

The person is said to be a TB patient if the germ is detected in both or one of the two samples. Patients who are sputum negative for germs but who still exhibit disease symptoms should be referred to the Medical Officer (MO) who may order other investigations like an X-ray of the lungs.

Diagnosis of TB must be done by a Medical Officer.

### What is DOTS?

DOTS programme is “Directly Observed Treatment” in which a health worker or another trained person who is not a family member, watches as the patient swallows the anti-TB medicines in her presence.

### What is ‘Cure’?

A patient who is initially sputum smear-positive and who has completed treatment and had negative sputum smears on two occasions, one of which was at the end of treatment, is declared a ‘cured’ patient.

### Treatment and Management of TB

- Diagnosis of TB is done through X-ray, sputum examination.
- All patients who have TB need to be treated with anti-TB drugs which can take up to six or nine months.
- The current approach is through Directly Observed Treatment, Short Course (DOTS).
- Patients must take the drugs regularly and not stop before the specified period even if they feel better.



### Prevention of TB

- BCG vaccination of children can prevent TB among small children. BCG is given at birth.
  - Finding cases and ensuring compliance with treatment is important.
  - Improve living conditions.
  - ASHA should discuss TB during health communication sessions
  - ASHA should encourage old people and those who are vulnerable with cough for over one month to visit a doctor.
- ASHA could serve as a DOTS provider in her village and ensure compliance with treatment.

