



health

Department:  
Health  
REPUBLIC OF SOUTH AFRICA

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**THE DRAFT NATIONAL INFECTION  
PREVENTION AND CONTROL POLICY FOR  
TB, MDRTB AND XDRTB.**

**APRIL 2007**

**This draft policy has been adapted from:**

TUBERCULOSIS INFECTION CONTROL IN THE ERA OF EXPANDING HIV CARE AND TREATMENT: Addendum to WHO *Guidelines for the Prevention of Tuberculosis in Health Care Facilities in Resource-Limited Settings*

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# 1. PREFACE

## 1.1 WHY THIS POLICY WAS DEVELOPED

The goal of this policy is to help management and staff minimize the risk of TB transmission in health care facilities and other facilities where the risk of transmission of TB may be high due to high prevalence of both diagnosed and undiagnosed TB such as prisons.

In this era of increasing access to HIV counselling and testing, care, and treatment for people living with HIV, more people living with HIV-associated immuno-suppression are attending health care and community facilities than ever before. Persons, including health care workers, with HIV-associated immuno-suppression are particularly vulnerable to developing TB disease if they become infected with *Mycobacterium tuberculosis* (*M. tuberculosis*, the germ that can cause TB) as a result of exposure in these settings.

This policy aims to give the reader a greater understanding of the following issues in the context of health care settings:

- TB transmission in health care facilities.
- Infection prevention and control procedures to reduce the risk of *M. tuberculosis* transmission in health care facilities.
- Protection of health care workers and staff through HIV voluntary counselling and testing (VCT), increasing awareness of TB in staff and preventive action.
- Importance of TB infection control in drug rehabilitation centres, correctional institutions including prisons, other detention centres and other facilities where large numbers of possible TB and HIV infected individuals gather.
- Issues of multi-drug resistant TB (MDRTB).

## 1.2 WHO SHOULD USE THIS POLICY?

This document is for health care managers, health care workers, administrators, and stakeholders in the public, private, and nongovernmental health sector involved in providing care and treatment to persons with TB and or HIV and AIDS. It can also be helpful for persons or institutions responsible for the health and wellbeing of large numbers of persons living with HIV and AIDS (PLWHA). Settings include VCT centres, community-based outreach centres, ARV and other HIV care clinics, hospices, general health care facilities, drug rehabilitation centres, and correctional institutions such as prisons.

## 1.3 NOTE ON THE USE OF "TB", *MYCOBACTERIUM TUBERCULOSIS* AND "TB SUSPECT"

The words "tuberculosis (TB)" and "*M. tuberculosis*," the bacterium that causes TB, are used in different ways. This document uses "TB" to describe clinical events, such as TB infection, TB transmission, and TB disease. *M. tuberculosis* is used when describing potentially infectious germs that a person with TB disease of the lungs or larynx expels when coughing. "TB suspect"

refers to a person who presents with symptoms or signs suggestive of TB disease, in particular a cough of long duration.

## **2. INTRODUCTION**

### **2.1 WHY TB IS A PROBLEM IN HIV CARE SETTINGS**

Persons with undiagnosed, untreated and potentially contagious TB are often also seen in HIV care settings. TB is the most common opportunistic infection and a leading cause of death in persons living with HIV and AIDS (PLWHA).

In high TB burden settings, surveys have shown that up to 10% of persons with HIV infection may have previously undiagnosed TB at the time of HIV voluntary counselling and testing (VCT), including at centres providing prevention-of-mother-to-child HIV transmission (PMTCT) services. Up to half of these may be infectious TB cases.

Between 30% and 40% of PLWHA living in high burden TB settings will develop TB in their lifetime, in the absence of Isoniazid preventive therapy or antiretroviral therapy. The risk of developing TB disease doubles in the first year after becoming HIV-infected and gets progressively higher over time. Persons without TB disease at the time of HIV diagnosis may still develop TB in later years, and will then be at risk of spreading *M. tuberculosis* in the community as well as to fellow patients, healthcare workers, and staff at their HIV and/or other primary health care clinics and in community programmes.

Persons with HIV-associated immuno-suppression may become infected or re-infected with TB if they are exposed to someone with infectious TB disease. They can progress rapidly from TB infection to disease – over a period of months rather than a period of years as is common for persons with a normal immune system.

Health care workers and other staff are also at particularly high risk of infection with TB because of frequent exposure to patients with infectious TB disease. Health care workers and staff may themselves be immuno-suppressed due to HIV infection and be at higher risk of developing TB disease once infected.

Multiple TB outbreaks affecting HIV-infected patients and health care workers due to health care facility exposures were documented in industrialized countries in the nineties. These coincided with the early period of the HIV epidemic, before TB infection prevention and control procedures in health care facilities were strengthened. This document provides information on measures that can be taken, even in resource-limited settings, to prevent unnecessary morbidity and mortality due to TB transmission in health care settings.

Work practice, administrative control measures and environmental control measures are the focus of this policy. Other issues addressed are HIV and TB in health care workers and staff, and protecting their health; MDRTB; and specialized facilities such as drug rehabilitation centers.

## **2.2 HOW MYCOBACTERIUM TUBERCULOSIS IS SPREAD**

TB is caused by *M. tuberculosis*. People who have TB disease in their lungs can release tiny particles containing *M. tuberculosis* into the air by coughing. These particles are called droplet nuclei. They are invisible to the naked eye. Droplet nuclei can remain airborne in room air for many hours, until they are removed by natural or mechanical ventilation.

To spread, there must be a source, a person with TB disease who produces *M. tuberculosis*, and an exposed person to inhale droplet nuclei containing the bacteria. Although TB is not usually spread by brief contact, anyone who shares air with a person with TB disease of the lungs in an infectious stage is at risk. A person who inhales one or more of the droplet nuclei can become infected with *M. tuberculosis*.

## **2.3 HOW TB DISEASE IN THE LUNGS IS DIAGNOSED**

The most common part of the body to have TB disease is the lungs. In resource-limited settings TB disease in the lungs is diagnosed by examining samples of sputum with a microscope. The sputum is smeared onto a small glass plate, stained with chemicals, and viewed under the microscope. If *M. tuberculosis* bacilli are present, they can often (but not always) be seen. These diagnostic tests are referred to as "sputum smears". Sometimes chest radiography is done to assist with making the diagnosis.

## **2.4 VACCINATION WITH BCG**

The Bacille Calmette-Guérin (BCG) vaccine is a live vaccine derived from a strain of *Mycobacterium bovis* (similar to *M. tuberculosis*) first administered to humans in 1921. Since that time, many different strains have been derived and are used today throughout the world to prevent TB disease. BCG vaccination reduces the risk for progression from latent TB infection to TB disease. BCG vaccination may cause a positive reaction to a tuberculin skin test.

## **2.5 THE DIFFERENCE BETWEEN TB INFECTION AND TB DISEASE**

### **TB Infection**

- TB infection is the state of having a small number of *M. tuberculosis* bacteria present in the body that are unable to grow due to control by the immune system. The bacteria are inactive, but remain alive in the body and can become active later. This condition is also referred to as latent TB infection (LTBI).
- TB infection does not cause a person to feel sick, and there are no symptoms, nor are any signs detected upon medical evaluation.
- A tuberculin skin test is the main method used to diagnose TB infection. A positive result usually means that TB infection is present, but persons with HIV-associated immunosuppression can have a false negative TB skin test even with TB infection. Also, persons who have received BCG vaccination may have a false positive skin test.

- Only one out of 10 people with TB infection and a normal immune system will develop TB disease in their lifetime. For persons with HIV infection and TB infection, one out of 10 each year will develop TB disease.
- Treatment for TB infection with the anti-TB drug Isoniazid can reduce the risk that TB disease will develop, though the protective benefit only lasts about two years in persons with HIV infection.

