

Key Messages for TB & Diabetes

VDH VIRGINIA
DEPARTMENT
OF HEALTH
Protecting You and Your Environment



About this Resource

TB outreach workers (ORWs) and nurses have an opportunity to promote education and key messages to people over an extended time, during directly observed therapy (DOT). This resource was developed to support ORWs and nurses as they provide education to individuals and community groups. It addresses TB and diabetes. People diagnosed with TB should be checked for diabetes because having diabetes can affect the treatment and management of TB.

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 TB and Diabetes Education Sessions

- Since TB and diabetes can cause great concern or worry, frame educational information in positive rather than negative terms whenever possible.
- Give specific feedback and be realistic in your advice. For example, if it is unlikely that a patient will totally stop smoking and/or drinking, suggest that the patient reduce use of cigarettes and alcohol.
- If you do not know the answer to a question, tell the patient that you do not know but that you will talk to the TB case manager and bring the answer back for the patient.
- Do not overload a patient with information; use clear, simple language and avoid medical terminology.
- Be aware that there may be a stigma about TB and some people believe that the disease is inherited. Explain that TB is spread through the air and infection can be prevented.

Using this Flip Chart

- The flip chart uses patient centered questions, which requires the health care worker to listen, respond and tailor information to the patient's needs. This process should promote the development of the patient/health care worker relationship.
- Education topics are organized according to the standard TB and diabetes management plans. This supports patient monitoring and promotes adherence to TB and diabetes control activities.
- Prompts for the health care worker are provided on the back of each page of the flip chart to guide discussion. The content has been designed to support patient monitoring related to TB and diabetes care and reinforce positive health behaviors.
- When using the flipchart, hold the picture straight so people can see it clearly.
- 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.

It is important to involve people in discussing the pictures in the flip chart because:

- People remember only 20% of what they hear
- They remember 50% of what they hear and see
- They remember 90% of what they practice and do

This flip chart was adapted from the Australian Respiratory Council's flip chart, "Key Messages for TB & Diabetes."

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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?



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 you 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 2

Report if you feel unwell while on treatment

Why is it important to tell the health worker if you feel unwell?



Week 2

Report if you feel unwell while on treatment

Why is it important to tell the health worker if you feel unwell?

- In some people the medications used to treat TB can cause unexpected and unwanted reactions.
- If you feel unwell it is important to let the doctor or healthcare worker know immediately so they can review your treatment and make changes if needed.
- People can have mild reactions like itchy skin, loss of appetite, nausea, painful joints and tiredness.
- More serious reactions include: skin rash, fever, tingling in the fingers and toes, blurred vision, stomach pain, yellow coloring of the skin and eyes or unusual bruising of the skin.
- Remember, if you think you are having a problem with your medicine, talk to your healthcare worker right away.

Week 2 Report if you feel unwell while on treatment

Why is it important to tell the healthcare worker if you feel unwell?



Week 2

**It can take a little time before
you start feeling better**

When will you start to feel better?



Week 2

It can take a little time before you start feeling better

When will you start to feel better?

- It may take a little time before you begin to feel better after starting TB medicine.
- Because TB is a very slow growing germ, it can take 2-3 months before a person feels sick with TB. It occurs so slowly that many people don't realize that they are sick.
- Some people start to feel a bit better after 2-3 weeks of treatment; most people will feel better after 2-3 months of treatment.
- It is important that people continue to take their TB medication even when they feel better to make sure that all the TB germs are killed.

Week 2

It can take a little time before you start feeling better

When will you start to feel better?



Week 2

Regular check-ups are important

Why is it important to see your doctor regularly?



Week 2

Regular check ups are important

Why is it important to see your doctor regularly?

- It is important that you attend your regular check up with your TB doctor. This helps us know if you are getting better or are having problems with the treatment.
- Your doctor may want you to have more x-rays, sputum or blood tests and review the TB medicines that you have been taking to make sure the treatment is working.
- Remember it is important to keep taking your pills even if you feel well. It takes a long time to kill the TB germ.

Week 2

Regular check-ups are important

Why is it important to see your doctor regularly?



Week 2

Being healthy is important

What can you do to help your body fight TB?



Week 2

Being healthy is important

What can you do to help your body fight TB?

- Try to cut down or avoid having alcohol as it can cause serious reactions with the medications and may damage your health.
- Be careful what other medicine you take; always check with your doctor as some medicines can cause reactions that may also damage your health. This includes common medicines that you can buy over the counter without a prescription.
- Tobacco is very bad for your lungs and general health. Try to cut down or avoid tobacco.

