

## TUBERCULOSIS

**Knowledge** After working through this lesson, participants will be able to:

**Attitude**

**Practice**

1. List different causes of a cough.
2. Describe some symptoms of tuberculosis in adults and children.
3. Know when to refer a person with a cough for treatment.
4. Discuss the importance of testing for and treating tuberculosis.

**Overview**

This series of lessons is based on the *Health Education Program for Developing Communities*, which is available from <http://hepfdc.info/>. These lessons are accompanied by a series of health picture books on the individual topics. These lessons are based on information and standards from the World Health Organization. The lessons can be used with adults or with older children and teens.

This lesson should be taught after *When to take your child to the clinic*. For more information, see the series of lessons on tuberculosis.

**Materials**

*Collect these items before beginning the lesson:*

- Poster-size paper, markers, and masking tape
- *Tuberculosis* picture book
- Handouts:
  - *Coughing Game*
  - *Tuberculosis*

**LESSON**

60 minutes

**Coughing Game:** (5 minutes)

*Instructions:* Divide into small groups to play the coughing game. Match the symptoms with the underlying illness. Also, what treatment is needed? Treat at home? Go see your health care provider? Or is this an emergency that needs medical care right away? Report back.

- A. A young child has a cough and a runny nose. He often sneezes. His temperature is 37.4° C.
  1. This sounds like a cold.(C)
  2. This can be treated at home.
- B. A six-year-old is wheezing and has trouble breathing. She has no fever but is breathing quickly and is pulling on her ribs. Last year she was admitted to the hospital with wheezing.
  1. Asthma (A)
  2. She has trouble breathing.
  3. She needs medical care right away.
- C. A two-year-old has a high fever and is coughing. He looks uncomfortable and is breathing quickly.
  1. This may be pneumonia (E).
  2. He should be seen by a health care provider right away.
- D. Your neighbor has had a persistent cough for a month. You notice that he is losing weight. He also has a fever and night sweats.
  1. That sounds like tuberculosis (B).
  2. He needs to be seen by a health care provider.

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- E. A six-month-old baby is behind on his immunizations. He coughs repeatedly and then makes a “whoop” sound. His mother is worried.
1. This is pertussis or whooping cough (D)
  2. He needs to be seen by a health care provider.
  3. This could have been prevented with vaccines.

Ask SH Questions:

*What did you **See**?*

*What was **H**appening?*

### **Symptoms of Tuberculosis** (15 minutes)

*Instructions:* Discuss in large group.

- A.** What is tuberculosis?
1. Tuberculosis is an infection of the lungs and other parts of the body.
  2. Tuberculosis is a chronic infection.
  3. Chronic means that it can last a long time.
  4. Tuberculosis is caused by a bacteria or germ.
  5. Tuberculosis is spread through the air when a person with TB coughs.
  6. Tuberculosis is often spread between people in the same home.
  7. Tuberculosis is a serious illness that can be life-threatening.
- B.** What are some symptoms of tuberculosis in adults? Give out the Tuberculosis illustration.
1. The most common symptom of tuberculosis is a cough that lasts more than a month.
  2. They may cough up bloody sputum.
  3. They may have a fever.
  4. They may have night sweats—much sweating at night.
  5. Weight loss
  6. Many adults with tuberculosis have no symptoms.
  7. If there is any suspicion of tuberculosis, they should be tested.
- C.** Children can be very sick with tuberculosis. What are some symptoms of tuberculosis in children?
1. Fever and chills
  2. Night sweats
  3. Weight loss
  4. Infections of the bones and joints
  5. Stiff neck or meningitis
  6. Meningitis is an infection of the lining of the brain and spinal cord.
  7. Children with tuberculosis can become very sick and die.
  8. They need treatment right away.
  9. The BCG vaccine helps prevent some cases of tuberculosis in children.

### **Treatment of Tuberculosis** (15 minutes)

*Instructions:* Discuss in large group.

- A.** What should you do if you think that someone may have tuberculosis?
1. He should be taken for testing right away.
  2. Often, they will do a skin test and a chest X-ray to check for tuberculosis.
  3. With adults, they may also check the sputum.

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4. If one person has tuberculosis, often the whole family is tested.
- B.** Why is it important to test for tuberculosis?
1. So the person can be treated and get better
  2. To find other people who may be infected.
  3. To prevent the spread of TB to other people.
- C.** Describe the treatment of tuberculosis.
1. The treatment of tuberculosis last for six months or longer.
  2. It is important that people with TB take the treatment until the health care provider says they are completely cured.
  3. It is important to take all the medicines.
  4. It is important to never skip a dose.
  5. If the medicine is not taken right, tuberculosis can come back in a form that is more resistant and difficult to cure.
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### **Picture books** (20 minutes)

- A.** Divide into pairs. Practice teaching each other the Tuberculosis picture book.
  - B.** During the week, visit your friends and neighbors to teach about tuberculosis using the picture book.
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### **References:**

Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>

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### COUGHING GAME

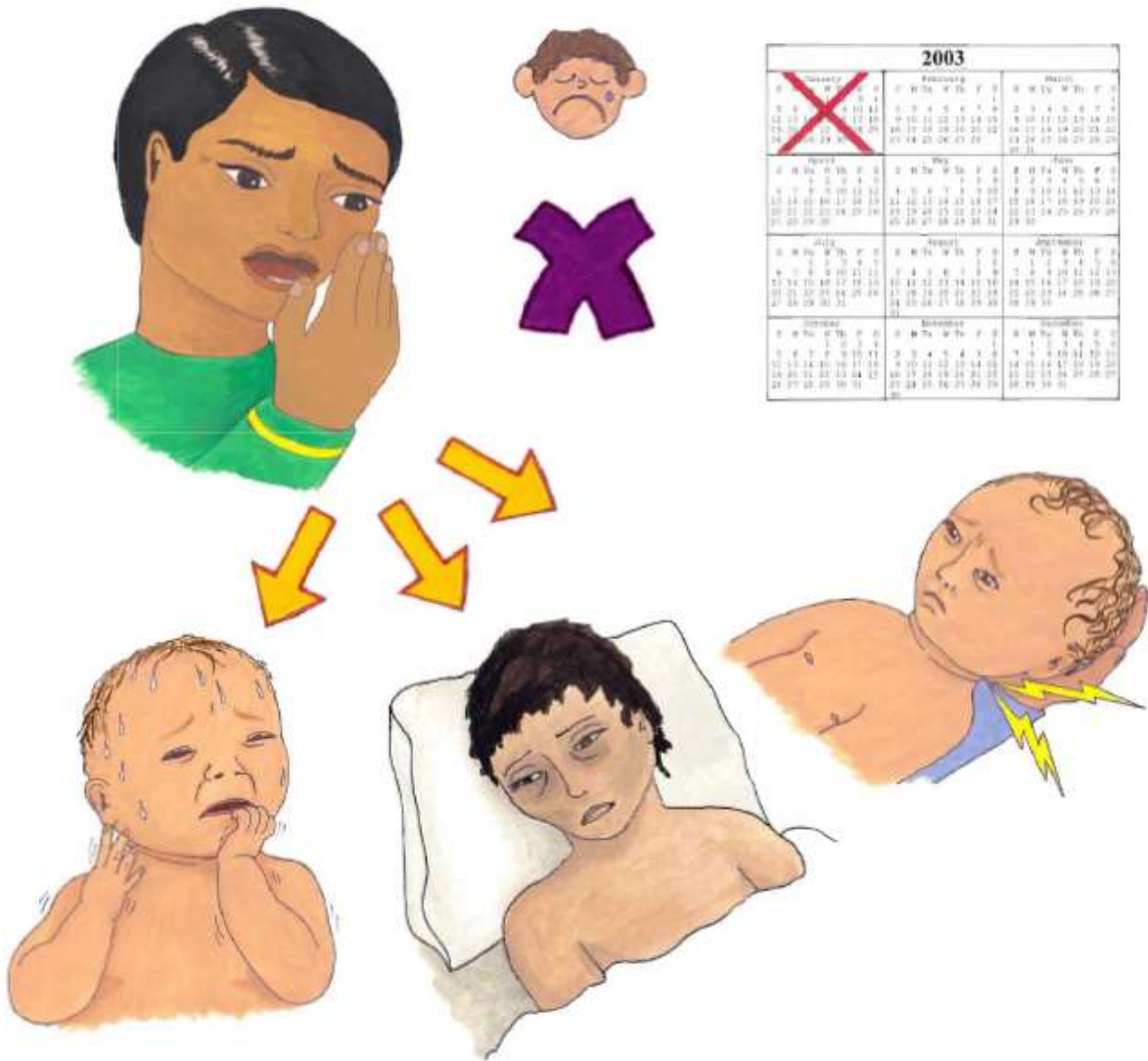
Match the type of cough to the underlying illness.

Also—what treatment is needed? Treat at home? Go see your health care provider? Or is this an emergency that needs medical care right away?

TYPE OF COUGH	UNDERLYING ILLNESS
1. A young child has a cough and a runny nose. He often sneezes. His temperature is 37.4°.	<b>A. Asthma</b>
2. A six-year-old is wheezing and has trouble breathing. She has no fever, but is breathing quickly and is pulling on her ribs. Last year she was admitted to the hospital with wheezing.	<b>B. This may be tuberculosis.</b>
3. A two-year-old has a high fever and is coughing. He looks uncomfortable and is breathing quickly.	<b>C. A cold with a cough.</b>
4. Your neighbor has had a persistent cough for a month. You notice that he is losing weight. He also has a fever and night sweats. He does not smoke.	<b>D. This sounds like whooping cough (pertussis).</b>
5. A six-month-old baby is behind on his immunizations. He coughs repeatedly and then makes a “whoop” sound. His mother is worried.	<b>E. This may be pneumonia.</b>

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## TUBERCULOSIS



2003

January				February				March			
S	M	Tu	W	S	M	Tu	W	S	M	Tu	W
1	2	3	4	5	6	7	8	9	10	11	12
13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31		1	2	3	4



2003

January				February				March			
S	M	Tu	W	S	M	Tu	W	S	M	Tu	W
1	2	3	4	5	6	7	8	9	10	11	12
13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31		1	2	3	4

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