TB and HIV Counseling Flipchart

TB is curable.
HIV can be treated.

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TB and HIV Counseling Flipchart

This flipchart is meant to be used by health workers. It is designed for counseling patients who have Tuberculosis (TB) or those who have tested positive for HIV.

The flipchart has three main objectives:
• to provide information about TB and HIV
• to encourage people living with HIV to test and get treatment for TB
• to encourage people living with TB to test and get treatment for HIV

This flipchart is useful in one-on-one sessions with patients as well as small group discussions.

How to use the flipchart:
• Welcome your patient and sit face to face.
• While you use the side with text, make sure the patient has a good view of the pictures.
• Point to the picture while you speak.
• Speak clearly and use language that the patient can understand.
• Avoid reading the text.
• Try to involve the patient by asking questions. Review questions are included at the end of each page to assist you.

Charts Included:
1. What is TB?
2. What are the warning signs of TB?
3. How is TB spread?
4. TB and HIV
5. TB, HIV and your immune system
6. Where do you go for TB, HIV testing?
7. How do you test for TB?
9. What are the side effects of treatment?
10. How do you prevent the spread of TB?
11. Continue with ARVs after TB is cured.
What is TB?

What are the warning signs of TB?

If you have these warning signs, go for testing:

- Cough for 3 or more weeks
- Chest pain
- Lack of appetite
- Loss of weight
- Fever
- Night sweats
- Coughing without covering the mouth
- Crowded places with poor ventilation
- Spitting everywhere

How is TB spread?

1. TB can be spread through the air when an infected person coughs.
2. It can be spread through contaminated objects or surfaces.
3. Tuberculosis can be spread through contact with an infected person.

TB and HIV

You can have TB only. You can have HIV only. You can have both.

If you have TB, test for HIV. If you have HIV, test for TB.

TB, HIV and your immune system

1. Your body without TB or HIV
2. HIV attacks the body
3. TB and HIV weaken the body

TB and HIV break down your body

1. TB and HIV weaken your body
2. Your immune system is weakened
3. Your body is more vulnerable to disease

Where do you go for TB, HIV testing?

Go for TB and HIV testing at the nearest health centre.

How do you test for TB?

1. A blood test
2. A sputum test
3. An X-ray

Complete your TB treatment.

Go for TB and HIV testing at the nearest health centre.

Take all your TB and HIV drugs regularly.

What are the side effects of treatment?

- Skin Rash
- Vomiting
- Abdominal Pain

Side effects can be managed. Tell your doctor right away.

How do you prevent the spread of TB?

1. Take all your TB and HIV drugs regularly.
2. Continue with ARVs after TB is cured.
3. Remember that ARVs are a lifelong commitment.

How do you test for TB?

1. At the health centre
2. In the health centre
3. At home

Continue with ARVs after TB is cured.

1. 2.
2. 3.
3. Remember that ARVs are a lifelong commitment.
What is TB?

Objective:
To describe the TB disease

TB is a disease caused by a germ that attacks the lungs. It can also attack other parts of your body such as your bones, joints and intestines.

TB is spread from one person to another through the air.

You can have TB and have no symptoms for some time. This is “silent” TB. When TB becomes “active”, you will have a cough that lasts for more than 3 weeks or symptoms in other parts of your body.

TB can be cured if it is treated properly. If TB is not treated properly, it can lead to death. TB drugs are free in all health facilities.

Review Question:
What do you know about TB?

Notes to the Health Worker

Encourage the patient to share their personal knowledge and experience about TB with you.

Support correct information they share. Identify and correct any wrong information.
What is TB?
What are the warning signs of TB?

Objective:
To provide information about the symptoms of TB

People with TB have certain warning signs. They include:

- A cough that does not go away for 3 weeks or more
- Fever
- Night sweats
- Lack of appetite
- Loss of weight
- Chest pain
- Difficulty breathing
- General weakness
- Coughing up sputum that is stained with blood

It is important for people who have coughed for 3 or more weeks to go for a TB test. Since TB spreads through the air, people with warning signs should go for testing to prevent spreading TB to others.

Review Question:
Can you describe some warning signs of TB?

Notes to the Health Worker
Help the patients to identify if they or their family members have had any warning signs of TB.
What are the warning signs of TB?

Cough for 3 or more weeks

Fever
Night sweats

Lack of appetite
Loss of weight

Chest pain

If you have these warning signs, go for testing.
How is TB spread?

Objective:
To help the patient understand how TB is spread

TB is spread through the air from one person to another.

