

## **Course Name: Tuberculosis (TB) Prevention and Control Plan Training**

Course #: 3453

Tuberculosis is an infection caused by the bacteria *Mycobacterium Tuberculosis*. It can be an acute or chronic infection. It is highly contagious and must be reported to the state health department of infectious diseases. It primarily attacks the lungs and throat but can attack muscles and other organs. After exposure the bacteria can lie dormant in the body for months and years. Transmission to another person occurs when an infected person coughs or sneezes and another person inhales the bacteria from that cough or sneeze.

Five percent (5%) of all people exposed to tuberculosis will develop an active case of tuberculosis within one year of the exposure. The remainder of those exposed will have the bacteria dormant in their body for years. Years later they will develop some form of tuberculosis in their body, it could attack the bones, muscles or other organs including the lungs.

Active tuberculosis will cause severe lung damage and even death if left untreated. Early symptoms are weakness, tiredness, lack of appetite, weight loss and night sweats. The person may have a low grade temperature. Active tuberculosis may produce a cough that produces thick yellow and blood tinged sputum.

Diagnosis is done by chest x-ray and sputum samples. Treatment is prolonged anti-tuberculin medications. After three weeks of treatment the person is no longer contagious. Recovery and treatment are long term. Treatment with an anti-tuberculin medication usually takes 9 months to cure the disease.

People at high risk for tuberculosis are:

- People living in crowded unsanitary living conditions;
- Black and Hispanic males ages 25 to 44;
- Those in close contact with a newly diagnosis tuberculosis patient;
- Those who have had tuberculosis before;
- Those with depressed immune system;
- Drug and alcohol abusers;
- Immigrants from Africa, Asia, Mexico and South America;
- People who have had their stomachs removed;
- People with the following diseases-Diabetes, Malnutrition, Cancer, Hodgkin's, Leukemia or AIDS, or;
- People living in jails, mental institutions and nursing homes.

A tuberculin skin test also known as a Mantoux or PPD, reveals that a person has been exposed to tuberculosis. It does not diagnosis active tuberculosis. If a person receiving a tuberculin skin test reacts positively to the test injection they have as some time been exposed to tuberculosis. A reaction is positive if at the site of the injection there is 10 millimeters or greater of raised

hardened tissue also known as induration. This is read at 48 to 72 hours after the skin test is applied.

If the skin test is positive the person would need a chest x-ray to rule out active Tuberculosis. If the chest x-ray were positive then the person would need further testing to diagnosis or rule out active tuberculosis.

If the chest x-ray is negative the person still needs to be treated with an anti-tuberculin drug for 9 months to prevent tuberculosis in the future.

Once a person has a positive tuberculin skin test they should never receive that test again as it will always be positive and each reaction is more intense.