

**HIMARA IMEHE GO TB
KO'OMIRITI DARU RUDO
YUMI BUNG WANTAIM NA
RAUSIM TB LONG DARU**



COMMUNITY EDUCATION HANDBOOK



Dear _____

Thank you for your commitment to educating the people of Daru about TB.

This book is a guide to help you give awareness on TB.

It includes:

- Steps for planning your awareness session
- Tips for giving awareness
- A script to follow for awareness
- Information on common questions about TB
- A space to record information about your sessions

The TB team member who is supporting you is

Their contact number is

Contact them if you have any questions or would like any help.

STEPS FOR PLANNING YOUR AWARENESS SESSION

Follow these steps to help your preparation go smoothly...

- 1 Discuss with your group an ideal day and time for the awareness.
 - 2 Arrange a suitable location that is big enough for the group size.
 - 3 Inform your TB team support person of your confirmed time and venue.
 - 4 Remind group members when it gets close to the date.
 - 5 Prepare the venue space and any equipment needed (eg. speaker)
 - 6 Practice your awareness presentation.
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TIPS FOR GIVING AWARENESS

Take some deep breaths before you start to help settle you.

Enjoy yourself! If you are relaxed and happy your participants are more likely to engage.

Speak loudly and clearly - use a sound system if available.

Keep your participants interested with questions and discussions.

Give participants the chance to ask questions - verbally or in writing if they don't feel comfortable speaking up.

TB INFORMATION

This information can be given during the awareness or can be used if participants ask for it.

2 Billion people, or one quarter of the world's population, are currently infected with TB infection (Sleeping TB).

In Daru, around **90%** of people who are diagnosed with TB complete their treatment- this is one of the highest completion rates in the world. This shows strong commitment from people on treatment and good support from the community and TB program.

In 2021 Around the world more than **10 Million** people were diagnosed with TB disease.

In PNG **28,200** people were diagnosed with TB disease.

In Daru, **443** people completed treatment. Another **424** people were diagnosed with TB.

SUGGESTED AGENDA FOR AWARENESS SESSION

Activity	Description	Lead
Survey of TB understanding	Survey with a small group to check their understanding of TB before the awareness Done while participants are arriving	TB staff member
Welcome and introductions	<ul style="list-style-type: none"> • Welcome to the session • Introductions of the group • Explanation of the session 	You
TB education	Education on important TB information using: <ul style="list-style-type: none"> • Flipchart • Script in this guidebook • Giant lungs 	You
Questions and discussion	<ul style="list-style-type: none"> • Questions invited in writing or verbally • Discussion of answers 	You and TB staff member
Closure	<ul style="list-style-type: none"> • Thanks to the participant • Closure of the session s 	You
Repeated survey of TB understanding	Survey repeated with same small group to check their understanding of TB after the awareness Done while other participants are leaving	TB staff member

SCRIPT FOR AWARENESS

This script is designed to be used with the SWEEP-TB community education flipchart. The words in orange are a guide for you and don't need to be said. The blue words are questions that you can ask the group.

Introduction

We're here today to talk about an issue that is affecting every household in Daru- TB. To begin with I will go through some information about TB. After this we will have the chance to discuss any questions you have. If there is anything that I say that is unclear please let me know and I will explain it more with the help of the TB team support person.

1 Turn to Flipchart page 1 WHAT IS TB?

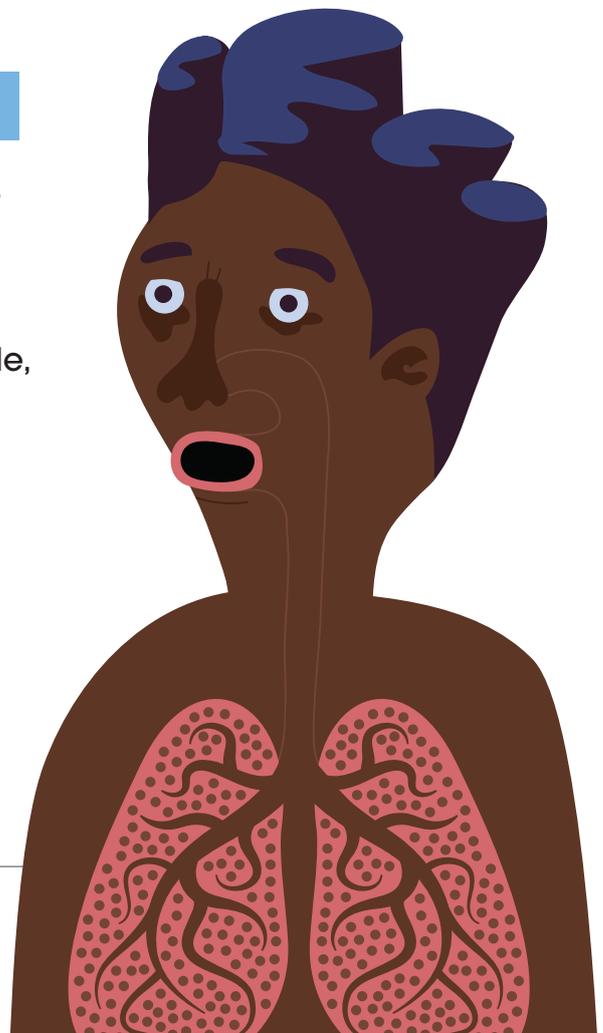
Tuberculosis, or TB, is a disease caused by a germ. It has been around since ancient times and still affects millions of people around the world each year. The good news is that TB is curable with medicines.

