



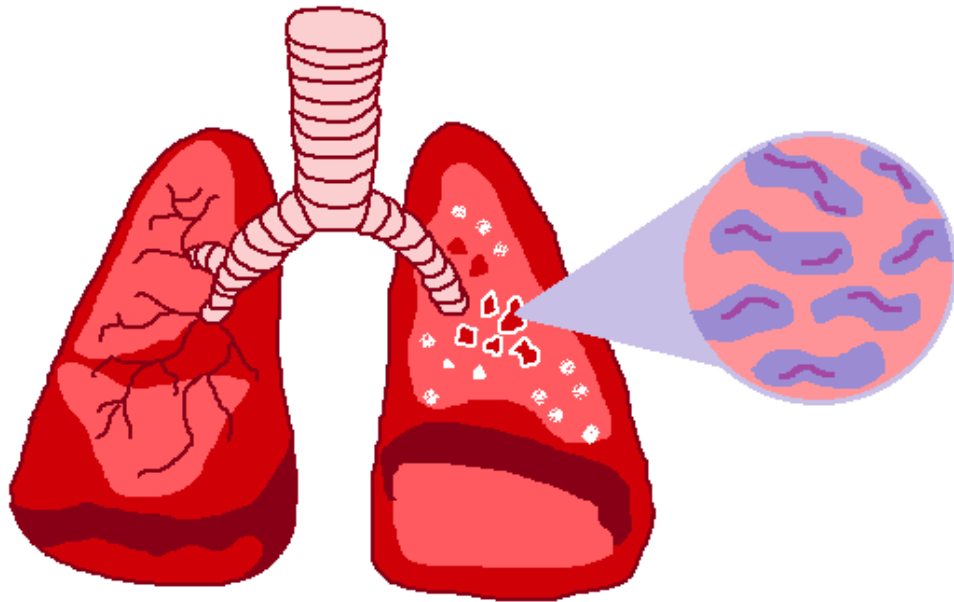
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Nursing and Prevention of Tuberculosis



To deliver intelligent and holistic medicine and to provide the best healthcare
Compassion Quality Innovation Accountability

All information above has been reviewed by Medical and nursing specialists
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1. Transmission of tuberculosis:

When a patient with contagious pulmonary tuberculosis sneezes, coughs, or spits, droplets with pathogenic bacteria are sprayed from the mouth to air. Healthy people may have the opportunity to get infected and become sick when they inhale these particles.



2. What are the common symptoms of tuberculosis?

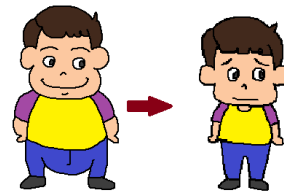
(1) Cough



(2) Night sweats



(3) Body weight loss



(5) low-grade fever
(typically occurs in
the afternoon or
evening)



(4) Poor appetite



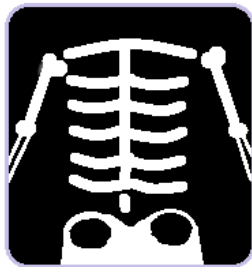
(6) asymptomatic



3. How is tuberculosis diagnosed?

(1)chest x-ray

(2)sputum examination



4. Review of treatments and common drug side effects:

- (1)When the sputum test shows a negative result after taking anti-TB drugs for two weeks, the disease becomes not contagious.
- (2) Anti-TB drugs must be taken for at least six to nine months. The cure rate is almost 100% if the drugs had been taken correctly and without interruption.
- (3) Not everyone has drug-related side effects.
- (4) The color of the urine and body fluid may become orange.
- (5)After taking anti-TB medicine for one to two weeks, some patients would have similar symptoms of common cold, such as nausea, poor appetite, elevated liver function, itchy skin, blurred vision, limbs numbness and joint swelling.



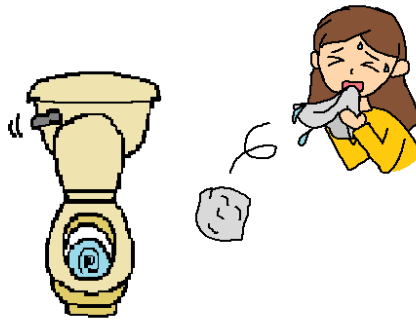
At this time, you can have small meals frequently, observe symptoms, or ask your doctor for help.

Go to the emergency
room immediately

if you have nausea and vomiting, jaundice, skin rash and fatigue that make you unable to perform daily activities.


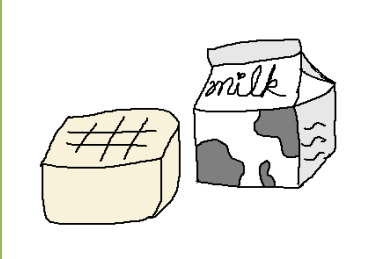


5. Management of tuberculosis sputum:

When you sneeze, cough, and spit, cover your nose and mouth with toilet paper; burn or throw the toilet paper into a flush toilet to reduce the chance of contamination.



6. Diet education for tuberculosis:

- (1) It is recommended to maintain a balanced diet.
- (2) Drugs containing PZA would cause high serum uric acid level in the first 2 months of treatment. We suggest the following.

