

Your Role in the Treatment Phase

- You could serve as the DOTS provider in your village and ensure compliance.
- Since the treatment is of long duration, the ASHA has a key role in motivating the patient to complete the treatment and prevent them from stopping midway or drop out.
- Recognising the side-effects of the drugs (Annexe 8) and knowing how to deal with side-effects of drugs and making sure of drug availability at the health facility will help you to do this more effectively.
- Encourage the patient to take sufficient nutrition during treatment and moderate rest at least for the first two months.
- The family of the patient should be counselled to take precautions at home especially for children and elder persons who can contract the disease quickly.
- The patient must eat and drink from a separate set of utensils which should be washed separately. When coughing, the patient must put a protective clean cloth over his mouth to prevent spread of droplets or leave the house and cough in a nearby open space. The cloth should be washed in hot water or with disinfectant thoroughly on a regular basis.
- The patient should not have close contact with spouse, children and infants and the elderly within the family at least for two months after starting treatment. Simple hygiene precautions will help in preventing transmission of TB within the family.
- You must keep a watch on the other family members to detect early signs of TB in the members and if necessary, get them examined from time to time.
- Ensure BCG vaccination of children at birth. This can help prevent TB among small children.
- TB is also a stigmatising disease. Confidentiality of patient identity must be maintained.
- Awareness of TB related symptoms and the approach to achieving a cure through self-reporting for examination must be stressed at community gatherings as also the importance of good nutrition and taking of complete treatment.

