

# SUPPORTING YOUR PEERS WITH TUBERCULOSIS

**Your role as a CATS in supporting your clients with TB is to:**

- Educate your peers about signs and symptoms of TB, TB prevention, TB treatment and adherence
- Identify and refer those who show signs of TB
- Support those on TB treatment to adhere to their medication
- Refer those on TB treatment who are not getting better to the clinic



## Identifying TB



**Where:**

Clinic  
Home visit  
Support group



**When:**

Monthly

### What topics to cover

- TB check by using the Health Check In



## Supporting Your Peers With TB

**Note: all TB infected clients require enhanced support**



**Where:**

Clinic  
Home  
Support group



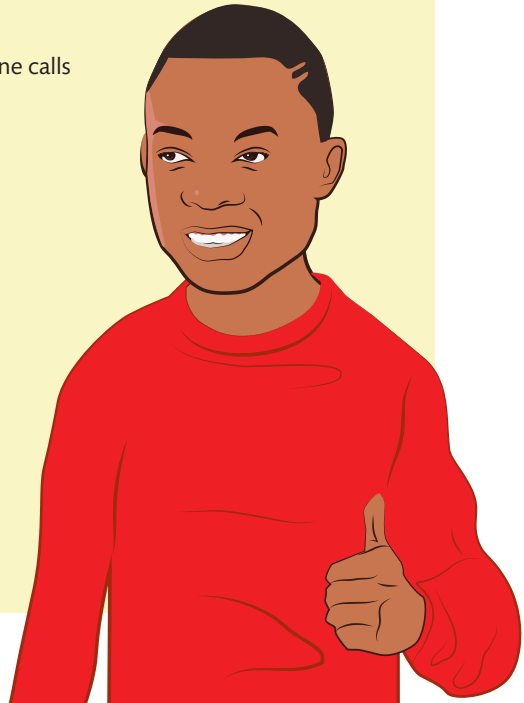
**When:**

Weekly



### What topics to cover

- Treatment
  - How long you take TB medication and why it's important
  - Adherence to TB medication and ART
- Feelings and worries
  - Conduct the **Mental Health Check In** – see mental health section
- Current support from caregivers
- Available support services
  - Importance of SMS/WhatsApp and phone calls
- Any questions or worries
- Any red flags for referrals



## Health Check-In



- Do you have a bad headache?
- Do you have a cough?
- Have you been sweating while you sleep?
- Do you have a fever?
- Have you lost a lot of weight recently?
- Does anyone in your household have TB?

**The questions in orange can be signs of TB**

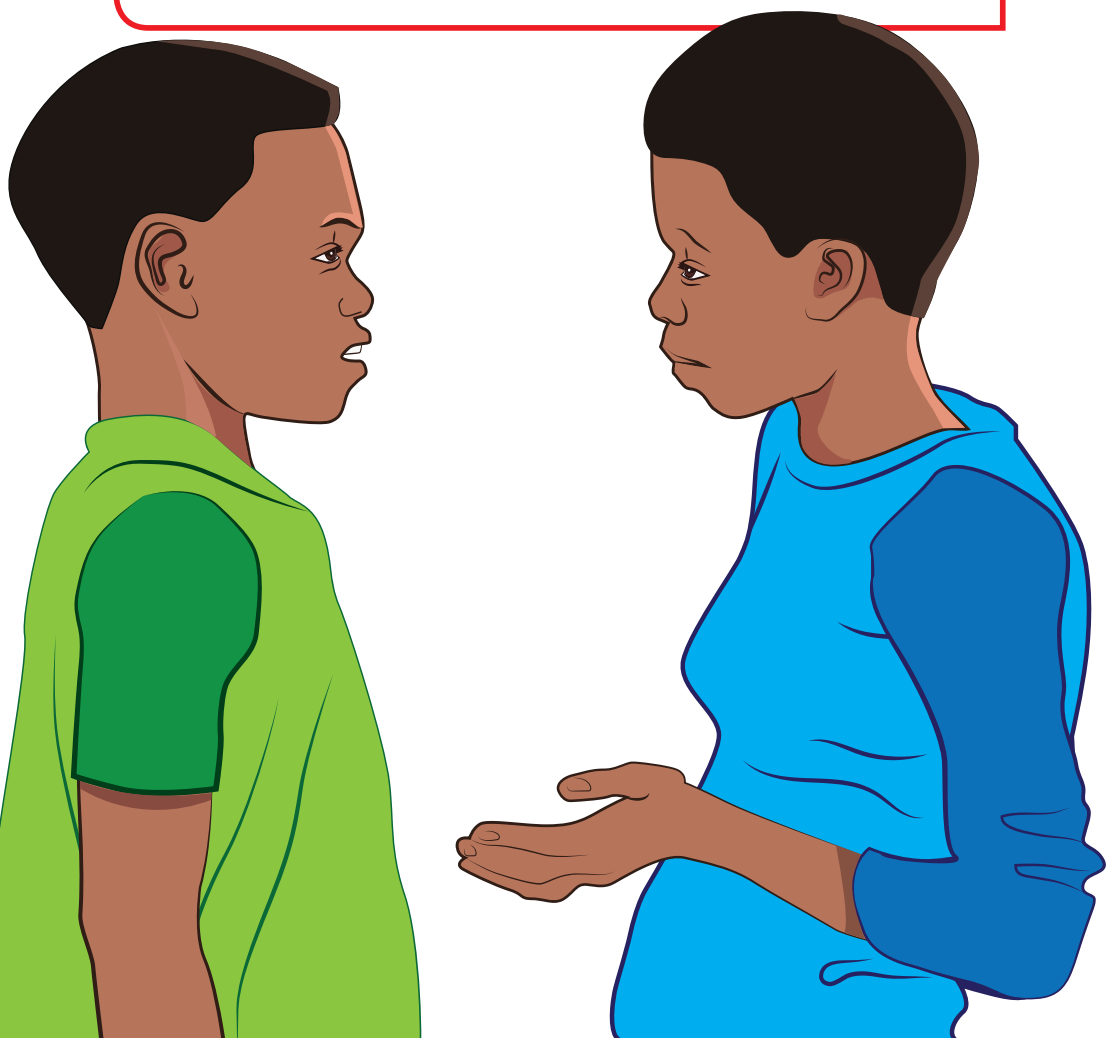




## RED FLAG

Any client who:

- Has a cough, sweats at night, a fever or weight loss
- Lives with someone who has TB
- Is not getting better on TB treatment
- Is not adhering to TB treatment
- Has no support from caregivers
- Is pregnant or breastfeeding
- Is identified as 'high risk' for a mental health condition using the **Zvandiri Mental Health Screening Tool** (See Mental Health Section)



## Reminder



Remember that the immune systems of people living with HIV may not be strong enough to fight off infections like TB. This includes CATS and your clients.

- For clients showing signs of TB, CATS need to look after their own health and talk with your clients outside, whenever possible
- It is important to discuss with your clinic and ZM how best to support your client on TB treatment
- Those with TB may not be able to come to group activities such as support group for the first 3 months of taking treatment
- CATS with TB will have to stop seeing clients at home and in the clinic for the first 3 months of taking treatment
- SMS or WhatsApp and phone calls are helpful tools to continue to engage with your client when you can't visit them.
- Caregivers and other community workers can provide important support for clients with TB



## Enhanced Support For TB

- Work with your client, caregiver, clinic and your ZM to make an enhanced support plan.
  - The clinic and your ZM are responsible for this plan
  - As part of this plan, CATS provide a supportive role to the client and may include more frequent SMS/ WhatsApp and phone support and home visits after 3 months of TB treatment