#### TB Disease

- Most TB disease occurs in the lungs. In persons with HIV infection, however, up to half of TB cases have disease in other parts of the body.
- A person with TB disease of the lungs usually has a cough and sometimes coughs up blood.
- General symptoms of TB disease include fever, sweating at night, loss of appetite, weight loss, and fatigue.
- With standard treatment TB disease can be cured, even in persons with HIV infection.
- Untreated TB is often fatal, especially in persons infected with HIV.

#### TB Infection versus TB Disease

TB Infection	TB Disease (in the lungs)
<i>M. tuberculosis</i> in the body	
Tuberculin skin test reaction usually positive	
<b>No symptoms</b>	<b>Symptoms</b> such as cough, fever, weight loss
Chest x-ray usually <b>normal</b>	Chest x-ray usually <b>abnormal</b>
Sputum smears and cultures <b>negative</b>	Sputum smears and cultures usually <b>positive*</b>
<b>Not infectious</b>	<b>Often infectious</b> before treatment
<b>Not a case</b> of TB	<b>A case</b> of TB

\* Sputum smears more often negative in HIV-infected TB cases

#### 2.6 WHEN TB IS INFECTIOUS

TB can be infectious when it occurs in the lungs or larynx. In general, a person with TB disease of the lungs or larynx should be considered infectious until the person:



- Has completed at least two weeks of standard anti-TB therapy, preferably with direct observation by a TB programme-appointed treatment supervisor,
- Has had three consecutive negative sputum smears on three different days, with at least one morning specimen, and
- Has improvement in symptoms.

A TB suspect should be considered infectious until a diagnostic investigation is completed.

### **3. HOW TO REDUCE THE RISK OF SPREADING *M. TUBERCULOSIS* IN HEALTH CARE SETTINGS**

It is very likely that persons with infectious TB will be found in HIV care and other health care settings. There is also a strong likelihood that these persons will spread *M. tuberculosis* to other persons, including immuno-compromised patients or staff. However, there are interventions that can significantly reduce this risk. There are two main ways in which even settings with limited resources can reduce the chances that TB will spread. These two main ways are, (i) work practice and administrative control measures, and (ii) environmental control measures.

In general, work practice and administrative control measures have the greatest impact on preventing TB transmission within settings, and they are the first priority in any setting regardless of available resources. These measures prevent droplet nuclei containing *M. tuberculosis* from being generated in the facility, and thus reduce exposure of patients and staff to TB. Ideally, if generation of droplet nuclei is eliminated then exposure is eliminated; no further controls are needed. However, since it is not possible to eliminate all exposure, environmental control measures must be added to reduce the concentration of droplet nuclei in the air. Although many environmental control measures require resources not available in resource-limited settings, some can be implemented, and staff can be trained in their purpose, capabilities, proper operation, and maintenance.

#### **3.1 WORK PRACTICE AND ADMINISTRATIVE CONTROLS**

Work practice and administrative control measures have the greatest impact on preventing TB transmission within health care facilities. They serve as the first line of defence for preventing the spread of TB in health care settings. Their goals are, (i) to prevent TB exposure to staff and patients, and (ii) to reduce the spread of infection by ensuring rapid and recommended diagnostic investigation and treatment for patients and staff suspected or known to have TB. This can best be accomplished through the prompt recognition, separation, provision of services, and referral of persons with potentially infectious TB disease.

There are five components to good work practice and administrative controls. They are:

- An infection prevention and control plan;
- Administrative support for procedures in the plan, including quality assurance;
- Training of staff;

- Education of patients and increasing community awareness; and
- Coordination and communication with the TB programme.

### 3.1.1 AN INFECTION PREVENTION AND CONTROL PLAN

Each facility should have a written TB infection prevention and control plan that outlines a protocol for the prompt recognition, separation, provision of services, investigation for TB and referral of patients with suspected or confirmed TB disease.

Early **recognition** of patients with suspected or confirmed TB disease is the first step in the protocol. A staff member should be assigned to screen patients for prolonged duration of cough immediately after they arrive at the facility. Patients with cough should be allowed to enter, they should be registered and receive a card without standing in line with other patients.

Patients who are identified as TB suspects on the screening must be given advice on **respiratory hygiene/cough etiquette**, and provided with a facemask (e.g. surgical mask) or tissues to cover their mouths and noses. They should then be **separated** from other patients and requested to wait in a separate well-ventilated waiting area.

It is recommended that symptomatic patients be placed at the front of the line, to quickly provide care and reduce the amount of time that others are exposed to them.

Some patients found to have symptoms suggestive of TB may have attended the clinic or hospital for another reason. If possible, these patients should first **receive the services** they were originally accessed for before being investigated for TB or referred to the TB clinic, unit or ward.

TB suspects should promptly be **investigated** for TB following the national protocol. If TB diagnostic services are not available onsite, the facility should have an established link with a TB diagnostic centre to which symptomatic patients can be **referred**. Also, each facility should have a linkage with a TB treatment centre to which those who are diagnosed with TB can be **referred** (see section 3.1.5, *Coordination and Communication between TB and HIV & AIDS Care Programmes*). Ideally, sputum samples should be collected and sent to the nearest laboratory. Sputum collection should always be done in a designated area with a lot of air circulation and away from other people, not in small rooms such as toilet rooms or other enclosed areas. If this is not possible the patient should be referred to the nearest TB diagnostic centre. Every attempt should be made to prioritise and fast track this referral as further delays in diagnosis will increase the risk of exposing others to TB infection.

The plan should designate a staff member to be the infection prevention and control officer who is responsible for ensuring infection prevention and control procedures are implemented. The plan will include, but not be limited to, the following policy areas:

- (a) Screening all patients as soon as possible after arrival at the facility to identify persons with symptoms of TB disease or persons who are being investigated or treated for TB disease.

- (b) Instructing the above designated persons identified through screening, in **respiratory hygiene/cough etiquette**. This includes instructing them to cover their nose and mouth when coughing or sneezing, and when possible providing facemasks or tissues to assist them in covering their mouths.

Facemasks help prevent the spread of *M. tuberculosis* from the patient to others. It can capture large wet particles near the mouth and nose of the patient, preventing the bacteria from being released into the environment. Facemasks could be provided to persons who have a positive symptom screen to wear until they leave the facility. Paper tissues provided to these persons, with instructions to cover their mouths and noses when coughing or sneezing, are less costly and also less likely to identify people as TB suspects with attendant risk of stigma. However, they are less likely to be used effectively.

(See section 4.3, *Personal Respiratory Protection*)

Tissues and facemasks should be disposed in the appropriate waste containers. Clients and especially staff should be encouraged to wash their hands after contact with respiratory secretions. *M. tuberculosis* cannot be spread from the hands, but other serious lung infections can.

- (c) Placing TB suspects and cases in a separate well ventilated waiting area such as a sheltered open-air space is ideal when the weather permits.
- (d) Speeding up management of these persons so that they spend as little time as possible at the facility.
- (e) Ensuring rapid diagnostic investigation of TB suspects, including referring TB suspects to TB diagnostic services if not available on site, and ensuring that persons reporting TB treatment are adhering with their treatment.
- (f) Using and maintaining environmental control measures (see section 3.2, *Environmental Control Measures*).
- (g) Training and educating all staff on TB and the TB infection prevention and control plan. Training should include special risks for TB for HIV-infected persons, and need for diagnostic investigation for those with signs or symptoms of TB.
- (h) Providing voluntary, confidential HIV counselling and testing for staff with adequate access to treatment.
- (i) Monitoring the TB infection prevention and control plan's implementation and correcting any inappropriate practices or failure to adhere to institutional policies.

