

TB & Diabetes Flip Chart: A New Teaching Tool

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Why?

- People with diabetes at higher risk of progressing from TB infection to TB disease
- People with diabetes have 2-3 times higher risk of TB compared to people without diabetes
- In Virginia, diabetes was most frequent risk observed in TB cases: 26 cases (14%) of 180
- Recommend that all TB cases are tested for diabetes with hemoglobin A1c

Background

- Adapted from Australian Respiratory Council's flip chart, "Key Messages for TB & Diabetes"
- Collaboration between University of Virginia TB consultants and VDH TB Control staff
- Uses patient centered questions to promote patient/health care worker relationships



Key Messages for TB & Diabetes



About this Resource

Educating Patients

This flip chart is designed to:

- Complement and reinforce TB education given at the time of TB diagnosis,
- Promote adherence to and completion of TB treatment, and
- Promote control of diabetes for patients with both TB and diabetes.

Conducting the Education Sessions

- Frame educational messages in positive terms
- Give specific feedback and be realistic in your advice
- Do not overload the patient with information
- Remember there may be a stigma about TB



Using this Flip Chart

- The flip chart uses patient centered questions
- Education topics are organized according to the standard TB and diabetes management plans.
- Prompts for the health care worker are provided on the back of each page of the flip chart to guide discussion.
- Show the picture and ask "what do you see in this picture?" to encourage discussion.
- Allow time for the patient to answer, then summarize the good points and add any information not mentioned.
- Use the answers on the back of each picture to give accurate information
- Involve the patient as much as possible, let them give the answers, and try not to lecture.

Index-Key Messages for TB & Diabetes

- Week 1 • Help stop the spread of TB
- Week 1 • Taking your TB treatment will kill the TB germs
- Week 1 • DOT helps cure TB
- Week 2 • Report if you feel unwell while on treatment
- Week 2 • It can take a little time before you start feeling better
- Week 2 • Regular check-ups are important
- Week 2 • Being healthy is important



Index-Key Messages for TB & Diabetes

- Week 3 • You also have diabetes
- Week 3 • Diabetes can affect anyone
- Week 3 • Diabetes can be controlled through a healthy lifestyle
- Week 4 • Healthy eating helps control diabetes
- Week 4 • Unhealthy food choices will make diabetes worse
- Week 5 • Being active helps control diabetes
- Week 6 • Diabetes control during and after TB
- Week 10 or 12 • How are you managing your diabetes?
- Week 26 or 39 • Live healthy, stop TB and control diabetes

Week 1

Help stop the spread of TB

How can you help stop the spread of TB?



Week 1

Help stop the spread of TB

How can you help stop the spread of TB?

- TB is spread through the air by people who already have the disease when they cough, sneeze, talk laugh and sing. TB is NOT spread in other ways such as shaking hands, hugging, kissing, sharing food, dishes or bed linen.
- The only way to get TB is by breathing in the TB germ.
- If TB is in your lungs or respiratory system, you must be careful to protect other people from your TB germs. If TB is in other parts of your body, the TB germs usually cannot spread to other people.
- It is important to cover your mouth when coughing and sneezing around other people. You may need to wear a mask when you leave the house.
- If you use tissues, put them in a trash bag and close the bag until you can throw it away.
- Always wash your hands after coughing.

Week 1 Help stop the spread of TB

How can you help stop the spread of TB?



Week 1

Help stop the spread of TB

continued

What else do you need to know about TB?

No Visitors



Week 1

Help stop the spread of TB continued

What else do you need to know about TB?

- Stay at home until your doctor or healthcare provider says you may return to school or work.
- To help stop the spread of TB, ask friends not to visit until your doctor or healthcare provider says you can have visitors.
- If possible, keep windows open in your home until your doctor says that you cannot pass TB germs to others.
- Tell your doctor or nurse if you plan to move to another place. They can help make sure you get TB medicines after you move.
- Have you had an HIV test? If not, you should be tested as people with HIV can get very sick from TB. You may need different TB medicines if you have HIV.

Week 1 Help stop the spread of TB continued

What else do you need to know about TB?

No Visitors



Week 1

Taking your TB treatment will kill the TB germs

How does TB treatment stop the spread of TB?



Week 1

Taking your TB treatment will kill the TB germs

How does TB treatment help stop the spread of TB?

