

TUBERCULOSIS

Infection of the lungs caused by *Mycobacterium tuberculosis*, commonly transmitted by inhalation of droplets.

Clinical findings

Subjective:

Malaise	Pleuritic pain	Easy fatigability
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Objective:

Fever	Weight loss
Night sweats	Cough that progressively becomes worse
Hemoptysis	

Therapeutic interventions

- Program of combined antituberculin drugs such as isoniazid, streptomycin, pyrazinamide, rifampin, ethambutol and rifapentine for 6 to 12 months.
- Bed rest until symptoms abate or therapeutic regimen is established.
- Provide prophylactic therapy for 6 to 12 months to immediate contacts.
- Have the patient begin a high-carbohydrate, high-protein, high-vitamin diet with supplemental vitamin B6 to counter INH side effects.

Proper techniques to prevent spread of infection

- Isolation
- Frequent hand washing
- Cover the mouth when coughing
- Disposal of used tissues
- Proper cleansing of eating utensils
- Proper disposal of food wastes

TEST YOUR KNOWLEDGE

1. What are the signs and symptoms of Tuberculosis?
2. How can Tuberculosis be transmitted from one person to another?
3. What are the precautionary measures to prevent the spread of Tuberculosis?
4. How can Tuberculosis be treated?
5. How do you advise the patients with Tuberculosis in dealing with other people especially their family?
(Role play)