



APRIL 2024 HIPC NEWSLETTER

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TUBERCULOSIS

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Important Dates

- | World Hand Hygiene
Day- May 5th
- | Global Handwashing Day-
October 15th
- | AMR awareness
week-18-24 November
- | International Infection
Prevention Week –Every
3rd Week of October

Guideline Updates Quick Links

<https://www.cdc.gov/hai/vap/vap.html>

<https://www.cdc.gov/nhsn/pdfs/pscmanual/6pscvapcurrent.pdf>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9163435/#:~:text=Batra%20P.%2C%20Soni,Google%20Scholar%5D>

[www.ncbi.nlm.nih.gov
pubmed.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov/pubmed.ncbi.nlm.nih.gov)

<https://www.who.int/teams/integrated-health-services/infection-prevention-control/injection-safety>

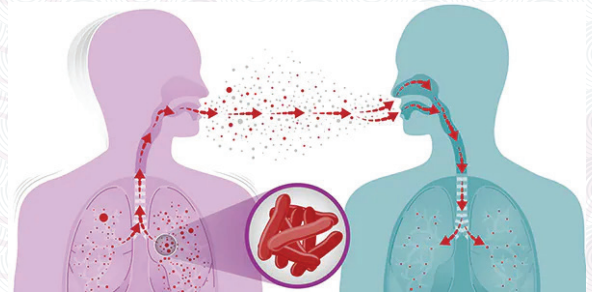
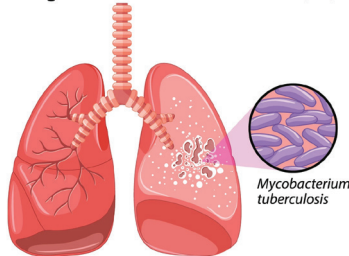
TUBERCULOSIS

Tuberculosis (TB) is a serious illness that mainly affects the lungs. Tuberculosis (TB) is caused by a bacterium called *Mycobacterium tuberculosis*.

Tuberculosis can spread when a person with the illness coughs or sneezes. This can put tiny droplets with the germs into the air. Another person who breathes in the droplets, can contract the infection.

Tuberculosis spreads easily where people gather in crowds or where people live in crowded conditions. People with HIV/AIDS and other people with weakened immune systems have a higher risk of catching tuberculosis than people with typical immune systems.

Lung infected with tuberculosis (TB)

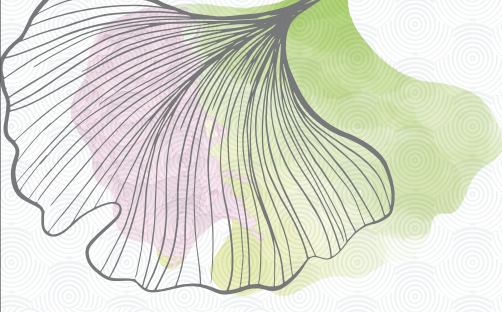


SYMPTOMS

A TB infection may be in one of three stages. Symptoms are different in each stage.

- ◆ **Primary TB infection.**
Most people are asymptomatic in this stage.
- ◆ **Latent TB infection.**
Primary infection is usually followed by the stage called latent TB infection. There are no symptoms during latent TB infection.
- ◆ **Active TB disease.**
Active TB disease happens when the immune system can't control an infection. Active TB disease may happen right after primary infection. But it usually happens after months or years of latent TB infection. Symptoms of active TB disease in the lungs usually begin gradually and worsen over a few weeks.
- ◆ **Active TB disease outside the lungs.**
TB infection can spread from the lungs to other parts of the body. This is called extrapulmonary tuberculosis. Symptoms vary depending on what part of the body is infected.
- ◆ **Active TB disease in children.**
Symptoms of active TB disease in children vary.