2 Turn to Flipchart page 2 TB SPREADS THROUGH THE AIR

When a person who is sick with TB and is not on treatment coughs or sneezes, TB germs are spread into the air.

These germs are breathed in by other people, especially those that are close by. The TB germs go into their lungs. The lungs are the part of the body that help us to breathe.

Anyone can be infected with TB.



3

Turn to Flipchart page 3

INFECTION

When the TB germ is breathed in it goes to the lungs and lies there hiding. Our immune system (body defense) sees that a new enemy has come into the body and quickly builds a fence around the TB germ to keep it from spreading. The TB germs lie there sleeping.

While the TB germ is sleeping the person will not feel sick and will look healthy. This is called TB infection.

4

Turn to Flipchart page 4

TB DISEASE

When the immune system gets weak, the TB germ is able to break through the fence and spread.

This is when the person will feel sick and show signs of TB. This is called TB disease.

5

Turn to Flipchart page 5

SIGNS OF TB

Do you know any of the signs that someone might have TB?

(ask the participant/s and wait for their answer)

The common symptoms of TB are:

- Cough that lasts more than 2 weeks
- Coughing up blood
- Fever
- Sweating at night (night sweats) even when cold weather
- Weight loss
- Feeling very tired all of the time
- Children will stop playing and will lose appetite

It is very important that anyone showing these signs comes for testing early to check if it is TB or something else. When people go for testing and treatment when they are already very sick there is risk that it will be too late for the medicines to be able to do their job in killing the TB.

If you see someone showing these signs please assist them to go for testing straight away.

6

Turn to Flipchart page 6

TESTING AND TREATMENT

TB testing is free and is done at the blue house at the hospital. The health care workers will help you with testing of sputum and an xray if needed.

If the results show TB then treatment is started. The medicines are taken daily for between 6-24 months depending on the type and strength of the TB.

If the TB is found early and treatment is taken every day then the TB germs will be killed and the person will be cured.

In Daru treatment is free and is given at treatment sites across the island.

7

Turn to Flipchart page 7

TB IN DARU

Daru has some of the highest rates of TB in PNG. The TB program in Daru is very strong and people are being cured every day. Last year 443 people completed treatment- this is a great success! But many people are still getting sick with TB each day.

The only way that we will be able to reduce TB for good in Daru is if there is widespread testing and treatment for both TB sickness AND sleeping TB.

Another island wide screening is planned soon to do this. I encourage us all to get our families checked and put on treatment when the screening happens.



8

Turn to Flipchart page 8

PROTECTING FAMILY

Remember that TB spreads through the air. So you can protect you and your family by:

- Opening windows and doors to let fresh air to blow TB germs out and allow sunlight in! Sunlight kills the TB germs.
- Avoiding overcrowded places and socialise outdoors when possible.
- Support and encourage any friends and family on TB medication to keep taking their treatment.
- Eat healthy food to keep your immune system strong.

9

Turn to Flipchart page 9

3 THINGS TO REMEMBER

1. If TB is found early and treatment is completed, the TB germs will be killed and the person will be cured.
2. Follow the steps to protect you and your family and encourage anyone showing signs to go early for testing.
3. Make use of the screening when it comes to check if you and your family have TB.

**SWEEP TB
OUT OF DARU!**

**HIMARA IMEHE GO TB
KO'OMIRITI DARU RUDO**

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RAUSIM TB LONG DARU**



Common Questions about TB



These are questions that the participants may ask about TB. Some information is given to help you answer.

Question: Where did TB come from?

Answer: TB has been around for thousands and thousands of years. TB germs have been found in Egyptian mummies and it is thought that there is some reference to TB sickness in the bible. It has been passed through humans from those times to today.

Question: How did TB come to Daru?

Answer: TB has been in Daru for many, many years. At some point in time, someone who was infected and became sick with TB in another place came to Daru. From there the germs spread to other people in Daru. Because Daru is a small island and most people live close together the germ has spread to many people.

Question: Is TB caused by sorcery?

Answer: No. TB is a medical sickness just like other sicknesses like malaria and the flu. It is caused by a germ that spreads through the air. TB has been around since ancient times (before the bible) and is in many countries around the world.

Common Questions about TB

Question: Can TB be cured with herbs?

Answer: No. The only thing that can cure TB is TB medicines. Just like malaria medicines cure malaria and typhoid medicines cure typhoid.

Question: What makes the immune system get weak?

Answer: There are many things that can weaken the immune system. Some common ones are:

- Sickneses, for example diarrhoea, HIV, leprosy
 - Malnutrition - this means not getting the right type, or enough food, that the body needs.
 - Pregnancy - during pregnancy the immune system changes to allow the baby to grow.
 - Overusing alcohol and drugs
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Question: Can TB be spread through sharing cups, plates or utensils? Or by shaking hands?

Answer: No. TB is spread through the air. It can not be shared through contact with skin or by sharing items or clothing.

If you don't feel sure of the answer to a question that is asked, don't guess! Explain that you will check the answer and get back to them.

Your TB team support person will be there to assist with questions if you need.

Awia esso roro gido.

Thank you for doing your part to
Sweep TB out of Daru for good!

