

# TUBERCULOSIS TREATMENT

## Social support makes the difference

Theoretical aspects of Global infection prevention V1518, e-tivity 5

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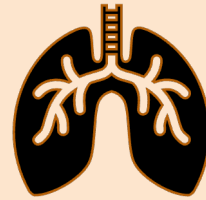
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**Tuberculosis** is caused by bacteria.  
(*Mycobacterium tuberculosis*)

### Symptoms of active tuberculosis:

- ✓ Cough with sputum and blood
- ✓ Chest pains
- ✓ Weakness
- ✓ Weight loss
- ✓ Fever
- ✓ Night sweats



TB is **curable and preventable**.

The treatment standard:

**6-months course**

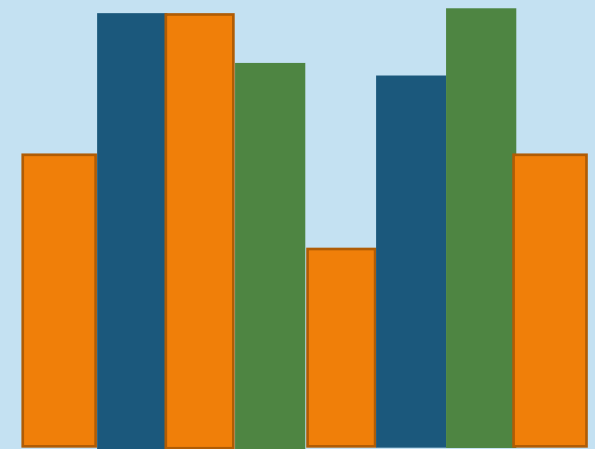
**4 antimicrobial drugs**



- ✓ The patient with TB needs **proper information and support**
- ✓ Without support the treatment **adherence** is more difficult
- ✓ The adherence can be improved also with **social support from the family and community**.

## Facts: Tuberculosis (TB)

- ✓ **2018** approx. **10 million** people fell ill from Tuberculosis and **1,5 million** people died
- ✓ **Tuberculosis** is one of the **top 10** death causes world wide



Learn more facts!

Go to: <https://www.who.int/news-room/fact-sheets/detail/tuberculosis>





## Tuberculosis treatment

TB can be **active or latent**.

**Latent TB** doesn't cause symptoms. It can be treated.

**Active TB** is treated with **4 different antimicrobial drugs**. Treatment lasts **6-9 months**.

4 different drugs will be used for the **first 2 months and 2 for the rest of the treatment**.

It is **important to keep taking** the medication **even** if the symptoms disappear.

Because of the disappearance of the symptoms and the longevity of the treatment, **it can be difficult to adhere to the treatment**.

The adherence **can be improved with the support** of the health care professional, community and social support.



## What social support means?

**Social support** is a broad construct. It means **social structures** of individuals life as well as various **interpersonal relationships** in individuals life. These constructs relate to individuals **health as buffering or direct affect** against the negative stressors.

**Different social support has different impacts:** **Material** support is financial, material or physical assistance, **emotional** support is expression of empathy, affection, and caring and **companionship** support creates a sense of belonging (community and social gatherings.)

Aspects of social support **have proven to have positive impacts** of mental wellbeing and physical health.

Social support **has to meet the receivers needs** or it may be experienced as controlling, frustrating, lowering receivers self-esteem or self-efficiency.

## Why social support is important for treatment of tuberculosis



**Social support combined** with other adherence methods such as support from health care workers, **health education** and **possible interventions for mental health** have positive impact on the commitment of the treatment.

In many studies it has been concluded that social support has positive impact on **TB patients adherence to the treatment**.

TB can have effects on individuals mental health, many patients experience low self-esteem, anxiety and depression.

**The social support of the family or community** has helped to overcome social issues like stigma, improved the results and commitment to the treatment and supported patients mental health. The social support is proven to have positive affects on the **health related quality of life index** of the TB patients.

### **Emotional support**

- Empathize
- Strengthen self-esteem
- Trust
- Be present
- Listen
- Encourage

### **Informative support**

- Health education for families and communities
- Information right after the diagnosis for the patient and the family
- Right, accurate information
- Access to information materials

### **Material support**

- Possible socioeconomic problems should be addressed
- Interventions should be made
- Quality of the interventions depend of the structure and functions of the social- and health care system

### **Companionship support**

- Peer support for patients and their social circle
- Creating a supportive atmosphere through social gatherings
- Creating possibilities for the patient to participate in support groups



Social support in practise



## More information:

### WHO:

<https://www.who.int/news-room/fact-sheets/detail/tuberculosis>

<https://apps.who.int/iris/bitstream/handle/10665/255052/9789241550000-eng.pdf?sequence=1>

### Social support:

<https://www.oxfordbibliographies.com/view/document/obo-9780199828340/obo-9780199828340-0204.xml>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2729718/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2921311/>

<https://www.ncbi.nlm.nih.gov/books/NBK247419/>

### Different studies:

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0199513>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6219075/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5909740/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5792048/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3751303/>