Symptoms of TB disease depend on where in the body the TB bacteria are growing. TB bacteria usually grow in the lungs (pulmonary TB). TB disease in the lungs may cause symptoms such as



- ◆ cough that lasts 3 weeks or longer
- ◆ Chest pain
- ◆ Productive cough with sputum
- ◆ Blood in sputum (Haemoptysis)

Other symptoms of TB are:

- ◆ weakness or fatigue
- ◆ weight loss
- ◆ no appetite
- ◆ chills
- ◆ fever
- ◆ sweating at night

SPREAD

Tuberculosis is caused by a bacterium called *Mycobacterium tuberculosis*. People with active TB disease in the lungs or voice box can spread the disease. They release tiny droplets that carry the bacteria through the air. This can happen when they're speaking, singing, laughing, coughing or sneezing. A person can get an infection after inhaling the droplets.

A person with a latent TB infection cannot pass the disease to other people. A person taking drugs to treat active TB disease usually can't pass the disease after 2 to 3 weeks of treatment.

TB is NOT spread by

- » shaking someone's hand
- » sharing food or drink
- » touching bed linens or toilet seats
- » sharing toothbrushes
- » kissing

DRUG-RESISTANT TB

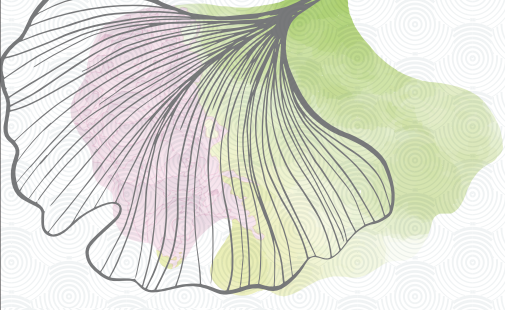
Some forms of the TB bacteria have become drug resistant. This means that drugs that once cured the disease no longer work. This happens, in part, because of naturally occurring genetic changes in bacteria..

When antibiotic drugs aren't used correctly — or drugs fail to kill all the bacteria for another reason — the conditions are ideal for more-resistant versions of the bacteria to get established and multiply. If these bacteria are passed on to other people, a new drug-resistant strain can grow over time.

Problems that can lead to such drug-resistant strains of bacteria include the following:

- » People didn't follow directions for taking the drugs or stopped taking the drugs.
- » They weren't prescribed the right treatment plan.
- » Drugs were not available.
- » The drugs were of poor quality.
- » The body didn't absorb the drugs as expected.





RISK FACTORS

Certain living or working conditions make it easier for the disease to pass from one person to another. These conditions increase the risk of getting a TB infection:

- » Living with someone with active TB disease.
- » Living or traveling in a country where TB is common, including several countries in Latin America, Africa, Asia and the Pacific Islands.
- » Living or working in places where people live close together, such as prisons, nursing homes and shelters for homeless people.
- » Living in a community identified as being at high risk of tuberculosis.
- » Working in health care and treating people with a high risk of TB.

Risk of active TB disease

A weakened immune system increases the risk of a TB infection becoming active TB disease. Conditions or treatments that weaken the immune system include:

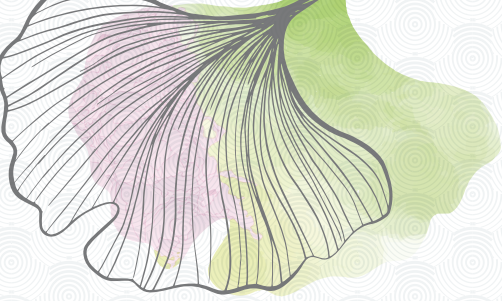
- » HIV/AIDS.
- » Diabetes.
- » Severe kidney disease.
- » Cancers of the head, neck and blood.
- » Malnutrition or low body weight.
- » Cancer treatment, such as chemotherapy.
- » Drugs to prevent rejection of transplanted organs.
- » Long-term use of prescription steroids.
- » Use of unlawful injected drugs.
- » Misuse of alcohol.
- » Smoking and using other tobacco products.

Age and active TB disease

The risk of a TB infection becoming active TB disease changes with age.