When a person with TB coughs or sneezes, the TB germs are released. If you breathe in those germs, they can settle in your lungs and begin to grow. From there, they can move through your blood to other parts of your body, such as the kidneys, spine or brain.

How is TB spread? The picture illustrates the following:

1. Coughing or sneezing without covering the mouth
2. Crowded places with poor ventilation
3. Spitting everywhere

Other behaviours that spread TB include:

• Living in an overcrowded room with a person who has TB
• Kissing a person who has TB

People with TB of the lungs are likely to spread it to those they spend a lot of time with, like family members, friends and work mates.

Remember: TB is not HIV. The way that TB is spread is very different from the way HIV is spread.

Review Question:
Describe how TB is spread. How is HIV spread?
How is TB spread?

1. Coughing without covering the mouth
2. Crowded places with poor ventilation
3. Spitting everywhere
TB and HIV

Objective:
To discuss the relationship between TB and HIV infection

TB and HIV are not the same, but it is common for people who have one to also have the other.

• You can have TB only.
• You can have HIV only.
• You can have both TB and HIV.

Half of the TB patients in Uganda also have HIV. This is because TB can easily attack people whose bodies cannot fight disease. HIV weakens the body’s ability to fight disease. People with TB should test for HIV so they can get treatment early.

It’s also important that people with HIV test for TB. If they have TB, they should take treatment to cure it. TB is the most common cause of death for people with HIV.

Review Question:
Explain why someone with TB should test for HIV.

Notes to the Health Worker
If you know that your patient has HIV, you should explain the following:
• TB speeds up the progression of HIV
• HIV can make “silent” TB infections become active.
• Encourage your patients with HIV to schedule a TB test if they have not done so.
TB and HIV

You can have TB only. You can have HIV only. You can have both.

If you have TB, test for HIV. If you have HIV, test for TB.
TB, HIV and your immune system

Objective:
To help patients understand what is happening in their bodies and why it is important to schedule tests for HIV and TB.

Picture 1:
Imagine that your body is a house. The immune system in your body is like the walls that support your house and keep it standing strong.

When the HIV virus invades your body, it slowly attacks your body’s immune system. Imagine someone breaking off pieces of your house. Over time your house will become weak. That is what happens when HIV is inside your body breaking down your immune system. Your body becomes weak.

Picture 2:
What happens if your house is already damaged and a strong rainstorm comes? When TB attacks a body that is already weakened by HIV, it is like wind and rain pounding a damaged house.

If you don’t repair a damaged house, what happens? It collapses. TB and HIV together are a much greater threat to your health than they are alone. That is why it is very important for you to test for both as soon as possible. If you know that you have TB or HIV, you can repair your body before it is too late.

Review Question:
What can you do to protect your body so that it stays strong and does not break down?

Notes to the Health Worker
Ask your patients if they understand the term “immune system”. Help them understand that the immune system is a part of the body that protects them from getting sick.

Make sure that your patients understand that the house in the picture represents the human body and that the walls of the house represent the body’s immune system.
TB, HIV and your immune system

1. Your body without TB or HIV

2. HIV attacks the body

3. TB and HIV weaken your body

4. TB and HIV break down your body

Don’t let TB and HIV break you down. Go for testing and treatment.
Where do you go for TB, HIV testing?

Objective:
To help patients understand where they can test for TB and HIV and why it's important

Go to your nearest health centre to test for TB or HIV.

TB and HIV testing are free at government health centres.

Knowing if you have TB or HIV will help you to get treatment. It will also help prevent spreading TB or HIV to others.

Review Question:
Where can you go for free TB and HIV tests?

Notes to the Health Worker
Be sure that you know where to refer your patients for testing.

You should tell them the following:
• The name of the testing facility
• The days and hours that it is open for testing
• Directions on how to reach the testing facility
• Any other relevant information that will be helpful to your patient
Where do you go for TB, HIV testing?

Go for TB and HIV testing at the nearest health centre.
**How do you test for TB?**

**Objective:**
To explain the process of testing for TB

**Picture 1:**
When you go for testing you will meet with a health worker who can give you more information about TB and HIV.

**Picture 2:**
If you are testing for TB, you will be asked to give 3 sputum samples. Sputum is the mucus that you spit out when you have a cough. You will collect these samples in a cup or tin. You should collect the samples within 24 hours using the “spot-morning-spot” method, which is:

- **Sample a:** At the health centre
- **Sample b:** At your home the next morning
- **Sample c:** At the health centre on the same day as the morning sample

**Picture 3:**
After giving your sputum samples, trained lab personnel will look at them through a microscope. If you have TB, they will be able to see the TB germs through the microscope.

