

## Paradigm Shift for TB Control

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### "Ending TB by 2025 is impossible but sustaining its decline is in the realm of relalty"

Tuberculosis (TB) remains the biggest killer disease in India. World TB Day is observed on March 24. In 2019 the slogan was "It's Time..." to take TB control seriously. On March 13, 2018, the Prime Minister, who was inaugurating the End TB Summit, declared that India would end TB by 2025.

#### Efforts to curb TB infection:

National TB Control Programme (NTCP) was launched in 1962. In 1978, the Expanded Programme on Immunisation (EPI) began, giving BCG to all babies soon after birth and achieving more than 90% coverage was achieved. But in 1990 when NTCP and EPI was evaluated it did not give desired result. So, in 1993, the Revised National TB Control Programme (RNTCP) was launched, offering free diagnosis and treatment for TB patients. However, treatment is not prevention and prevention is essential for control.

#### Short on Control:

#### Why did NTCP and EPI failed?

BCG vaccine clinical trial initiated in 1964 in Chingelpet district, Tamil Nadu and it was found in a report in 1999 that BCG did not protect against TB infection or adult pulmonary TB (the 'infectious' form). BCG immunisation does prevent severe multi-organ TB disease in young children, and must be continued but will not control TB.

Since in India every year 200-300 TB cases in a lakh is found, so curing TB is essential to reduce mortality, but is not sufficient to prevent transmission. Because when a person becomes infectious to when he/she turns non-infectious by treatment, there is a gap of several weeks during which the infection saturates contacts in the vicinity.

#### Tamil Nadu Pilot Model:

Tamil Nadu is a progressive state in health management. So Tamil Nadu is planning to ensure public participation in the RNTCP and this new model will be in public-private participation mode.

This new model will be implement in one district, Tiruvannamalai and if successful it will be replicated in all other districts.

#### Health Etiquette:

TB bacteria float in the air, people inhale that air and get infected. The closer one is to a pulmonary TB person, the greater the probability of catching infection. So, we must reduce chances of transmission by insisting that the TB affected should cover their mouth and nose while coughing and sneezing and not to spit in open spaces. This habit can curb the transmission of TB bacteria.

World Health Organisation recommended that TB infection is diagnosable with the tuberculin skin test

(TST). Since Testing all people periodically is not possible,so a group of schoolchildren (5, 10 and 15 years) can be tested and those TST positive given preventive treatment. Which will give preventive treatment to infected child and points to adults with undiagnosed TB in the household. Finally, the annual TST positive rate provides an objective measure of annual infection frequency for plotting the control trajectory.

Ending TB by 2025 is impossible with just only declaration, but pulling the TB curve down by 2025 and sustaining the decline ever after is in the realm of reality. On September 26, 2018, the first ever United Nations High-Level Meeting on TB declared the urgent agenda “United to end TB – an urgent global response to a global epidemic”.To control the TB infection we should follow the Tamil Nadu approach which has been the global leader in TB research during the 1960s to 1990s and also emphasize the health etiquettes.

## GS World Team...

### Tuberculosis (TB)

#### What is it?

- \* Tuberculosis (TB) is a disease caused by bacteria that are spread through the air from person to person. If not treated properly, TB disease can be fatal.
- There are two types of TB conditions: latent TB infection and TB disease. TB bacteria can live in the body without making you sick. This is called latent TB infection. If TB bacteria become active in the body and multiply, the person will go from having latent TB infection to being sick with TB disease.

#### Efforts to Control TB:

- Government of India in March,2018 targeted that India would end TB by 2025.
- National TB Control Programme was launched in 1962.
- The Expanded Programme on Immunisation (EPI) began in 1978, giving BCG to all babies soon after the birth.
- The Revised National TB Control Programme (RNTCP) was launched in 1993, to free diagnosis and treatment for TB patients.

- Tamil Nadu is implementing a new pilot model programme in Tiruvannamalai in which public participation will be ensure in the RNTCP and the new model will be in public-private participation mode.

#### Preventive Measures:

- To reduce the chances of transmission of TB bacteria,the TB affected should cover their mouth and nose while coughing and sneezing and not to spit in open spaces.
- As per the WHO Infection should treated with the tuberculin skin test (TST) and mainly a group of children should be treated periodically.

#### Note:-

- World TB day is observed on March 24.
- In 2019 the slogan was “ It’s Time..” to take TB control seriously.
- On March 13, 2018 the India PM inaugurated the end TB Summit in New Delhi.
- On September 26, 2018, the first ever United Nation high level Meeting on TB declared the urgent agenda “ United to end TB-an urgent global response to a global epidemic.”

**Expected Questions (Prelims Exams)**

1. Consider the following statements in the context of World TB Day:-

1. It is observed on March, 25.
2. World TB Day, 2019 slogan was "It's Time"

Which of the above statements is/are correct?

- (a) Only 1                      (b) Only 2  
(c) Both 1 and 2            (d) Neither 1 nor 2

2. Consider the following statements :-

1. National TB Control Programme was launched in 1978.
2. This programme offers free diagnosis and treatment for TB patient.

Which of the above statements is/are correct?

- (a) Only 1                      (b) Only 2  
(c) Both 1 and 2            (d) Neither 1 nor 2

**Expected Questions (Mains Exams)**

Q. "Despite the many government's efforts, still TB is a serious disease". Discuss. As-well-as also suggest some preventive measures.

**(250 Words)**

**Note:** Answer of Prelims Expected Question given on 18 Mar. is 1(a)