(See Annex A.1. *Sample infection prevention and control plan*)

## Five Steps for Patient Management to prevent transmission of TB in health care settings

Step	Action	Description
<b>1.</b>	<b>Screen</b>	<b>Early recognition</b> of patients with suspected or confirmed TB disease is the first step in the protocol. It can be achieved by assigning a staff member to screen patients for prolonged duration of cough immediately after they arrive at the facility. Patients with cough of more than two weeks duration, or who report being under investigation or treatment for TB*, should not be allowed to wait in the line with other patients to enter, register, or get a card. Instead, they should be managed as outlined below.
<b>2.</b>	<b>Educate</b>	<b>Educating</b> the above-mentioned persons identified through screening, <b>in cough hygiene</b> . This includes instructing them to cover their noses and mouths when coughing or sneezing, and when possible providing facemasks or tissues to assist them in covering their mouths.
<b>3.</b>	<b>Separate</b>	Patients who are identified as TB suspects or cases by the screening questions must be <b>separated from other patients</b> and requested to wait in a separate well-ventilated waiting area, and provided with a surgical mask or tissues to cover their mouths and noses while waiting.
<b>4.</b>	<b>Triage</b>	<b>Triaging</b> symptomatic patients <b>to the front of the line for the services</b> they are seeking (e.g. patients for voluntary HIV counselling and testing, and medication refills), to quickly provide care and reduce the amount of time that others are exposed to them, is recommended. In an integrated service delivery setting, if possible, the patient should receive the services they are accessing before the TB investigation.
<b>5.</b>	<b>Investigate for TB or Refer</b>	TB <b>diagnostic tests</b> should be done <b>onsite or</b> , if not available onsite, the facility should have an established link with a TB diagnostic and treatment site to which symptomatic patients can be <b>referred</b> .

\* Although TB patients on adequate treatment are no longer infectious, it may be difficult for the facility to determine if anyone reporting being on treatment for TB has indeed received adequate treatment. The most cautious procedure is to manage those who are on treatment in the manner described.

### 3.1.2 ADMINISTRATIVE SUPPORT

#### *The facility-based (institutional) Infection Prevention & Control Committee*

Each health care facility should establish a multidisciplinary Infection Prevention & Control Committee where appropriate. This committee should comprise of at least the officer in charge of infection prevention and control in the facility, a microbiologist, the persons in charge of all the relevant medical disciplines, a pharmacist, a housekeeping supervisor, a food service manager, a laundry service manager, a maintenance manager, and the hospital manager.

Should the facility not have a medically trained microbiologist on its staff establishment, the committee should ensure easy access to the services of a medically trained microbiologist.

Should the facility (hospital) not have a hospital engineer on its staff establishment, the committee should arrange access to the services of such engineer with their provincial health department.

#### *The Infection Prevention & Control Team (Unit)*

Each facility appoints an Infection Prevention and Control Team (unit), which will comprise of least a clinician (ideally a medically trained microbiologist) and a registered nurse, trained in infection prevention and control.

The number of trained infection prevention and control nurses represented on this team should ideally be one nurse per 200 patient beds.

Clinics and Community Health Centres should each have at least one identifiable person responsible for overseeing the Infection Prevention and Control function.

Where the availability of medical staff does not permit it, there should at least be an identifiable clinician allocated for providing medical input and direction to the infection prevention and control team in each hospital.

(See Annex A.2. *Sample monitoring tools*)

### 3.1.3 TRAINING OF STAFF

Infection prevention and control is effective only if all staff working in a facility understands the importance of the infection prevention and control policies and their role in implementing them. As part of training, each health care worker and staff member, including any lay workers, should receive job category-specific instruction. Training should be conducted before initial assignment and continuing education should be provided to all employees and volunteers annually.

Training should include the following:

- Basic concepts of *M. tuberculosis* transmission and pathogenesis, i.e. the difference between infection and disease;
- Risk of TB transmission to health care workers and staff;
- Symptoms and signs of TB;
- Impact of HIV infection on increasing risk of developing TB disease and the importance of TB as a major cause of disease and death in PLWHA;
- Importance of the infection prevention and control plan and the responsibility that each staff member has to implement and maintain infection prevention and control practices;
- Specific infection prevention and control measures and work practices that reduce the likelihood of transmitting TB; and
- Measures staff can take to protect themselves from TB.

(See Annex A.3. *Training materials for staff*)

### 3.1.4 EDUCATION OF PATIENTS AND COMMUNITY AWARENESS

As noted in the introduction, up to one-third or more of HIV-infected persons living in areas with widespread TB will develop TB disease during their lifetime. Educating communities and patients to recognize symptoms of TB and to seek health care and further investigations should be routine in all settings providing care for patients, especially HIV-infected persons. In addition, patients should understand how to protect themselves, and others, from exposure to TB by simple cough hygiene measures.

(See Annex A.4. *Patient education materials*)

### 3.1.5 COORDINATION AND COMMUNICATION BETWEEN THE TB AND HIV & AIDS CARE PROGRAMME

Coordination and communication between HIV & AIDS and TB programmes must be prioritised. Each facility without an integrated system providing care for both TB and HIV should develop an agreement with the local TB programme, which establishes:

- A referral mechanism for patients suspected of having TB disease to be investigated in the TB diagnostic centre and started on treatment, if indicated; and
- A monitoring mechanism that provides feedback to the referring facility to evaluate both the linkage with TB diagnostic services and the appropriateness of referrals as indicated by the proportion of suspects actually confirmed as having TB disease.

• (See Annex A.2. *Sample monitoring tools*)

## 3.2 ENVIRONMENTAL CONTROL MEASURES

Environmental controls are the second line of defence for preventing the spread of TB in health care settings. It is important to recognize that if work practice or administrative controls are inadequate, environmental controls will not eliminate the risk. Environmental control measures include the following:

- Ventilation (natural and mechanical),
- Filtration, and
- Ultraviolet germicidal irradiation.

Many environmental control measures are technologically complex and expensive, and therefore only practical for referral hospitals. However, controlled natural ventilation can reduce the risk of spreading *M. tuberculosis*.

Ventilation is the movement of air in a building and replacement of air in a building with air from outside. Natural ventilation relies on open doors and windows to bring in air from the outside; "controlled" implies that checks are in place to make sure that doors and windows are maintained in an open position that enhances ventilation. Fans may also assist to distribute the air. When fresh air enters a room it dilutes the concentration of particles in room air, such as droplet nuclei containing *M. tuberculosis*. Designing waiting areas and examination rooms so that they maximize natural ventilation can help reduce the spread of TB. When the weather permits, open-air shelters with a roof to protect patients from sun and rain could be used as waiting areas

(See Annex B. *Information on ventilation and fans*)

If patients are asked to provide sputum specimens for TB diagnosis onsite, they should always do so in an adequately ventilated booth or outside in the open air and away from other people, not in small rooms such as toilets or other enclosed areas.

(See *References: Additional Resources* for more information on sputum collection booths)

## 4. PROTECTION OF HEALTH CARE WORKERS AND STAFF

### 4.1 INCREASING AWARENESS OF TB IN HEALTH CARE WORKERS AND STAFF

Investigations in countries in Africa, Asia, and South America have documented increased risk of TB disease or infection in health care workers compared with the general population<sup>1</sup>. Those at risk include not only health care providers, but also any staff, including volunteers, who have contact with persons with TB who have not yet been diagnosed and started on treatment. This could include porters and cleaners, as well as peer educators, adherence supporters, and volunteers working as counsellors or in support groups. PLWHA in these roles are at particular risk of rapid progression to TB disease if they become infected or re-infected due to exposure to *M. tuberculosis* in the facility. They should be included in all training programmes. A third

group, staff in correctional institutions and drug rehabilitation centres, also has been documented to have higher rates of TB infection and disease than the general population.

The infection prevention and control measures recommended in this policy should reduce the time persons with undiagnosed TB spend in health care settings and should improve ventilation and thus dilution of any *M. tuberculosis* particles in the environment. Nevertheless, the risk to staff will never be zero, and an additional aspect of protecting staff is promoting early recognition of TB disease and standard treatment.

