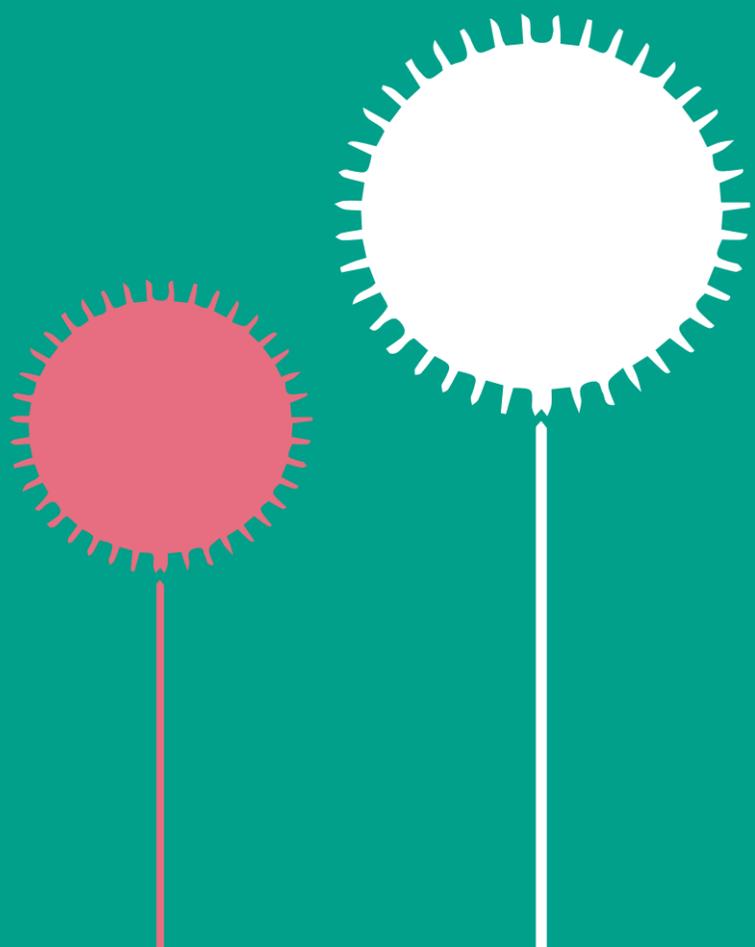


TUBERCULOSIS (TB)

PREVENTION AND TREATMENT



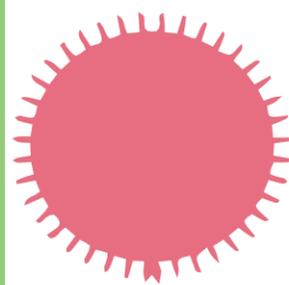
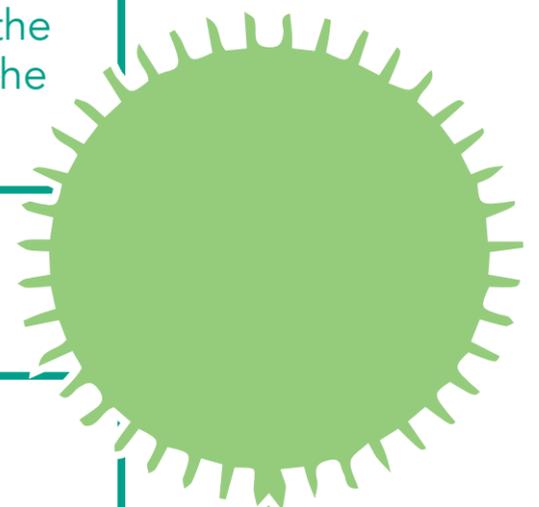
CHILDREN'S RADIO
FOUNDATION

What is TB?

- ★ TB stands for tuberculosis. (say: tu-ber-cu-losis).
- ★ Tuberculosis (TB) is a contagious disease caused by a bacteria called Mycobacterium Tuberculosis. [Say: mahy-koh-bak-teer-ee-uhm]
- ★ TB is a very old disease that was first discovered centuries ago, in 1882, yet millions of people continue to get infected with TB to date.
- ★ Lung TB, also known as pulmonary tuberculosis, is the most common form of TB, and can be spread easily. Most of the time when you hear that people are sick with TB, they have lung TB (pulmonary TB).
- ★ The other type of TB that affects other parts of the body, such as: the spine, stomach, kidneys, intestines, the bones, brain, eyes and skin is known as extra pulmonary tuberculosis.
- ★ According to the World Health Organisation, TB is still one of the top ten causes of deaths worldwide.
- ★ Tanzania is amongst the world's 15 countries most affected by TB. According to the Ministry of Health in Tanzania, Mwanza is amongst the leading regions affected by TB in the country. In 2016, Mwanza was the second most affected region, with a rise in new TB patients.

How does TB spread?

- ★ One person sick with TB can infect up to 15 other people.
- ★ TB is spread from person to person through the air. When someone with untreated lung TB coughs or sneezes, the air is filled with droplets containing TB germs (bacteria). A person needs to inhale only a few of these germs to become infected. Inhaling these infected droplets is the most common way people get TB.
- ★ The immune (say: ih-myoon) system keeps the body healthy and fights diseases, but TB weakens and damages the immune system. People with weak immune systems, such as children, the elderly or people living with HIV, diabetes or malnutrition are highly at risk of getting TB.
- ★ TB germs survive in dark places with poor ventilation. If someone infected with TB lives in a crowded house, learns in a congested classroom with few or small windows, or rides in a bus without proper ventilation, it is easy for TB germs to quickly spread from one person to others. It is therefore important to open windows in order to let fresh air and sunlight in.