Suggest	Avoid
<p>(1)drinking 1500-2000ml of water every day.</p> <p>(2)have more fruits, vegetables, soy products and dairy products.</p>  	<p>(1)Sun-dried shiitake mushrooms and seaweed should not be excessive.</p> <p>(2) beverages containing alcohol, chicken essence, and fructose-containing beverages.</p> <p>(3)high-purine foods such as offal, red meat, fish and seafood.</p>  

7. Care of tuberculosis patient:

Period	注意事項
<u>early stage of high contagiousness</u>	<p>(1)Isolation ward:</p> <p>(1) Caregivers and visitors are advised to wear N95 masks.</p> <p>(2) Visitors' accesses are restricted.</p> <p>(2)When going to public places, you need to wear a medical surgical mask.</p>

not contagious

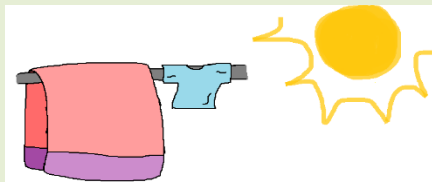


Self-isolation at home:

- (1) Wearing a medical surgical mask.
- (2) Maintain home air circulation and optimize air circulations of poorly ventilated, dark and humid workplaces or living environments.
- (3) Patients are allowed to eat meals with his family but should not sneeze directly in the foods.
- (4) Smoking and drinking are prohibited.



- (5) Quilts and clothes should be exposed to the sun frequently.



8. Tuberculosis information for contacts:

Relatives and friends who live with the patient should cooperate with the health unit to receive chest X-ray or related examinations; contacts can also use the "Simple Tuberculosis Seven-Point Screening Method" for self-test: cough for two weeks (2 points), sputum (2 points), chest pain (1 point) loss of appetite (1 point), and loss (1 point). When the above symptoms reach 5 points or more, it is recommended to seek a medical examination as soon as possible for early diagnosis and treatment.

Tuberculosis Seven-Point Screening Method



cough for two weeks		sputum	chest pain	loss of appetite
bodyweight loss				
2 points		2 points	1 point	1 point
yes				
no				

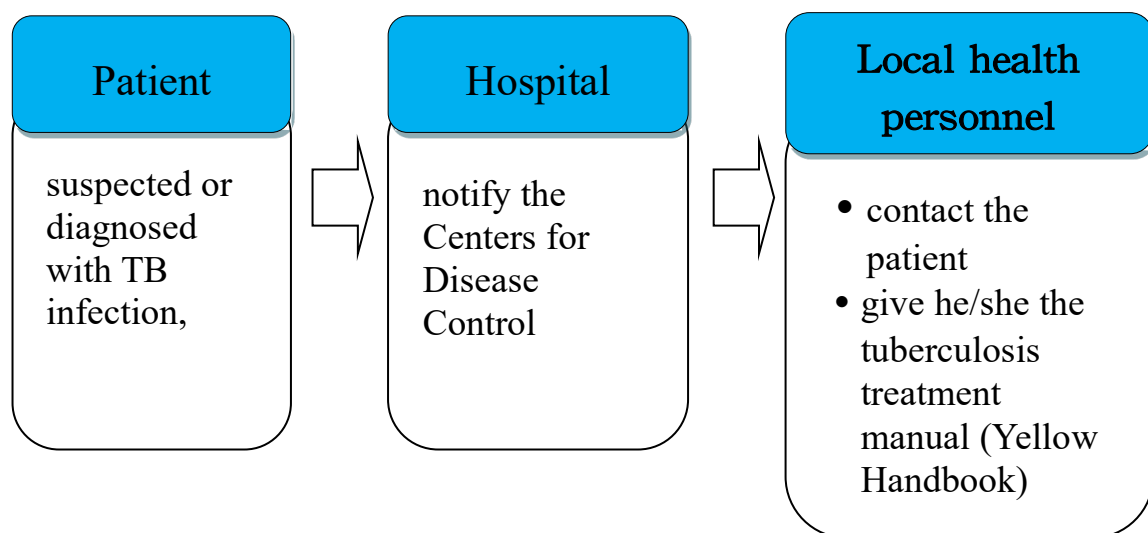
reach 5 points or more, it is recommended to seek medical!

9. Tuberculosis during air travel:

The Ministry of Health and Welfare implements the law on the prevention and control of infectious diseases. Article 58, Sect. 1, subparagraph 5 stipulates that "pulmonary tuberculosis patients who are registered and managed in the national tuberculosis patient database, and whose sputum smear test is positive for acid-fast bacteria are likely to be contagious." "Patients" are not allowed to leave the country (territory) by public aircraft with a single flight of more than eight hours.

Restrictions can only be lifted after 14 days of direct observation and treatment (DOT) or when other evidence shows that there is no risk of infection. If you plan to travel by public aircraft, please discuss and confirm the travel with the public health administrator.

10. What is the Yellow Handbook:



which could discount medical expenses when the doctor gives you a definite diagnosis of pulmonary TB.



11. Conclusion:

Tuberculosis can be effectively treated with regular and uninterrupted medication. Contacts can also follow the seven-point screening method and follow the guidance of health center personnel for inspection. It is very important to have good self-protection and good hygiene habits.

12. Reference

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Let us take the quiz to make sure you understand.

1. Cough and body weight loss are the common

symptoms of tuberculosis.

☐Yes ☐No ☐Don't know

2.Chest x-ray and sputum examination can diagnosed tuberculosis.

☐Yes ☐No ☐Don't know

3.everyone has drug-related side effects.

☐Yes ☐No ☐Don't know

4. Anti-TB drugs must be taken for at least six to nine months.

☐Yes ☐No ☐Don't know

5. Caregivers and visitors are advised to wear N95 masks.

☐Yes ☐No ☐Don't know