Annual screening programmes for TB disease, such as annual chest radiography, have not been shown to effectively reduce the amount of time between developing symptoms and diagnosis, as only a fraction of those who develop TB do so around the time of screening. Instead, reminders that health care workers and other staff can develop TB, regardless of previous infection status or BCG vaccination, should occur with annual re-training on infection prevention and control.

It is recommended that staff be investigated for TB free of charge if they have a cough for two weeks or more. The infection prevention and control plan should list designated staff members who should be contacted to initiate TB investigations, and reinforce that all services are confidential.

Tuberculin skin testing can diagnose persons with TB infection who are most likely to develop TB disease, and who could potentially benefit from preventive treatment for TB infection. However, TB preventive therapy programmes for HIV-infected health care workers should be prioritised.

#### 4.2 INCREASING ACCESS TO VOLUNTARY HIV COUNSELLING AND TESTING

Encouraging and enabling health care workers and all staff to know their HIV status should be a priority of all health care services, and HIV care programmes in particular. The rate of HIV infection among health care workers and staff may be similar to that of the broader community. In the past, stigma, lack of confidentiality, and lack of treatment options have contributed to failure of health care workers to know their HIV status. The expansion of the types of facilities addressed in this addendum is a sign that conditions are changing.

Health care workers and all staff should be encouraged to know their HIV status. This could be achieved through providing accessible, acceptable, confidential VCT, including periodic retesting, to staff. However, there is no role for mandatory HIV testing of health care workers, because health care workers have the same rights as all individuals to confidential HIV testing with counselling and conducted only with an informed consent.

HIV-infected health care workers and other staff are at increased risk of developing TB disease if exposed in the workplace, and additional precautions should be taken to protect them. Immuno-compromised health care workers should be given opportunities to work in areas with a lower risk of exposure to TB.



Education directed to health care workers concerning HIV testing must be linked to their role in educating patients and communities about the benefits of testing and knowing one's HIV status. This may further reduce stigma.

#### 4.3 PERSONAL RESPIRATORY PROTECTION

Personal respiratory protection refers to the selection, training, and use of respirators. Respirators can protect health care workers from inhaling *M. tuberculosis* only if standard work practice and environmental controls are in place.

In addition, they are expensive to purchase and require specialized equipment to determine proper fit. Their use should be restricted to specific high-risk areas in hospitals and referral centres, such as rooms where spirometry or bronchoscopy are performed or specialized treatment centres for persons with MDRTB.

If a respirator is needed, a certified N95 (or greater) respirator should be used. Respirators are different from facemasks. Surgical masks are made of cloth or paper. Use of a facemask does not protect health care workers, other staff, patients, or visitors against TB. Therefore, it is NOT recommended health care workers and other staff or visitors in TB and or HIV care settings wear them.

## 5. MULTI-DRUG RESISTANT TB (MDRTB)

TB disease that is caused by organisms susceptible to the first-line anti-TB drugs can generally be treated effectively without side effects from treatment, even in persons with HIV infection. TB disease caused by organisms resistant to at least the two most potent first-line drugs (Isoniazid and Rifampicin) is called multi-drug resistant TB (MDRTB). Treating MDRTB takes longer and requires drugs that are more toxic, more expensive, and generally less effective particularly in persons with HIV infection.

**Because of the risk of severe morbidity and mortality to HIV-infected persons from MDRTB, persons with known MDRTB should receive routine care outside of normal HIV care settings.**

HIV care facilities can obtain estimates of the prevalence of MDRTB in their community from the local TB programme. Through joint coordination and communication, the TB and HIV programmes can plan for how to care for these patients. In areas where MDRTB is rare, special arrangements can be made to provide HIV care for a MDRTB patient. In areas where MDRTB is more prevalent, specialized clinics can be established

(See Annex D. *Frequently Asked Questions about MDRTB*)

## **6. DRUG REHABILITATION CENTERS AND CORRECTIONAL INSTITUTIONS**

In many areas the proportion of persons with HIV infection in drug rehabilitation centres and correctional institutions is much higher than in the general population. TB is spread even more readily in these settings than in outpatient settings because of the longer duration of potential exposure, crowded environment, poor ventilation, and limited access to health care services. The WHO has published guidelines for TB control in correctional institutions. The guidelines emphasize effective administrative and environmental controls, including screening detainees upon entry into the facility, and on a regular basis during times of prolonged detention.

Because the same TB infection control policies will protect HIV-infected and uninfected detained persons as well as staff, it is not necessary to know who in the population at the institution is HIV-infected to conduct effective TB infection prevention and control. However, voluntary, confidential HIV counselling and testing with consent can identify persons in need of HIV treatment with antiretroviral drugs, and prevention services such as preventive therapy for latent TB infection, which may contribute to TB control.

## **7. OPERATIONAL RESEARCH PRIORITIES**

The recommendations in this policy are based on current state of the art knowledge about TB infection prevention and control in resource-limited settings. However, operational research can further inform practice. Areas in which carefully collected and analyzed data would be useful include:

- Screening tools and algorithms to quickly identify potentially infectious TB patients presenting for HIV services;
- Mechanisms for referrals and links between HIV and TB services;
- Strategies for increasing the proportion of health care workers who know their HIV status and are able to access adequate care, including antiretroviral therapy and Isoniazid preventive therapy;
- Designs for enhancing total air flow and air flow direction through controlled natural ventilation;
- Utility of ultraviolet germicidal irradiation in resource-limited settings;
- Feasibility of prolonged treatment with Isoniazid for prevention of TB in immunocompromised health care workers; and
- Interventions with health care workers that reduce stigma towards HIV and TB/HIV patients.

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## 9. Glossary and Abbreviations

**Bacille Calmette-Guérin (BCG) vaccine:** A live vaccine against TB derived from an attenuated strain of *Mycobacterium bovis*.

**Disinfection:** A process of reducing microbial load without complete sterilization. Disinfection refers to the use of a physical process or chemical agent to destroy vegetative pathogens, but not bacterial spores.

**Droplet nuclei:** Microscopic particles that are estimated at 1-5 microns in diameter and are produced when a person coughs, sneezes, shouts or sighs. Such particles may remain suspended in the air for hours.

**Environmental control measures:** Measures that can be used in high-risk areas to reduce the concentration of droplet nuclei in the air (e.g., maximizing natural ventilation or controlling the direction of airflow).

**Exhaust ventilation:** An efficient environmental control technique (e.g. laboratory hoods, tents, booths, ventilation device) to contain airborne particles near the source before they can disperse widely into the air.

**Facemask:** A cloth or paper mask (e.g. surgical mask) that prevents the spread of micro-organisms from the wearer to others by capturing the large wet particles near the source (mouth); it does not provide sufficient protection from inhaling airborne infectious though.

**Health care associated infection (nosocomial or hospital-associated infection):** An infection acquired in a health care facility by a health care user, health care worker, or a visitor to a health care facility, who was in the facility for a reason other than that infection. Such an infection should have neither been present nor incubating at the time of admission or at the time when the initial contact with the health care facility was made. This includes infections acquired in the hospital, but appearing after discharge, including any infection in a surgical site up to six weeks post operatively. Also included are occupational infections among staff of the facility.

**Health care workers:** A group of people that includes nurses, physicians, nursing and medical students, laboratory workers, counsellors, and others who work in health care facilities and may be exposed to patients with communicable diseases.

**HIV:** Human immunodeficiency virus, the causative agent of AIDS.

**Infection with *M. tuberculosis*:** The sub-clinical, latent infection with the organisms that cause TB, manifested by a positive tuberculin skin test, but without clinical evidence of disease.

**Infection prevention and control:** Specific measures and work practices that reduce the likelihood of transmitting *M. tuberculosis*.

**Infection Prevention and Control Committee:** A multidisciplinary committee that deals with infection prevention and control issues. Each member of the committee makes inputs as they relate to his /her discipline in order to share information and to cooperate. The committee is made up of medically trained microbiologists, clinicians, management representatives, and other health care workers representing, pharmacy, sterilizing service, housekeeping and training services.

