



Tuberculosis

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TB IS PREVENTABLE AND CURABLE

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WHAT IS TUBERCULOSIS ?

- ◎ **A type of infection that is caused by a bacterium usually spread from person to person through the air – Mycobacterium tuberculosis.**
- ◎ **The infection is usually in the lungs and lymph glands but can also be found in other parts of the body.**



HOW IS TB SPREAD?

- ⦿ TB is spread by people who have the disease
- ⦿ When they cough, sneeze or speak or sing, tiny droplets of water are expelled into the air and can then be inhaled by others.
- ⦿ Highest Risk is close, prolonged contact with an infected person
- ⦿ Risk of infection will be higher if exposure occurs in an environment that is cramped and poorly ventilated.
- ⦿ It is not spread by insects, spitting, blood, cutlery, utensils or public transport.



SYMPTOMS OF TB

- ⦿ **A persistent cough**
- ⦿ **Rapid, unexplained weight loss**
- ⦿ **Fever and heavy night sweats**
- ⦿ **Loss of appetite**
- ⦿ **Skin lesions/neck swellings/abscesses**
- ⦿ **Tiredness/lethargy**



LOCAL PICTURE



- Luton classed as having a high incidence of TB-
- Rates have been as high as **42%** per **100,000** population
- Highest rates in the East of England



TB SERVICE IN LUTON

- ◎ The aim of the TB service in Luton is to control TB infection and to provide effective care to our patients, taking into account their individual lifestyles and commitments.
- ◎ The TB team:
Respiratory and Paediatric Consultants, Specialist Nurses, Hospital Wards, Microbiology, Pharmacy, GPs, Social Services, Voluntary Services, Luton Borough Council, Public Health England.
- ◎ Our TB team is the central point of contact between patients and other professionals, support workers & other organisations who all possess a range of knowledge and skills to support TB patients in Luton.



FACTORS TO CONSIDER WITH TB PATIENTS IN LUTON

- ◎ **Levels of education/understanding**
- ◎ **Fear and Negative Stigma**
- ◎ **Drug/alcohol abuse/Homelessness**
- ◎ **Language barriers/Cultural differences**
- ◎ **HIV status**
- ◎ **Adherence to treatment**
- ◎ **Medication side effects**



How to overcome these?

- **Multi agency links**
- **Cohort/Peer Review**
- **Evidence based practice**
- **Education and training**
- **Cultural awareness**
- **Offering flexibility**
- **Vaccination Program**
- **Latent Program**
- **Hard to reach groups(MXU/DOTs)**



Conclusion

- ◎ Current Model has reduced local prevalence by 40% over the past 5 years
- ◎ Managing patients with TB requires an understanding that its not all about medicine, screening and vaccination.
- ◎ Patients can have both medical and socially complex needs and finding a balance is key.



Thank you