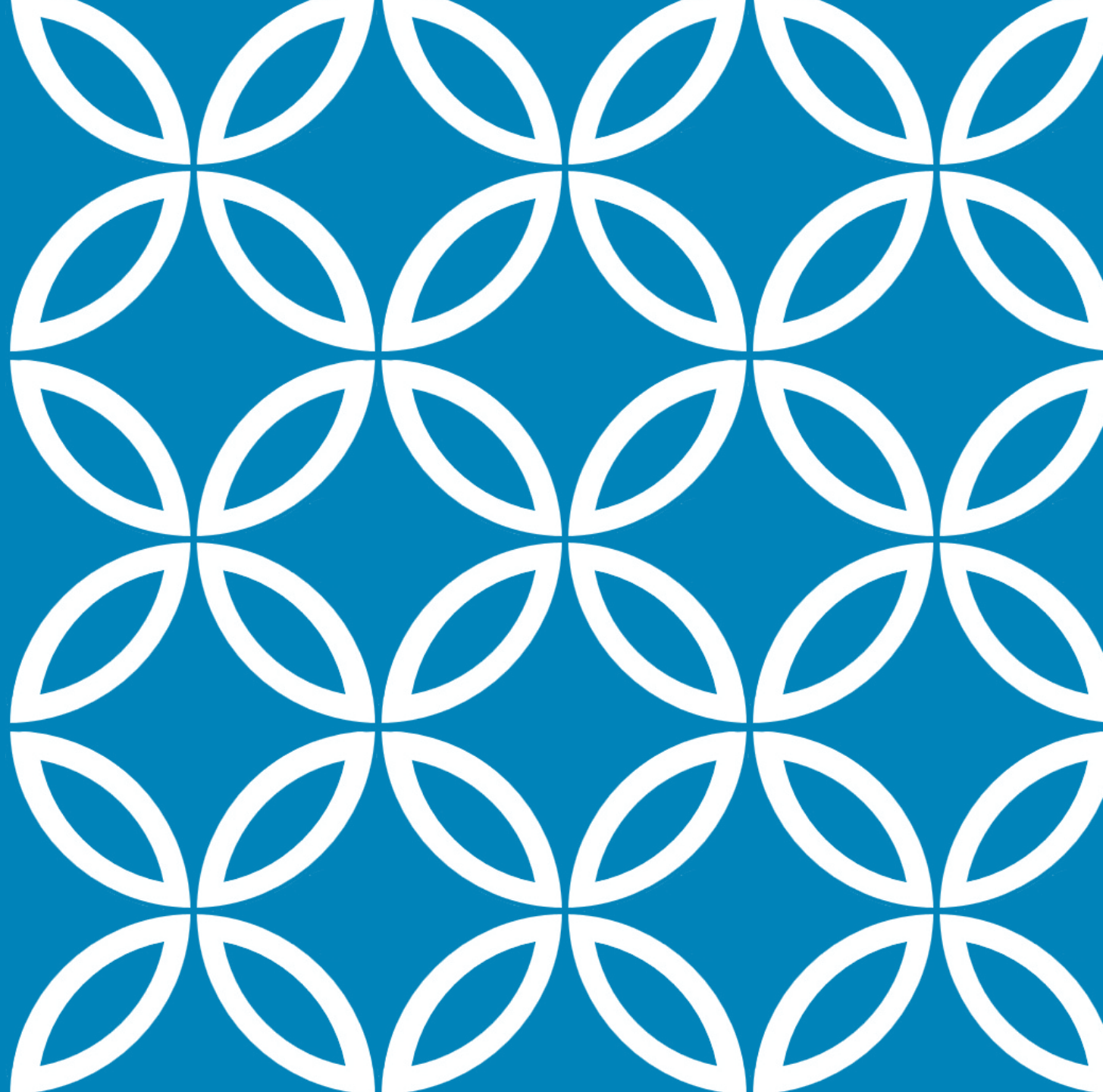


PSYCHOSOCIAL
COUNSELLING AND
TREATMENT
ADHERENCE SUPPORT
FOR PEOPLE WITH
TUBERCULOSIS







Mary's Situation

35 years old

Diagnosed with Multi-drug resistant TB

Weighed around 45 kgs at 168 cm tall

Husband had passed away recently

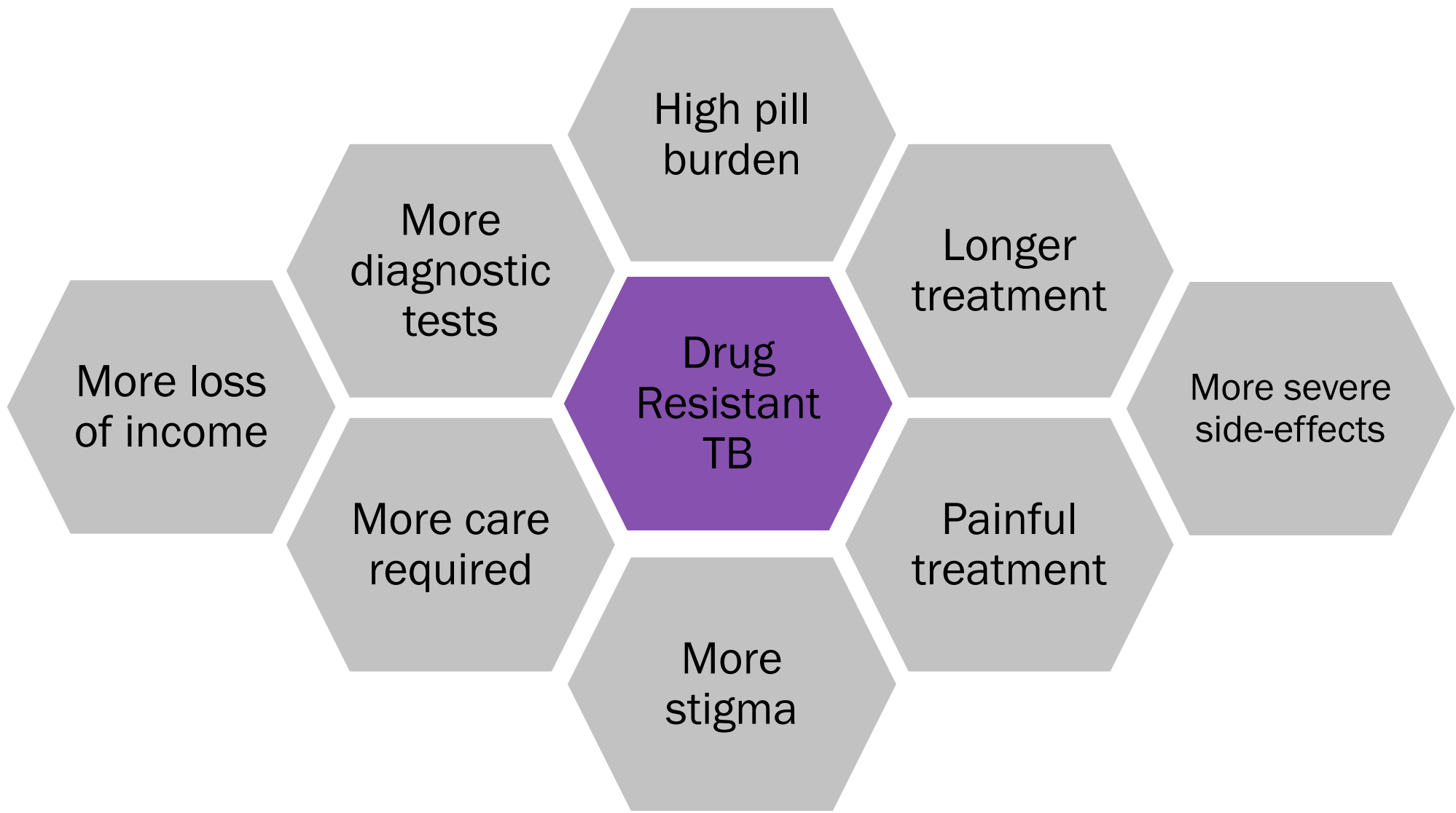
10-month-old baby

Rejected by the community

No work and hence no income, sold firewood

Lack of food/milk for her baby

Some support from sister



WHAT MARY NEEDED...

Medicines to treat TB

Treatment adherence support

Information on treatment

Information on infection control

Counselling to cope with her husband's loss

Counselling to deal with the stigma

Support to care for self and child

Nutritious food

Income support

WHAT MARY RECEIVED...