**Infection Prevention and Control Programme:** A comprehensive programme that encompasses all aspects of infection prevention and control, covering education & training, surveillance, environmental management, waste management, outbreak investigation, development and updating of infection prevention and control policies, guidelines and protocols, cleaning, disinfection and sterilization, employee health, and quality management in infection control.

**Infection Prevention and Control Team:** The team of health care workers involved in carrying out the day-to-day infection prevention and control programme activities.

**Isolation room:** A single patient room with negative pressure ventilation where an infectious TB patient can be isolated from other patients.

**Mechanical ventilation:** Methods used to direct airflow to dilute and remove air, and to produce negative pressure in isolation rooms (e.g. window fan, and exhaust ventilation systems).

**Medical devices:** All equipment, instruments and tools, used in health care for diagnosis, prevention, monitoring, treatment or rehabilitation. Devices could thus include products such as contact lenses, condoms, heart valves, hospital beds, resuscitators and radiotherapy machines, surgical instruments and syringes, wheelchairs and walking frames, etc.

**Multidrug-resistant tuberculosis (MDRTB):** TB caused by strains of *M. tuberculosis* that are resistant to both Isoniazid and Rifampicin with or without resistance to other drugs.

***Mycobacterium tuberculosis*:** The bacterium that causes TB.

**Natural ventilation:** Defined as natural air movement to achieve dilution and air exchange in an area with free-flow of ambient air (e.g. through the open windows).

**PMTCT:** Prevention of mother-to-child transmission of HIV infection.

**Personal protective equipment:** This refers to items specifically used to protect the health care worker from exposure to body substances or from droplet or airborne organisms. Personal protective equipment includes gloves, aprons, gowns, caps, masks and protective eye wear.

**Respirators:** A special type of closely fitted mask with the capacity to filter particles 1 micron in size to protect from inhaling infectious droplet nuclei.

**Risk management:** All the processes involved in identifying, assessing and judging risks, assigning ownership, taking actions to mitigate or anticipate them, and monitoring and reviewing progress.

**Smoke tubes:** Devices used to monitor proper airflow direction and to determine the correct function of ventilation systems.

**Sterilisation:** A process that destroys or removes all viable micro-organisms, including spores. Sterilisation can be achieved by the use of heat, steam, gas or chemicals.

**Tuberculin skin testing (TST):** Intracutaneous injection of purified protein derivative (PPD) to identify persons who have been sensitized to mycobacterial antigens by infection with *M. tuberculosis*, environmental mycobacteria or administration of BCG.

**Tuberculosis (TB):** A clinically active, symptomatic disease caused by bacteria belonging to the *M. tuberculosis* complex (*M. tuberculosis*, *M. bovis*, *M. africanum*).

**Ultraviolet germicidal irradiation (UVGI):** An environmental control measure to kill or inactivate micro-organisms like *M. tuberculosis* through exposure to UVGI.

**VCT:** Voluntary counselling and testing for HIV infection.

**Waste management system:** All the activities, administrative and operational, involved in the production, handling, treatment, conditioning, storage, transportation and disposal of waste generated by health care establishments.

**Work practice and administrative controls:** Defined as managerial or administrative measures that guide work practices to reduce significantly the risk of TB transmission by preventing the generation of droplet nuclei. These include early diagnosis, prompt isolation or separation of infectious TB patients, prompt initiation of appropriate anti-tuberculosis treatment.



## 10. ANNEXES

### ANNEX A.1. SAMPLE INFECTION PREVENTION AND CONTROL PLAN

A. The plan will include, but not be limited to, the following policy areas:

1. Screening patients to identify persons with symptoms of TB disease or who report being under investigation or treatment for TB disease.
2. Providing face masks or tissues to persons with symptoms of TB disease ("TB suspects") or who report being under investigation or treatment for TB disease ("TB suspects or cases"), and providing waste containers for disposal of tissues and masks.
3. Placing TB suspects and cases in a separate waiting area.
4. Triaging TB suspects and cases to the front of the line to expedite their receipt of services in the facility.
5. Referring TB suspects to TB diagnostic services and confirming that TB cases are adhering with treatment.
6. Using and maintaining environmental control measures.
7. Educating staff periodically on signs and symptoms of TB disease, specific risks for TB for HIV-infected persons, and need for diagnostic investigation for those with signs or symptoms of TB.
8. Training and educating staff on TB, TB control, and the TB infection prevention and control plan.
9. Monitoring the TB infection and control plan's implementation.

B. The facility will implement each policy by following the procedure(s) that accompany it.

#### Policy and Procedures

Purpose: Early identification, separation, receipt of services, and referral of patients with TB disease is essential in preventing spread of TB.

Lead: \_\_\_\_\_ has the responsibility for overseeing the implementation of these policies and its procedures, and reports to (*District health executive committee, etc.*).

Policy 1: Screening patients to identify persons with symptoms or recent history of TB disease.

Procedures:

(i) Before patients enter an enclosed part of the facility, a designated staff person should ask each adult and any child capable of coughing forcefully (usually age 14 or older) about symptoms or recent history of TB. The questioning should occur before patients wait in line for long periods to register or obtain services.

(ii) Many combinations of symptoms have been recommended as sensitive and specific for TB. A simple screen is:

*"Do you have a cough?" If patient answers "yes," ask  
"For how long have you been coughing?"*

An adult who has coughed for two weeks or more may be considered a "TB suspect" for pulmonary TB.

To determine whether a patient may be under investigation or a diagnosed case of TB, who may still be infectious, ask -

*"Are you being investigated or treated for TB?"*

If the answer to either is "yes," the screen classifies the patient as a TB suspect or case, and he should be managed as described in the procedures under policies 2 – 5 below.

(iii) As patients who are not identified as a TB suspect or case on the initial symptoms screen enter an examination room with the clinical officer, nurse, or counsellor, they should again be asked the simple screening questions. Those patients who report a cough of two or more weeks or who are being investigated or treated for TB should be managed as follows in the procedures under policies 2 – 5 below. Staff seeing patients in examination rooms should report patients they find to be a suspect or case to the infection control officer in a timely manner so that factors contributing to the potential exposure (e.g. an emergency or short staffing interfering with the designated person screening all patients) can be documented and corrected.

Policy 2: Instructions on cough hygiene.

Procedures:

(i) Patients who are found to be TB suspects or cases should immediately be informed about the importance of cough hygiene and be handed tissues (or pieces of cloth) and instructed to cover their mouths and noses when they cough. Alternatively, patients should be given a facemask, and asked to wear it while in the facility. Patients should also be instructed to dispose of used tissues or masks in identified no-touch receptacles and not on the ground or on the benches.

When tissues, cloths or facemasks are not available, clients should be instructed to lift their arm up and cover their nose and mouth with the inner surface of the arm or forearm when they cough or sneeze. *M. tuberculosis* cannot be spread from the hands, but other serious lung infections can.

- (ii) No-touch receptacles for disposal of used tissues and masks should be available in the waiting areas.

Policy 3: Placing TB suspects and cases in a separate waiting area.

#### Procedures

- (i) A staff person should direct or escort the patient to a separate waiting area. This special waiting area should have the highest natural ventilation possible. Patients should be assured of their place in the line for registration and/or services.

Policy 4: Triaging TB suspects and cases to the head of the line to receive services in the facility

#### Procedures

- (i) TB suspects and cases should be moved to the head of the line for whatever services they want or need, e.g., VCT, medication refills, or medical investigation. This reduces the duration of potential exposure while they wait in the facility and may be an incentive to disclose information during screening.

Policy 5: Referring TB suspects to TB diagnostic services.