If you are testing for HIV, the lab will take a small sample of your blood. The HIV test takes only a few minutes and you will get your results the same day.

**Review Question:**
Describe the steps you must take to test for TB.

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**Notes to the Health Worker**
Reassure your patient that taking a test for TB or HIV is nothing to fear. Ask if they have any questions about the tests.
How do you test for TB?

1. TB can be cured.
   HIV can be treated.

2. a. At the health centre
    b. At home
    c. At the health centre

3. TB is not HIV
   TB can be cured if you take your medicine regularly.
Complete your TB treatment.

**Objective:**
To explain why it is important for patients to adhere to their medication.

TB can be cured if treated properly.

You will have to take TB treatment everyday for 6 to 8 months.

Even if you feel better after a few days of TB treatment, you **must** take the drugs for the full time period if you want the disease to be cured.

If you stop TB treatment before 6 to 8 months, the following can happen:
- The cough that had stopped, will start again.
- Your TB becomes harder to cure.
- You spread TB to others.
- You can die early.

HIV cannot be cured, but proper treatment will slow down HIV from reproducing and keep your body strong.

If you have TB, HIV, or both, it is very important to eat a balanced diet.

**Review Question:**
Why is it important to take your TB or HIV medicine properly?

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**Notes to the Health Worker**

The Ministry of Health adopted the **Direct Observed Therapy Short course (DOTS)** as the most effective way of controlling and curing TB.

Under DOTS, a **Treatment Supporter**, usually a community volunteer or family member, helps to administer and directly observe TB treatment on a daily basis. In the picture, the man in the green shirt is the woman’s Treatment Supporter.

The health worker helps to organise a Treatment Supporter for each TB patient. The Treatment Supporter must be convenient and acceptable to the patient.

The Treatment Supporter watches the patient swallow the TB medicine each day for the full period of treatment.
Complete your TB treatment.

Take all your TB and HIV drugs regularly.
What are the side effects of treatment?

Objective:
To discuss the side effects of TB and HIV treatment

Some people have side effects from taking TB drugs and ARVs.

Three examples are shown on the chart.

- Skin rash
- Vomiting
- Abdominal pain

Other side effects include:

- Yellowish skin or eyes
- Fever for 3 or more days
- Dry mouth
- Headache

You should not stop treatment if you have side effects. Talk to your doctor or health worker. They can help you if you are having side effects.

Review Question:
What are some of the side effects of TB or HIV treatment?
What are the side effects of treatment?

Skin Rash

Abdominal Pain

Vomiting

Side effects can be managed. Tell your doctor right away.
How do you prevent the spread of TB?

**Objective:**
To discuss ways of preventing the spread of TB

TB patients can help stop the spread of TB.

**TB patients should:**

1. Cover their mouth with a handkerchief when coughing
2. Open windows in the home and in crowded places
3. Get family members tested for TB if they have a cough lasting 3 or more weeks

The best way to prevent the spread of TB is to treat and cure it, so take your TB treatment as prescribed and complete your TB treatment.

Encourage friends and family members to test if:
- They have been coughing for 3 or more weeks
- You suspect they may have TB
- They have HIV with TB symptoms
- They stay with a TB patient

**Review Question:**
What can a TB patient do to prevent spreading the disease?
How do you prevent the spread of TB?

1. Cover your mouth when coughing.

2. Open windows in crowded places.

3. Test family members with a persistent cough.
Continue with ARVs after TB is cured.

Objective:
To emphasize the importance of continuing with ARVs after TB treatment

Patients who have both TB and HIV can become healthy again. With proper treatment, TB can be cured after 6 to 8 months.

Even though HIV cannot be cured, you can be healthy after recovering from TB if you commit to taking your ARVs everyday for the rest of your life.

Review Questions:
How long is TB treatment? How long do you have to take your ARVs?

Notes to the Health Worker
Help your patients understand that the road in the picture represents their life. Point out the signs showing the years.

Explain that the woman in the picture has just completed her TB treatment, but she will continue to take ARVs for the rest of her life.

This is the last chart. Ask your patients if they have anymore questions or concerns.

Remind patients where they can go for treatment.

Remember that ARVs are a lifelong commitment.
Continue with ARVs after TB is cured.

Remember that ARVs are a lifelong commitment.
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