Tuberculosis Lesson Plan

***Ask participants their knowledge concerning tuberculosis. Place information received on any surface that can be seen by entire audience. During Health Lesson, review information on the board, verify and/or correct preconceived notions. Use posters when appropriate.***

1. What is tuberculosis?

Tuberculosis is a disease caused by certain germs. It makes someone cough, get weak and become thinner and thinner for a long time. It is contagious (passes from person to person easily.) It usually attacks the lungs, but may also affect any other organ of the body.

Among infectious diseases, tuberculosis is the single most common killer of adults in the world today.

2. How does someone get lung tuberculosis?

Someone can get lung tuberculosis if he breathes in the germs which another person who has the disease has coughed out into the air. It happens this way:

i. When the sick person coughs out, he releases into the air thousands of germs which can cause the disease.
ii. People around him then breathe in the air with the germs.
iii. Those of them whose bodies cannot fight off and kill the germs then get the disease when the germs grow in them.

3. How can we control and prevent tuberculosis?

i. People who have tuberculosis must be treated promptly. Curing them is the best way of preventing the disease from spreading. This eliminates the source of infection.
ii. Give BCG vaccination to all babies at birth or soon after birth, and to other children before tuberculosis strikes them.
iii. As soon as any person shows signs of having tuberculosis, report to the medical workers so he can be examined and treated. (This is in the interest of both the sick person and the people he lives and works with. If he receives treatment, he will be cured; and a few weeks after he starts receiving treatment, he can no more pass the disease to others.)
iv. Treatment should be fully supervised by a health care provider.

a. At least during the first 2 months of treatment, patients should receive their daily medication under the supervision of a health care provider.
b. During the next 4 - 6 months, they must visit the health centre every month to receive a supply of drugs.

v. Cover your mouth when coughing and nose when sneezing to prevent the spread of the germs which causes the disease.
vi. Don't spit on the ground.

vii. Avoid sleeping in overcrowded rooms.

viii. Observe the rules of hygiene.

4. If someone has lung tuberculosis, what are the signs?

The signs are:

coughing and spitting almost all the time and for more than 3 weeks;

i. chest pain;

ii. difficulty in breathing;

iii. getting thinner and thinner;

iv. mild fever in the afternoon and sweat at night;

v. poor appetite.

5. If anyone has signs of tuberculosis, what should he do?

i. He should go to the health centre or hospital. There the health worker can examine the sputum he coughs up and tell him whether or not he has lung tuberculosis.

(Tuberculosis spreads easily. The earlier he goes to the health centre or hospital for help, the better his chances of getting well. Also, the better the chances of not spreading the disease to his family, friends and co-workers.)

ii. If it is confirmed that a person has tuberculosis and he is given medicine to take, he must continue to take it until the doctor or health worker tells him that he has been cured.

(It may take 6 to 8 months to cure him completely. If he stops too soon, tuberculosis will destroy his lungs and spread to those who live or work with him. If he continues to the end, he will be cured and save his family and friends from catching the disease.)

iii. The patient should:

a. cover his mouth when he coughs;

b. avoid spitting on the floor;

c. eat plenty of good food;

d. have a lot of rest and enough sleep.

5.1 What should family members, co-workers, classmates or room-mates of the sick person do?

i. They should see the doctor or health worker to be examined and, if necessary, treated.

ii. The children should be vaccinated.
6. If lung tuberculosis is not treated promptly, what are the effects?

If lung tuberculosis is not treated in time,

i. it can damage the person's lungs;
ii. the coughing becomes more serious and he may start to cough out blood;
iii. the chest pain becomes more intense;
iv. breathing becomes more difficult;
v. the person gets weaker and weaker; and
vi. he may die.

***Ask participants to share any stories they might have concerning tuberculosis. Then ask others to comment on the stories. Facilitate the discussion by directing participants through highlighting key factors contributing to the acquisition, transmission, signs and treatment of tuberculosis.***

**Useful Facts:**

A) In 2002, of the Top Ten Causes of Death in Senegal, Tuberculosis accounted for 5% of all deaths

    A) In 2004, Tuberculosis Prevalence (per 100,000 population) was 451 in Senegal
        i. Concerning the Region, the Tuberculosis Prevalence was 518

C) In 1995, more than 7,500,000 cases of tuberculosis were reported in Africa and 600,000 persons died of it