#### Procedures

- (i) \_\_\_\_\_ is the designated staff person to counsel patients about obtaining TB diagnostic services.
- (ii) Patients will be referred to \_\_\_\_\_ (a TB diagnostic centre with whom the health care facility has a previously negotiated agreement with).
- (iii) Patients should be given a card with the name, location, and operating hours of the TB diagnostic centre. The card should also have the name of the referring facility on it, with date of referral marked. These cards can be collected at the TB centre and used as an anonymous check on number of referrals that successfully obtain TB services. (See also the TB suspect and case form listed in Annex A2 below, which can be used to cross-reference referrals that are made/successful).

Policy 6: Using and maintaining environmental control measures.

Procedures

- (i) \_\_\_\_\_ is the designated staff person to check on environmental control measures and maintain a log of monitoring and maintenance.
- (ii) Windows and doors should be checked on a daily basis to assure they are in proper position (open or closed as called for in the plan). Generally, all windows and doors should be open when natural ventilation is the primary environmental control to allow for the free, unencumbered movement of air (e.g., across room, from window to door or vice versa). Generally, all windows and doors should be closed when using mechanical ventilation to ensure air movement in a controlled manner (air from supply vent and from slots either under or in door toward the exhaust vent).
- (iii) Fans should be checked on a monthly basis to assure they are clean, are pulling (or pushing) the correct amount of air, and are pulling (or pushing) air in the correct direction.

Policy 7: Providing confidential TB and HIV services to health care workers and staff.

Procedures

- (i) Health care workers and all other staff working at the facility should be educated about the signs and symptoms of TB and encouraged to seek investigations promptly if they develop symptoms and signs suggestive of TB.
- (ii) Health care workers and other staff should be informed about the special specific risks for TB for HIV-infected persons (see section on Training of staff).
- (iii) Health care workers and staff should be encouraged to undergo HIV testing, and given information on relevant HIV care resources.
- (iv) Staff training should include reduction of stigma of TB and HIV.
- (v) \_\_\_\_\_ is responsible for determining when staff who develop TB disease may return to work.
- (vi) Staff who develop TB disease may return to work when determined to be no longer infectious after:
  - a. Having completed at least two weeks of standard anti-TB therapy;
  - b. Exhibiting clinical improvement;
  - c. Having continued medical supervision and monitoring of treatment until cured; and
  - d. Where possible, having had three consecutive negative sputum smears obtained on three different days with at least one morning specimen. (Note: Frequent evaluation of sputum smear status may not be done routinely in resource-limited settings.)

Policy 8: Training of staff on all aspects of TB and the TB infection prevention and control plan.

Procedures

- (i) \_\_\_\_\_ is the designated staff person to provide training to new staff as they are employed and to maintain a log indicating who has had initial training.
- (ii) \_\_\_\_\_ is the designated staff person to provide annual training to all staff and to maintain a log indicating who has attended training. This may be incorporated into a broader training topic or it could be stand-alone TB infection control training.

(See Annex A.3 for Sample Training Materials)

Policy 9: Monitoring the TB infection prevention and control plan's implementation.

Procedures

- (i) Determine the frequency of the infection prevention and control plan evaluation.
  - a. During initiation of procedures, monitoring and evaluation should be done frequently, perhaps monthly or bi-monthly.
  - b. When procedures are running well, less frequent evaluation will be necessary – at a minimum, annually.
- (ii) Evaluate the screening process.
  - a. Were patients with significant cough missed when entering the facility and only detected at a later time or in the examination room?
  - b. What correctable factors were associated with these potential exposures?
- (iii) Evaluate the success of referrals to the TB diagnostic centre.
  - a. Did referred patients access care?
  - b. Did referred patients have TB disease?
  - c. What changes in screening or referral process should be made, if any?
- (iv) Evaluate the training process.
  - a. Did all new staff receive training on TB infection prevention and control during their induction?
  - b. Did all staff receive annual re-training on TB infection control?
- (v) Revise the infection prevention and control plan to reflect changes in staff responsibilities, policies, and procedures.
- (vi) Develop a plan for correcting inappropriate practices or failure to adhere to institutional policies.
  - a. Identify incentives to participate fully and adhere to policies.
  - b. Identify corrective actions if policies are not followed.

**ANNEX A.2. SAMPLE MONITORING TOOLS**

\_\_\_\_\_ has the responsibility for overseeing the evaluation of the TB infection control policies and its procedures, and reports to \_\_\_\_\_ (*Program director, District health executive committee, etc*).

\_\_\_\_\_ has the responsibility for filling out The “TB case and suspect log” on a daily basis, entering the date, names of patients who were found to be a case or suspect that day, whether they were missed at intake screening, and to which facility they were referred.

\_\_\_\_\_ has the responsibility for conducting follow up on patients referred to a TB diagnostic facility and recording the outcomes of their investigation in the log.

\_\_\_\_\_ has the responsibility to summarize and present the results of the screening process to relevant management and staff periodically.

**TB Case and Suspect Log**

Date	Patient Name	Case or Suspect (c/s)	Missed at intake?* (y/n)	Referred to (name of facility)	Outcome** (TB, not TB, NS)

\* Missed at intake = symptoms or history detected only after patient enters private room with clinician or counsellor instead of upon entry to the facility; or after numerous visits while symptomatic yet undetected: y=yes, n=no

\*\* Outcomes: TB diagnosed or confirmed=TB; TB ruled out after diagnostic investigation=not TB; Did not present to referral facility for investigation=NS (not seen).

**Staff TB Infection Control Training Log**

Staff Name	Start Date	Date first IPC training	Date annual training	Date annual training	Date annual training	Date annual training

### **ANNEX A.3. TRAINING MATERIALS FOR STAFF**

*The following is a set of overheads with a script that can be used by a training facilitator or lecturer. Alternatively the staff person can read through the materials. Users may modify as needed to meet local needs.*

**(Insert PowerPoint presentation)**

## ANNEX A.4 EDUCATION MATERIALS ABOUT TB FOR PATIENTS

Health care workers can use this guide to remind them of what to ask and say about TB during an initial information session with any patient. Questions they can ask to find out how much the patient knows about TB are in bold on the left; and messages related to the questions are on the right. They can emphasize different messages with different patients depending on the patient's current knowledge about TB.

<b>What is TB?</b>	TB is an illness (i.e., disease) caused by a germ that is breathed into the lungs. TB germs can settle anywhere in the body, but we most often hear about TB of the lungs. When lungs are damaged by TB, a person coughs up sputum (mucus from the lungs) and cannot breathe easily. Without correct treatment, a person can die from TB.
<b>What kind of symptoms do you think people with TB have?</b>	People with TB of the lungs have a chronic cough, generally lasting for more than two weeks. They can also cough up blood. People with TB in any part of the body have fevers, night sweats, and weight loss. People with these symptoms should tell a health care provider so they can be evaluated for TB.
<b>Have you ever known anyone with TB? What happened to that person?</b>	<i>(just listen to their response)</i>
<b>Do you know that TB can be completely cured?</b>	TB can be cured with the correct drug treatment. The patient must take all of the recommended drugs for the entire treatment time (six or eight months) to be cured. Drugs for treatment of TB are provided free of charge, and treatment can be done without interrupting normal life and work.
<b>How do you think that TB spreads?</b>	<p>TB spreads when an infected person coughs or sneezes, spraying TB germs into the air. Others may breathe in these germs and become infected.</p> <p>It is easy for germs to pass to family members when many people live closely together. Anyone can get TB. However, not everyone who is infected with TB will become sick.</p>
<b>How can someone with TB avoid spreading it?</b>	There are several ways that a person with TB can prevent infecting others. An important step is to take regular treatment to become cured. Another measure to prevent infecting others is for infected persons to cover their noses and mouths when coughing or sneezing. Finally, infected persons should open windows and doors to allow fresh air into their homes.



<b>Is TB a problem for people with HIV infection?</b>	People living with HIV and AIDS are at extra risk of getting sick from TB because their body cannot fight off germs very well. If someone develops symptoms of coughing for more than two weeks, coughing up blood, weight loss, fevers or night sweats, it is important to get checked for TB. TB can be cured even in persons with HIV and AIDS.
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Source: Stop TB Department, WHO: Management of Tuberculosis Training for Health Facility Staff, Geneva, 2003.

