

Appendix A: Supplemental Health Education Materials

Sputum Collection

Health education poster that staff can put on walls in lab or clinic to remind themselves, and make patients aware, of proper method for collecting sputum. Available in PDF form for printing on the tool's companion CD-ROM. The evaluator may want to print some out before traveling to TB control program for distribution to augment existing educational materials.

Mild Side Effects and Their Management

Health education poster that the staff can put on walls of TB control program to remind themselves and make patients aware of mild side effects of therapy. Available in PDF form for printing on the tool's companion CD-ROM. The evaluator may want to print some out before traveling to TB control program for distribution to augment existing educational materials.

TB Admissions Talk

Health education posters that the staff can use to remind themselves what to tell the patients. Available in PDF form for printing on the tool's companion CD-ROM. The evaluator may want to print some out before traveling to TB control program for distribution to augment existing educational materials.

Sputum Collection

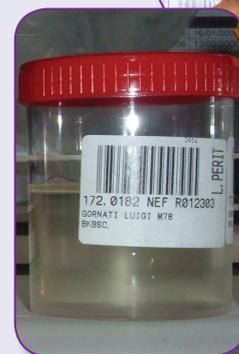
Patient Must Know:

- Importance of giving sputum rather than saliva
- Visual difference between sputum and saliva
- Importance of not being near others when producing sputum



Patient Must:

- Rinse mouth with water (provide cup and water)
- Open container but keep cap and inside clean
- Take three to four (3-4) deep breaths
- Hold breath for 3-5 seconds after each deep breath
- Give deep cough with last breath to bring up sputum from lungs
- Put sputum, not saliva, into container
- Provide enough (3-5 mL) sputum



Mild Side Effects of TB Drugs and Their Management

Drug	Side Effect	Management
Rifampicin	No appetite, nausea, stomach pain	Eat small meals and before bedtime
	Rash	Take antihistamines, if worsens see health officer
	Orange/Red Urine	Reassure patient—an expected effect of drug
Pyrazinamide (PZA)	Joint pain	Take ibuprofen or aspirin (if not a child)
	No appetite, nausea, stomach pain	Eat small meals and before bedtime
	Rash	Take antihistamines, if worsens see health officer
Isoniazid (INH)	Burning/tingling in hands/feet	Take vitamin B6/Pyridoxine 100mg
	No appetite, nausea, stomach pain	Eat small meals and before bedtime
	Rash	Take antihistamines, if worsens see health officer
Ethambutol	Eye problems	Stop medication and see health officer immediately

TB Admission Talk Patients Must Know:

- **TB can be cured** *and disease symptoms go away with treatment*
- **TB can be easily spread;** *learn how to stop the spread*
- **Always cover your mouth when coughing or sneezing**
- **If you default (stop taking your drugs) your family could get TB;** *and you could possibly die*
- **If a dose is missed, take it as soon as you remember** *but not within 8 hours of the next dose*
- **DOT (Directly Observed Therapy) works** *when it lasts for at least 2 months*
- **Be patient: TB drugs take a while to work;** *learn about the two different phases*
- **If pregnant, tell your doctor,** *you should not take streptomycin injections*
- **Bring in children less than 5 years old to be examined,** *because of high risks of TB*
- **Bring in contacts, neighbors, family members, or other who are coughing for 2-3 weeks to be tested for TB**
- **Vaccinate children less than 5 years of age with BCG to prevent severe forms of TB**
- **Report side effects and if they are severe come to the clinic immediately**
- **Take no alcohol** *while on treatment because of liver damage*
- **Take no Paracetamol** *while on treatment because of possible liver damage*
- **Get HIV testing,** *there is treatment*