Medicines to treat TB

Treatment adherence support

Information on treatment

~~Information on infection control~~

~~Counselling to cope with her husband's loss~~

~~Counselling to deal with the stigma~~

~~Support to care for self and child~~

~~Nutritious food~~

~~Income support~~

**TREATMENT SUCCESS RATE
FOR MDR/RR TB WAS
ONLY 57%**



TRAINING AND ORIENTATION

Focused on:

- Treatment administration options
- Treatment adherence counselling
- Referrals for further diagnostic tests and adverse drug reactions

But lacked information on...

- Providing psychosocial support
- Especially psychological counselling

UNANSWERED QUESTIONS

- *What are the range of challenges faced by people with TB?*
- *How can we provide them with psychological counselling?*
- *How do we address stigma, especially self stigma among people with TB?*
- *What interventions can be undertaken to provide them with comprehensive support?*
- *Where can we find more information on psychosocial counselling and support?*



PSYCHOSOCIAL COUNSELLING AND TREATMENT ADHERENCE SUPPORT FOR PEOPLE WITH TUBERCULOSIS

First Edition
2021

S Sah, G Craig & M Mandelbaum

ABOUT THE INTERNATIONAL UNION AGAINST TUBERCULOSIS AND LUNG DISEASE (THE UNION)

The Union is a global scientific organisation with the mission to improve health among people living in poverty. We do that by conducting scientific research, working with governments and other agencies to translate research into better health for people around the world, and delivering projects directly in the field. The Union is made up of a global membership body of people who help to advance our mission, and a scientific institute that implements public health projects within countries. For more than 100 years, we have been leaders in the fight against some of the world's biggest killers, including tuberculosis, lung diseases and tobacco use.

ISBN: 979-10-91287-30-2

ABOUT TB ALERT

TBAlert is the UK's national tuberculosis charity with a mission to increase access to effective treatment for all. For over 20 years TBAlert has worked both in the UK and internationally on:

- raising public and professional awareness about TB, addressing barriers to treatment, and providing support to people during their treatment
- bringing together statutory health services, NGOs, community-based organisations and people affected by TB to plan and deliver better TB services
- advocating for the policies and resources to improve prevention, care and control for people and communities affected by TB.

CONTENT

Uses a stepped **psychosocial support pyramid model** to discuss who can provide support to people with TB

Comprehensive approach that covers issues such as **gender, stress, stigma, discrimination, barriers** to diagnosis and barriers to treatment

Describe **specific challenges for key populations**, such as miners or prisoners, and how they can be overcome

Discusses how **advances in digital health technologies** provide an opportunity to improve TB care

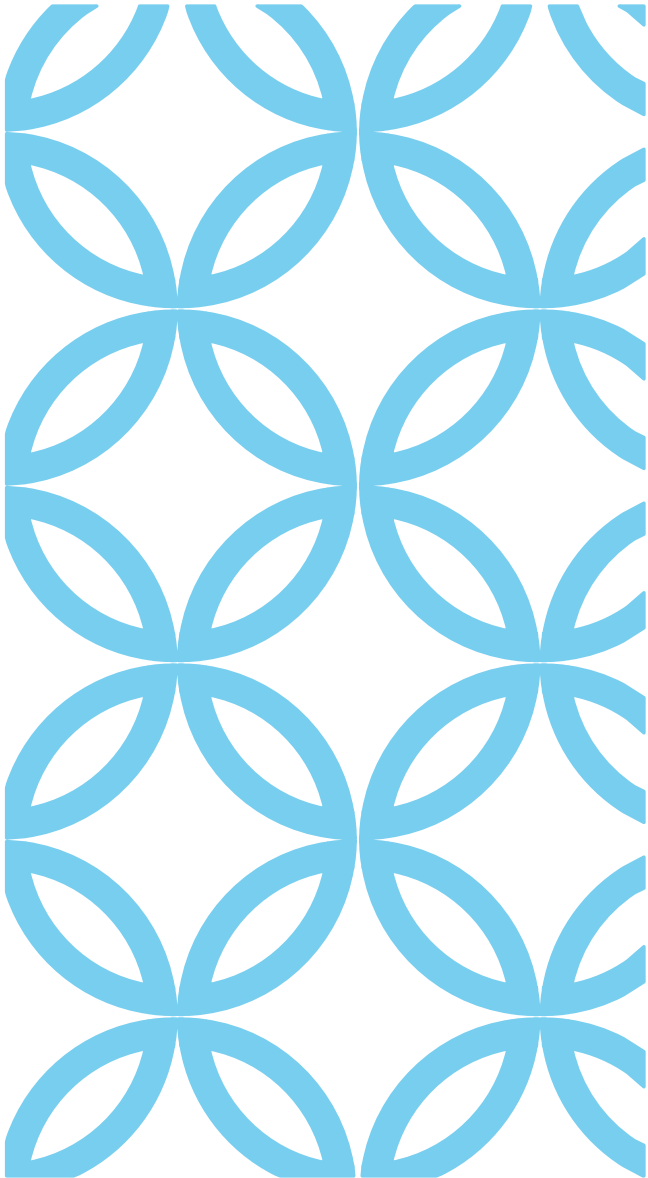
CONTENT (2)