## ANNEX B. INFORMATION ON VENTILATION AND FANS

### Controlled natural ventilation

Natural ventilation refers to fresh dilution air that enters and leaves a room or other area through openings such as windows or doors. Natural ventilation is controlled when openings are deliberately secured open to maintain airflow. Unrestricted openings (that cannot be closed) on opposite sides of a room provide the most effective natural ventilation.

### Propeller fans

Propeller fans may be an inexpensive way to increase the effectiveness of natural ventilation, by increasing the mixing of airborne TB as well as assisting in the direction of air movement by pushing or pulling of the air.

### Types of propeller fans

Propeller fans include:

- Ceiling fans,
- Small fans that sit on a desk or other surface,
- Fans that stand on the floor, and
- Fans mounted in a window opening.

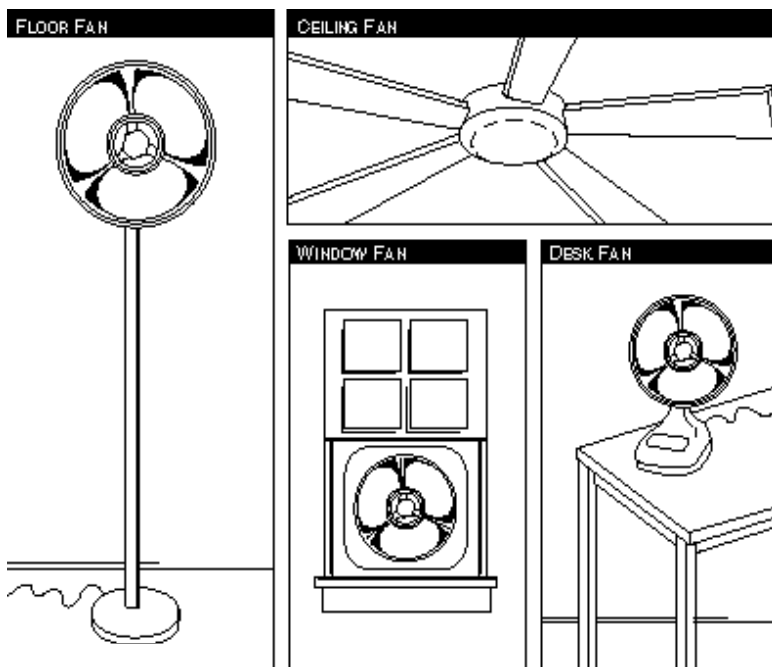


Figure 1. Propeller fans

## Air mixing and removal

A propeller fan helps mix air in a room. Mixing of air will reduce pockets of high concentrations, such as in the corners of a room or in the vicinity of patients where natural ventilation alone is not enough. The total number of infectious particles in the room will not change with mixing; however, the concentration of particles near the source will be reduced, and the concentration in other parts of the room may increase.

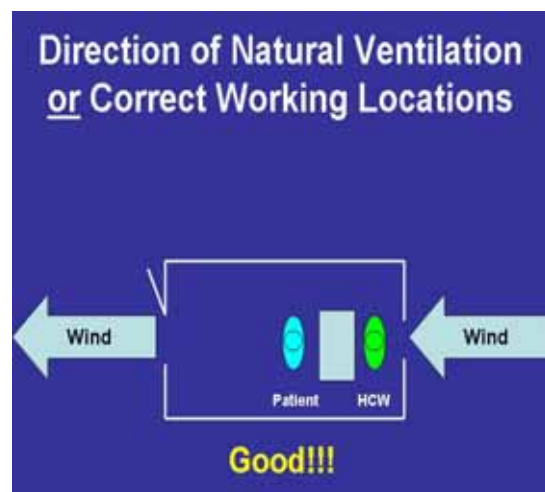
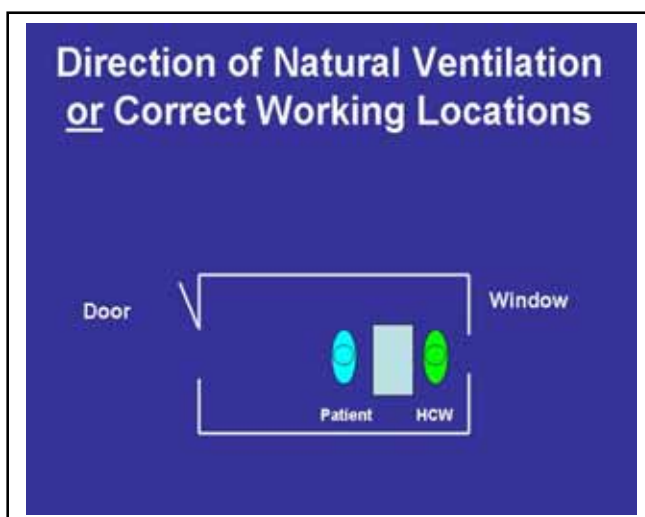
If this dilution effect is combined with a way to replace room air with fresh air, such as by opening windows and doors, the result will be fewer infectious particles in the room.

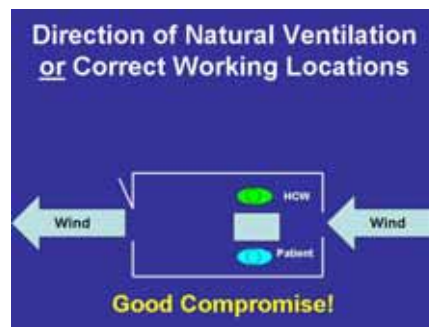
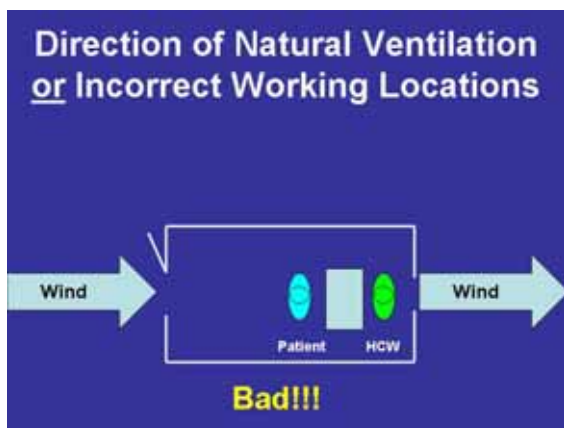
A room with an open window, open door, and a fan will have less risk than an enclosed room with no fan, an enclosed room with a fan, or a room with an open window but no fan. In addition, mixing may increase the effectiveness of other environmental controls.

## Directional airflow

If placed in or near a wall opening, propeller fans can also be used to enhance air movement into and out of a room.

Consider fans installed in the windows or through wall openings on the back wall of a building. The fans exhaust air outside, away from people or areas where air may come back into the building. If doors and windows in the front of the building are kept open, the overall effect should be to draw in fresh air through the front of the building and exhaust air through the rear. Health care staff should be mindful of the direction of airflow to ensure the patient is closest to the exhaust fans and the staff is closest to the clean air source.





With this arrangement, the risk that TB will be spread is greater near the back of the building; however, once the contaminated air is exhausted, dilution into the environment will be fast.

### Exhaust fans

There are a wide variety of exhaust fan systems. A system can be as simple as a propeller fan installed in the wall, or it could include a ceiling grille, a fan, and a duct leading to discharge on an outside wall or on the roof.

Over time, dust and lint accumulate on exhaust fan blades. The fans, motors, blades, and ducts become dirty and less air is exhausted. For this reason, these systems should be cleaned regularly.

