare workers doing DOT with you.

Each person with TB disease has a DIS assigned to them to help make sure everything goes smoothly with treatment.

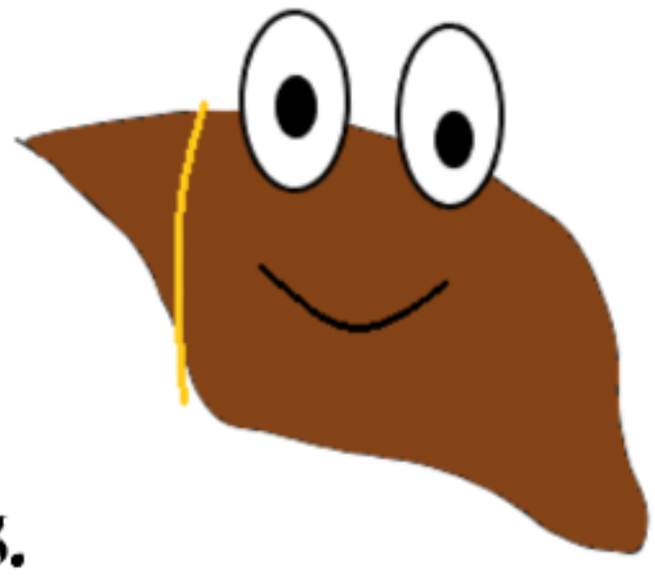
DIS can help with many aspects of your TB treatment, so talk with them.

All About the Tests

Blood Tests

Interferon Gamma Release Assay (IGRA) is a blood test used to see if a person has been infected with Mycobacterium tuberculosis; Also referred to as T-Spot and Quantiferon Gold.

Human Immunodeficiency Virus (HIV) is a virus that attacks cells that help the body fight infection, making a person more vulnerable to tuberculosis.



Alanine transaminase (ALT) is an enzyme found in the liver that helps convert proteins into energy for the liver cells. Elevated levels of ALT may signify liver damage.

HbAlc is a blood test that measures your average blood sugar levels over the past 3 months. It's used to diagnose potential diabetes, which is a risk factor for developing TB disease.

All About the Tests

Aspartate transaminase (AST) is an enzyme that helps metabolize amino acids. An increase in AST levels may indicate liver damage.

Bilirubin is a substance produced during the breakdown of red blood cells. Elevated levels of bilirubin can cause jaundice (yellowing of skin or whites of the eyes) and may indicate liver damage or disease.

Creatinine is an enzyme showing how well your kidneys are filtering waste from your blood.

Uric Acid is a waste product that can damage joints and tissue if it builds up too much in the body.

All About the Tests

Nonblood Tests

Tuberculin Skin Test (TST) uses purified protein derivative (PPD) to determine if you have been infected with TB. It does this by observing whether your immune system recognizes the PPD when injected into your skin.

AFB (Acid Fast Bacilli) Smear detects the amount of live TB bacteria in the sputum sample. Shown by either "no AFB seen", "1+", "2+", "3+", or "4+". A 4+ is the most AFB seen. Any of these can mean you're infectious to others. A negative or "no AFB seen" does not alone rule out TB infectiousness.

AFB (Acid Fast Bacilli) Culture results take up to 12 weeks. A positive M. tuberculosis (Mtb) culture result confirms the diagnosis of TB disease; however, TB disease may also be diagnosed on the basis of clinical signs and symptoms.

My Medications

Circle the current medications you are taking for TB treatment. (medicine)

Mark a line through those that the doctor has discontinued. ~~(medicine)~~

Isoniazid

Rifampin

Pyrazynamide

Ethambutol

Streptomycin

Other:.....

For exact dosing talk with your nurse.
This is just a basic information page.

Possible Side Effects of TB Medications

Report Side Effects To A Nurse or DIS Immediately

Some side effects you may experience are listed below. Most side effects will go away after your body adjusts to the medications, however, always report them anyway!

- Yellow skin or white of eyes
- Stomach pain, nausea, or vomiting
- Rash
- Fatigue
- Fever
- Joint pain, swelling, or redness
- Changes in vision or hearing
- Tingly or prickly feeling in extremeties
- Tea, coffee, or dark colored urine

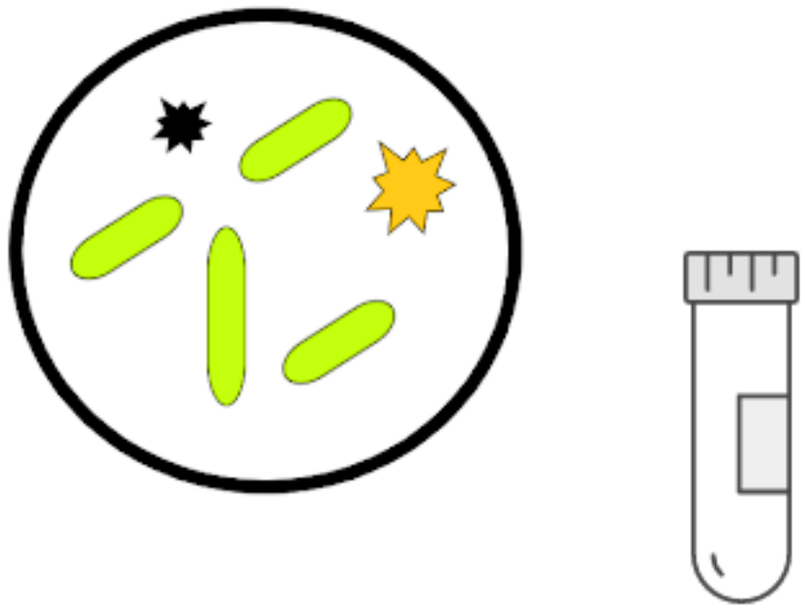
(Your urine may appear orange to red colored from Rifampin, but it should not be dark like tea or coffee.)

If in doubt report!

When Am I NOT Infectious?

You are no longer infectious when you have met the following three criteria:

1. You have 3 consequetive negative AFB smears from sputum



2. You have been on medication for at least 2 weeks

3. You show clinical signs of improvement

My Health Unit Appointments

Date	Appointment Type					
	Nurse	DOT	Chest X-Ray	Labs Only	MD	

My Blood Test Results:

Date	Blood Test Results					
	AST	ALT	Creatinine	Bilirubin	Uric Acid	HbA1c

My Sputum Test Results:

Date	Acid Fast Bacilli (AFB) Sputum Smear Results					Culture
	No AFB	1 +	2 +	3 +	4+	(Positive/ Negative)

My Sputum Test Results:

Date	Acid Fast Bacilli (AFB) Sputum Smear Results					Culture
	No AFB	1 +	2 +	3 +	4+	(Positive/ Negative)

My Notes

Here you can write notes to tell the nurse or DIS.

What Resources Are Available To Me?

Attach relevant resource list per Region.

If found please return to:

..... Health Unit at

.....

.....

Created by Heather Manrique, MBA/HCM
Patient Advocacy Coordinator
Louisiana Office of Public Health
Tuberculosis Control Program
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