Present a collaborative **multidisciplinary approach** and the **important role of CSOs** in supporting people with TB

Introduces the concept of the **use of guided conversations** to understand the experiences of people affected by TB

Describes **community led monitoring**, recognizing that communities affected by TB play an important role in improving the quality of services

Discusses the **PSS needs of people with complex co-morbidities** and the role of families and communities in providing both palliative and end of life care



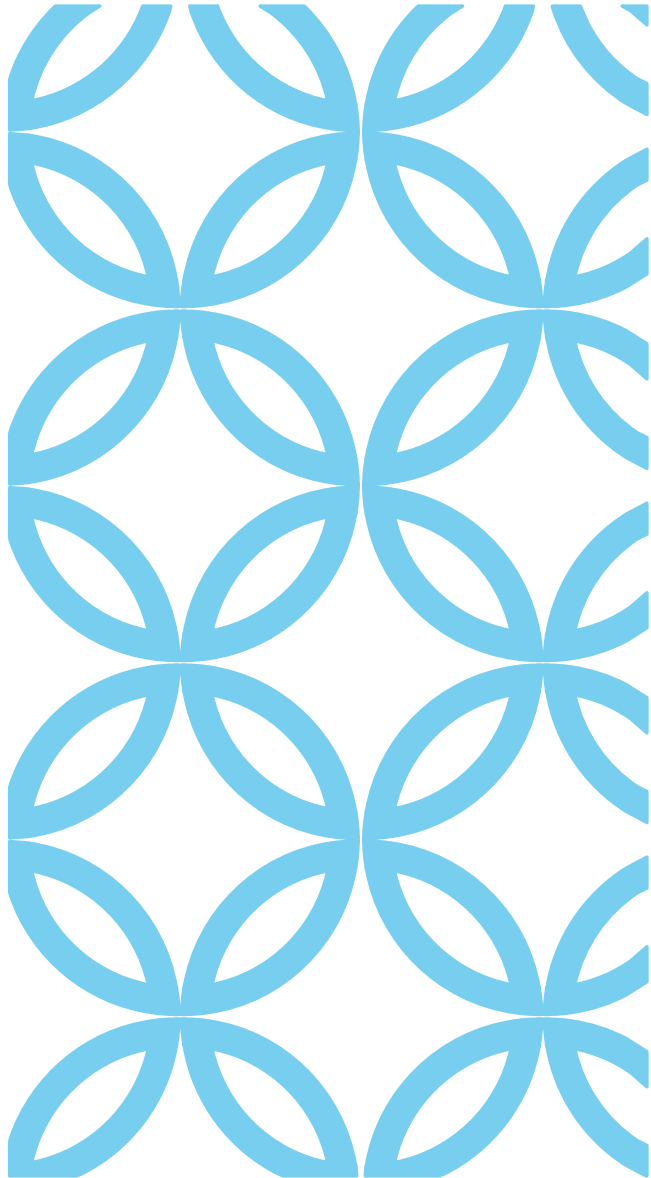
Ensure that Psychosocial Support (PSS) is a part of national TB strategies/ bilateral and multilateral donors

Develop the manual into a participatory training programme and train health and care workers

Translate the manual in other languages and publish copies for extending reach

Conduct research to understand better how PSS can improve treatment outcomes for people with TB

NEXT STEPS



<https://theunion.org/technical-publications/psychosocial-counselling-and-treatment-adherence-support-for-people-affected-by-tuberculosis-tb>

DOWNLOAD