### Checking natural ventilation

People can usually feel the existence or lack of air movement in a space. A ventilated space has a slight draft. In the absence of ventilation, air will feel stuffy and stale and odours will linger. Use the following checklist to assess natural ventilation in your waiting areas and examination rooms:

- Check air mixing and determine directional air movement in all parts of rooms or areas. One way to visualize air movement is to use incense sticks as described in these six steps.
  1. Hold two incense sticks together and light them.
  2. As soon as the incense starts to burn, blow out the flame. Now the incense should produce a continuous stream of smoke.
  3. Observe the direction of the smoke.
  4. Observe how quickly the smoke dissipates. This is a subjective test that may require some practice (see box below). It does not give a definite result but is useful for comparing one room or area to another.
  5. Check natural ventilation once a year after the prevailing wind patterns have been determined. Recheck if any changes in the physical environment are made and confirm procedures for ensuring free movement of air are followed.
  6. Keep records of all routine activities and dates.

## Checking fans

- Check that all room fans are working and cleaned once a month. Use cloth or vacuum cleaner to remove dust and lint from fans, grilles, and ducts.
- Check that exhaust fans are working and cleaned once a month. Use cloth or vacuum cleaner to remove dust and lint from fans, grilles, and ducts. Clean ducts behind grilles as far back as can be reached.
- To check fans that have a grille, hold a tissue or piece of paper against the grille. If the exhaust fan is working, the tissue or paper should be pulled against the grille.
- Flow rates through exhaust fans and grilles can be measured using a simple velocity meter and a means to measure that velocity over a known cross-sectional area. The airflow rates can be calculated from simple velocity measurements (see Boxes 1 and 2).
- Air exchange rates (also called air-changes per hour) can be calculated as shown in boxes below. If mechanically ventilating a room, the fan should provide a minimum of six air exchanges per hour.
- Keep records of all routine activities and dates.

### Box 1. Estimating air velocity.

Measure 0.5 meter distance and mark it on a tabletop. Move your hand from one end to the other (0.5 meters) in one second. This is equivalent to 0.5 m/s! In order to have directional control of contaminants in air, one should have air moving at least 0.5 m/s.

### Example airflow calculation:

Fan, duct, or box opening: 0.5 m high, 0.5 m wide  
 Area =  $0.5 \text{ m} \times 0.5 \text{ m} = 0.25 \text{ m}^2$   
 Average air velocity through fan, duct, or box opening: 2.5 m/s  
 Average flow rate = Area times average air velocity  
 $0.25 \text{ m}^2 \times 2.5 \text{ m/s} \times 3600 \text{ s/hour} = 2250 \text{ m}^3/\text{hour}$

### Box 2. Example air exchange rate calculation

Window opening: 0.5 m high, 0.5 m wide  
 Window area =  $0.5 \text{ m} \times 0.5 \text{ m} = 0.25 \text{ m}^2$   
 Average air velocity through window: 0.5 m/s  
 Room dimensions: 3 m wide, 5 m deep, and 3 m high  
 Room volume =  $3 \text{ m} \times 5 \text{ m} \times 3 \text{ m} = 45 \text{ m}^3$   
 Average flow rate = Area of window times average air velocity  
 $0.25 \text{ m}^2 \times 0.5 \text{ m/s} \times 3600 \text{ s/hour} = 450 \text{ m}^3/\text{hour}$   
 Air exchange rate = Average flow rate divided by room volume  
 $450 \text{ m}^3/\text{hour} \div 45 \text{ m}^3 = 10 \text{ air exchanges per hour}$

## **ANNEX C. INPATIENT SETTINGS**

Although the information in this addendum is directed primarily toward outpatient facilities, many of the recommendations also apply to inpatient facilities. Specifically, measures regarding the infection prevention and control plan, health care worker and staff training, patient education, sputum collection, and triage and evaluation of suspect TB patients are similar. Prevention of TB in hospitals requires a combined effort of infection control practices; more information on prevention of transmission of *M. tuberculosis* in hospital settings is available in *Additional Resources*.

One of the most effective means to reduce the risk of transmission of *M. tuberculosis* in hospital settings is to manage TB patients in the outpatient setting whenever possible. Many patients can be managed entirely as outpatients, thereby avoiding hospitalization and the risk of exposing other patients and staff. If hospitalized, patients should be re-evaluated frequently for possible discharge with continuation of therapy as outpatients.

Ideally, infectious TB patients should be isolated from other patients so that others are not exposed to the infectious droplet nuclei that they generate. If sputum smear is performed at the time of admission, those who have positive sputum smear results, and thus most infectious, should be isolated or separated from other patients.

The hospital administration should attempt to:

- Limit the number of areas in the facility where exposure to potentially infectious TB patients may occur.
- Establish separate wards, areas or rooms for confirmed infectious TB patients. These wards/areas should be located away from wards with non-TB patients, especially wards with paediatric or immuno-compromised patients.

As in the outpatient setting, early identification, diagnosis, and treatment of TB cases is the highest priority. Assigning the role of “ward cough officer” to a staff member, who assures sputum specimen collection, rapid transport of specimens to the laboratory, and the delivery of results to the ward medical team, can be effective. The ward cough officer may help to identify patients in need of investigation and to enforce TB infection control policies.

Radiology departments in hospitals often provide services to a variety of patient who may be at particularly high risk for TB, such as young children or immuno-compromised patients.

Radiology departments should attempt to:

- Schedule inpatient chest radiographs on infectious and suspect TB patients for non-busy times, such as the end of the afternoon.
- Provide coughing patients with a surgical mask to wear, or tissues or cloth to cover their mouths.
- Provide priority service to potentially infectious TB patients to minimize the length of time spent in the department.
- Restrict access to the radiology suite to patients and essential personnel only.
- Use the room with the best ventilation for taking images of potentially infectious TB patients.

## **ANNEX D. FAQ – MULTI-DRUG-RESISTANT TB (MDRTB)**

### **What is MRDTB?**

Multi-drug resistant TB, usually called MDRTB, is TB that is resistant to at least the two most important anti-TB drugs, Isoniazid and Rifampicin. This means the two drugs do not effectively treat the TB disease.

### **Why is MDRTB a problem?**

Because the two most important anti-TB drugs are not effective in treating MDRTB, treatment requires drugs which are more toxic, more expensive, take longer to work and do not work as well (called “second line” drugs). Also, these second line drugs are not widely available in resource-limited settings.

### **What causes MDRTB?**

MDRTB may result from poor anti-TB treatment adherence or by incorrect treatment. Adherence means taking the correct drugs with the correct doses at the correct time. If the wrong drugs or the wrong combinations of drugs are prescribed, or providers fail to ensure that they are taken correctly on schedule, the bacteria causing TB may develop resistance to the drugs. When this happens, the patient who initially had non-resistant TB develops drug-resistant TB. If the patient who has MDRTB spreads TB to others, they will have MDRTB as well.

### **How is MDRTB prevented?**

MDRTB is a condition that can be prevented by following the international TB control strategy called DOTS, which stands for **D**irectly **O**bserved **T**reatment, **S**hort-course. Health care providers should always adhere to the National Tuberculosis Programme Guidelines and use only the recommended anti-TB treatment regimens, drug combinations and drug dosages. Anti-TB drugs, preferably Fixed Dose Combinations (one tablet contains all the drugs), of high quality should be available in regular and sufficient quantities. Adherence to anti-TB treatment must be ensured with support, encouragement and monitoring of adherence by a relative, community volunteer, or a clinic nurse.

### **How do we know if a patient has MDRTB or XDRTB?**

The diagnosis of XDR and MDRTB can only be made in a laboratory that can test sputum specimens for the presence of *M. tuberculosis* (the TB germ isolated by culture) and then test those TB isolates for drug resistance. Patients who report interrupted treatment for TB, or failure to have symptoms improve after one to two months of TB treatment, may have drug-resistant TB, and should be separated, especially from persons with HIV infection, until their condition is evaluated.

### **Is there MDRTB in my community?**

The District Medical Officer and national TB programme can provide information on rates of MDRTB in specific communities.