TB Prevention

- ★ Infants and young children should be vaccinated against TB.
- ★ Lives can be saved through early diagnosis and treatment.
- ★ Educating the community about TB is very important.

Resources

Where to go for TB testing, treatment and education services in Mwanza:

- Seko Toure Hospital
- Bugando Medical Centre
- Nyamagana Hospital

TB Symptoms

- ★ Signs and symptoms of TB include: fever, weight loss, fatigue, loss of appetite and a persistent cough. A person may also cough up saliva or mucus with traces of blood.
- ★ TB is often overlooked as there are many other diseases that have similar symptoms, for example malaria, which is a common disease in Mwanza.

Tuberculosis is a chronic disease that can persist for years if it isn't treated.

Treatment

- ★ TB is preventable, treatable and curable.
- ★ A person with TB must complete their full dose of medicine to get cured. Treatment can take months to complete.
- ★ If a person stops taking their TB treatment, the medicine will not work in their body again. When the TB in their body can no longer be fought by that type of medicine, a person is said to have developed drug resistant TB.
- ★ If not properly treated, TB can kill.

Did you know that

- ★ TB is seen as a disease of the poor, but in reality it affects everyone, and is present in every part of the world. TB is everyone's business.
- ★ The Sustainable Development Goals target to end TB by 2030. (SDG Goal #3: Ensure healthy lives and promote well-being for all at all ages).
- ★ TB treatment is free in Tanzania.

Preparing for the show

Choose an angle

Understanding TB:
Learning about the facts

There are different ways to talk about TB, enough for multiple shows!

- ★ How to prevent TB: prevention practices and ways of protecting yourself against TB.
- ★ Treatment of TB: Using anti-TB drugs and how to care for yourself.
- ★ Testing for TB: knowing whether you have TB.
- ★ Understanding TB: learning about the facts.
- ★ Stigma: the way people shun and discriminate against people sick with TB.

Different ways to talk about knowing and understanding the basics of TB.

- ★ Knowing the facts and understanding what TB is.
- ★ Why it is important to get tested for TB?
- ★ What to do to prevent yourself from getting infected with TB.
- ★ The importance of getting treated for TB if you are sick.
- ★ How children, parents and leaders can participate in fighting TB in the community.

Educate yourself more on the topic.

- ★ Kids Health: www.kidshealth.org
- ★ World Health Organization: www.who.int/tuberculosis
- ★ National TB Program in Tanzania: www.ntlp.go.tz
- ★ Key search words to Google: 'Tuberculosis', 'Facts on TB', 'Prevention of TB', 'TB testing', 'TB Treatment', 'World TB Day.'
- ★ Also remember to use local resources: newspapers, community-based organisations, government officials, and peer educators.

Find people to speak to.

- ★ Talk to a nurse in the community.
- ★ Local organisations and government representatives who work in the community on TB prevention and education.
- ★ A youth leader that does peer education about TB.
- ★ A counsellor that works at a TB clinic.
- ★ A person who has TB (or has recovered), or someone who has a friend or family member who is sick (or has recovered from) TB.

Bring out multiple points of view

Find different ways to talk about the topic and structure your show outline

How to present your show

Use your produced radio features, your research, and the suggested script and questions to write your own script.

Questions for your interview

- ★ What is TB?
- ★ How is TB spread?
- ★ How does TB affect our bodies? What are the different types of TB?
- ★ What are the symptoms of TB disease?
- ★ Who is most at risk of getting TB?
- ★ Where can we go to get tested in our local area?
- ★ Can you explain the process of getting treated for TB?
- ★ Can someone still go to school and play with their friends during TB treatment?
- ★ How can TB infection be prevented?
- ★ How has TB affected our local community?
- ★ What advice do you have for those trapped by the stigma surrounding TB?

Once you've finalised your script, produced your radio features, finalised your show clock it's time to go live on air!

[INTRO:]

Host 1: It's now [TIME] and you're just in time for the [NAME OF SHOW] on [RADIO STATION]. My name is [NAME]

Host 2: And my name is [NAME], and today's show is all about TB (or tuberculosis)!

Host 1: We'll be talking about what TB disease is, the facts you need to know about TB, and why it's so important to get tested and treated.

Host 2: [NAME OF COUNSELLOR] from [NAME OF CLINIC] who works as a counsellor will explain to us exactly what TB is and how he experiences it on a daily basis.

Host 1: Let's hear more about why understanding TB is so important!

[PLAY AUDIO COMMENTARY]

[OUTRO:]

Host 1: Today, we've learnt about TB and now have a better understanding of what it is.

Host 2: The good news is that TB is preventable, treatable and curable!

Host 1: Next week on [DAY] at [TIME] we'll be talking all about [NEXT WEEK'S SHOW TOPIC]. So don't forget to tune into [RADIO STATION] for the [NAME OF SHOW].

Host 2: Until then, it's bye from us!

Prepare to present your show

Show outline

Intro

Intro vox-pop

Vox pops:
Ask fellow young neighbours what they know or have heard about TB.

Outro vox pop

Music transition

Intro audio commentary

Audio commentary:
A youth leader that does peer education around TB on her or his opinion about the stigma around TB.

Outro commentary

Music transition & jingle

Intro interview

Interview:
A local nurse at a TB clinic in the community on her or his work in TB testing and treatment.

Outro interview

Music transition & Jingle

PSA:
Promote the benefits of getting tested and treated for TB.

Outro the show

Music end

Keys

Beginning

Middle

End

Ethics and consent

This is a sensitive topic, so make sure you inform your interviewees properly and get their full consent.



You must always introduce your show and radio features. Then once you've played your features have a concluding statement for each one. Don't forget a final conclusion for the very end of the show.

Use links (facts, tips, did you know, music) to glue it all together.

Now write your radio script