Week 2

Being healthy is important

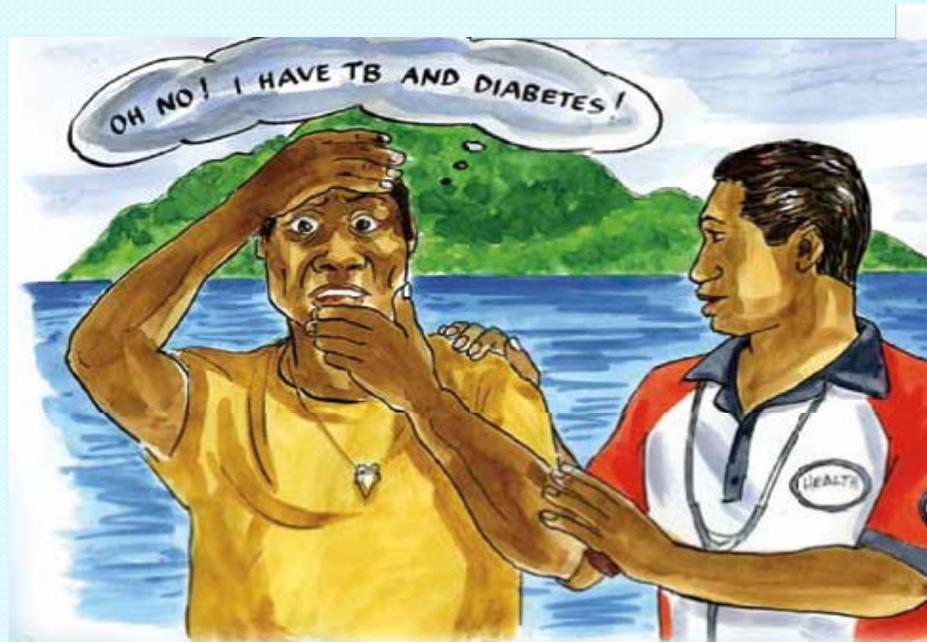
What can you do to help your body fight TB?



Week 3

You also have diabetes

What do you know about diabetes?



Week 3

You also have diabetes

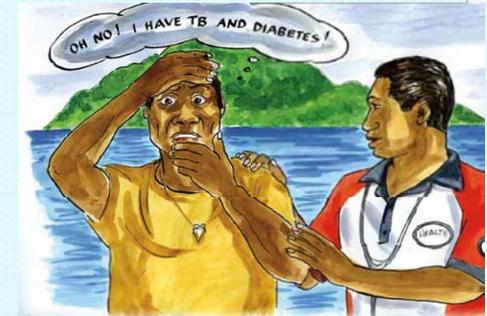
What do you know about diabetes?

- 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

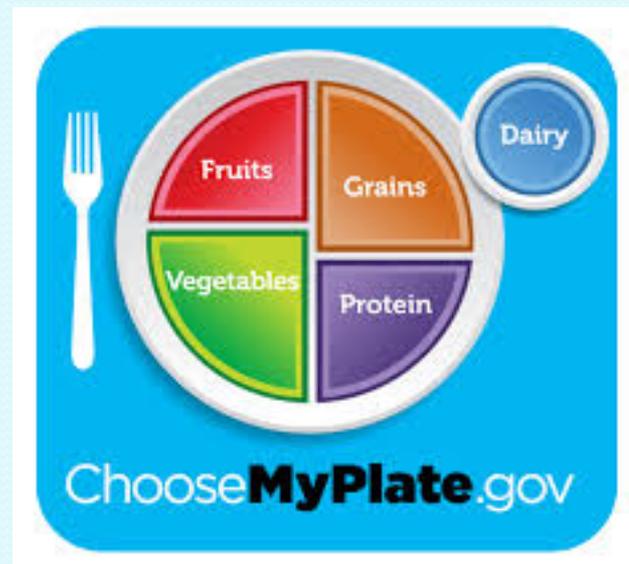
How can diabetes be controlled?



Week 4

Healthy eating helps control diabetes

What food choices have you made today?



Week 4

Healthy eating helps control diabetes

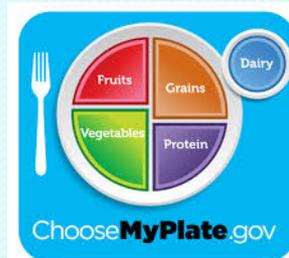
What food choices have you made today?

- Eat healthy foods such as fruits and vegetables, fish, lean meat, dry beans, whole grains and low-fat or skim milk and cheese.
- Don't overeat.
- Each day this week ask: What food choices have you made today? (Identify which are good choices, which are not good choices)

Week 4

Healthy eating helps control diabetes

What food choices have you made today?



Week 4

Unhealthy food choices will make diabetes worse

Do you know what foods to avoid?



Week 4

Unhealthy food choices will make diabetes worse

Do you know what foods to avoid?

- Eat less fried and fatty foods.
- Avoid eating foods with hidden sugar like desserts and candies.
- Eat less salty foods.
- Avoid soda, fruit juice and sports drinks. Drink water instead.
- Continue to make good food choices and avoid eating unhealthy foods.

Week 4

Unhealthy food choices will make diabetes worse

Do you know what foods to avoid?



Week 5

Being active helps control diabetes

Do you have an exercise plan?



Week 5

Being active helps control diabetes

Do you have an exercise plan?

- Regular activity and physical exercise helps the body burn energy and reduces the sugar levels in the blood.
- Start out slowly and build up gradually.
- Choose an activity that you enjoy.
- Your goal is to get 30-60 minutes of activity on most days of the week.
- Do you have any health concerns about starting an exercise program?
- Each day this week ask: What physical activity did you do today? How long did you do it for?

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?



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





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