- It takes a number of different medicines to attack and kill the TB germ. You must take all the TB medicines that the doctor has ordered to kill the TB germ.
- You must take at least 6 months of treatment to reduce the risk that TB will return. Some people need to take treatment for a longer time. Your doctor will decide how long is best for you.
- Take your TB medications at the same time each day or as the doctor or health care worker explains.
- It is best to take the medicine with water 1 hour before or 2 hours after eating food. If the medicine upsets your stomach you can take it with a small amount of food such as a few crackers.
- TB medicines can have side effects. However, most people can take their TB medicines without any problems. Be sure to talk with your doctor or health care worker if you think you are having problems with the medicine.
- If not treated with medicine people can die from TB.

Week 1 Taking your TB treatment will kill the TB germs

How does TB treatment help stop the spread of TB?



Week 1

DOT helps cure TB!

Why does a health worker need to see you take your TB medication?



Week 1

DOT helps cure TB!

Why does a health worker need to see you take your TB medication?

- "DOT" means Directly Observed Therapy. DOT is when a nurse or health care worker sees you to give you TB medicine. A health worker can meet with you every day or a few times a week to watch you take your TB pills.
- He or she will bring your pills at the place and time that is most easy for you. This is the best way to help you get all the medicine you need and make sure that your treatment is working.
- Our goal is to ensure that everyone completes their treatment and is cured of TB.

Week 1 DOT helps cure TB! Why does a health worker need to see you take your TB medication?



Week 3

You also have diabetes

What do you know about diabetes?



Week 3

You also have diabetes

What do you know about diabetes?

- Diabetes causes a build-up of sugar in the blood and leaves your cells without the fuel they need.
- Over time, high blood sugar levels can damage blood vessels and hurt your eyes, kidneys, nerves and heart.
- Diabetes is a serious illness, but many people with diabetes live long, normal lives.
- Being overweight increases the risk of diabetes.
- With healthy habits, you can control the disease and continue doing the things you like to do.

Week 3 You also have diabetes

What do you know about diabetes?



Week 3

Diabetes can affect anyone

Did you know diabetes is a major health problem in TB patients worldwide?



Week 3

Diabetes can affect anyone

Did you know diabetes is a major health problem in TB patients worldwide?

- Diabetes affects people of all ages.
- Diabetes is not spread from person to person but can run in families.
- We screen for diabetes in all TB patients.
- Diabetics may recover from TB more slowly, and we may need to adjust your TB medications.

Week 3 Diabetes can affect anyone

Did you know diabetes is a major health problem in TB patients worldwide?



Week 3

Diabetes can be controlled through a healthy lifestyle

How can diabetes be controlled?



Week 3

Diabetes can be controlled through a healthy lifestyle

How can diabetes be controlled?

- Make healthy food choices.
- Get regular exercise.
- Stop smoking – seek help to quit.
- Avoid or cut down your alcohol/beer/wine.

Week 3 Diabetes can be controlled through a healthy lifestyle

How can diabetes be controlled?



Week 5

Being active helps control diabetes

Do you have an exercise plan?



Week 6

Diabetes control during and after TB

What else can you do to stay healthy besides eating well and exercising?

- Take all of your TB medications.
- Diabetes may last a lifetime, so find a doctor or clinic to see regularly even after your TB treatment is finished.
- Ask "Do you have a doctor or clinic to see for your diabetes?"
- If yes, when did you see them last?
- If no, refer patient to doctor or clinic.

Week 6 Diabetes control during and after TB

What else can you do besides eating well and exercising?



Week 10 or 12

How are you managing your diabetes?



Week 10 or 12

How are you managing your diabetes?

- Have you seen a doctor or healthcare professional for your diabetes?
- Did the doctor put you on any diabetes medications?
- Are you following a healthy eating plan?
- Are you getting regular exercise?

Week 10 or 12 How are you managing your diabetes?



Week 26 or Week 39

Live Healthy, Stop TB and Control Diabetes



Week 26 or Week 39

Live Healthy, Stop TB and Control Diabetes

Congratulations! You're at the end of your TB treatment!

- If you have signs or symptoms of TB, see your doctor as soon as possible.
- Stop smoking.
- Limit alcohol.
- Eat a variety of healthy foods.
- Be physically active every day.
- Lose weight (if you need to).
- Take any prescribed medication at the right time.
- Have regular health checks (eyes, feet, skin, kidneys, teeth, blood sugar, blood pressure, blood tests).

Week 26 or Week 39 Live Healthy, Stop TB and Control Diabetes