- ◆ Under 5 years of age. Until children reach age 5, they have high risk of a TB infection becoming active TB disease. The risk is greater for children under age 2. Tuberculosis in this age group often leads to serious disease in the fluid surrounding the brain and spinal column, called meningitis.
- ◆ Age 15 to 25. People in this age group have an increased risk of developing more-severe active TB disease in the lungs.
- ◆ Age 65 and older. The immune system weakens during older age. Older adults have a greater risk of active TB disease. Also, the disease may be more difficult to treat.





PREVENTION

If you test positive for latent TB infection, you may need to take drugs to prevent active TB disease.

Preventing the spread of disease

If you have active TB disease, During the first 2 to 3 weeks, you will be able to pass TB bacteria to others. Protect others with these steps:

- ◆ **Stay home.** Don't go to work or school.
- ◆ **Isolate at home.** Spend as little time as possible among members of your household. Sleep in a separate room.
- ◆ **Ventilate the room.** Tuberculosis germs spread more easily in small, closed spaces. If it's not too cold outdoors, open the windows. Use a fan to blow air out. If you have more than one window, use one fan to blow air out and another to blow air in.
- ◆ **Wear face masks.** Wear a mask preferably N95 when you have to be around other people. Ask other members of the household to wear masks to protect themselves.
- ◆ **Cover your mouth.** Use a tissue to cover your mouth anytime you sneeze or cough. Put the dirty tissue in a bag, seal it and throw it away.

VACCINATIONS

In INDIA BCG vaccine is provided to all infants under national immunization schedule.

The vaccine may not protect against disease in the lungs but provides protection from complications including disseminated TB.

INFECTION CONTROL PRACTISES

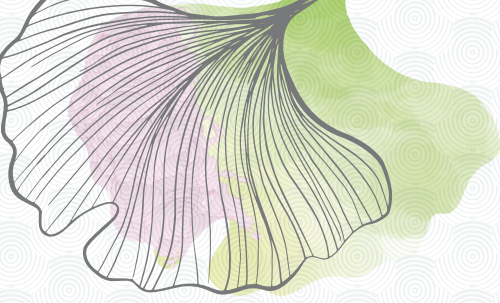
A tuberculosis (TB) infection control plan is part of a general infection control program designed to ensure the following:

- » Prompt detection of infectious TB patients,
- » Airborne precautions
- » Treatment of people who have suspected or confirmed TB disease

AIR BORNE PRECAUTIONS

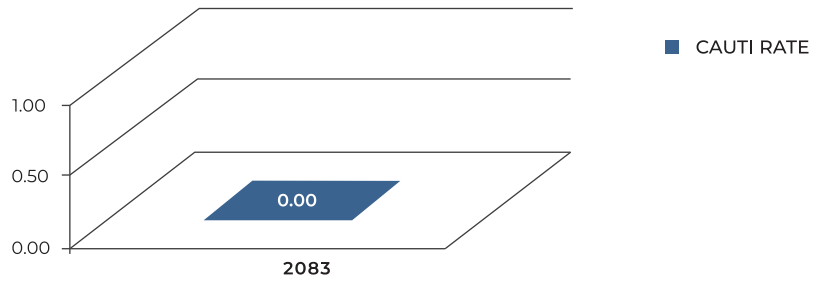
- » Wear N95 respirator mask
- » Always cover mouth and nose when cough or sneeze
- » Provide negative pressure room



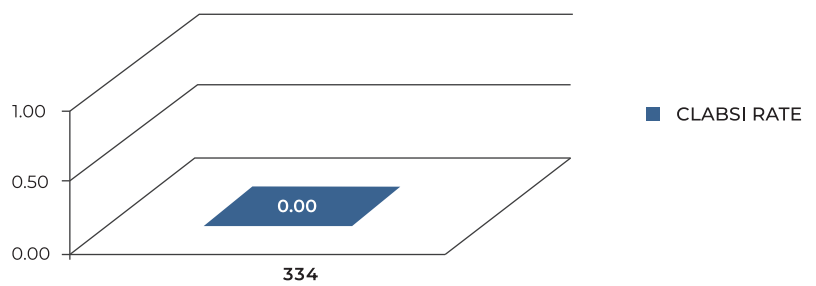


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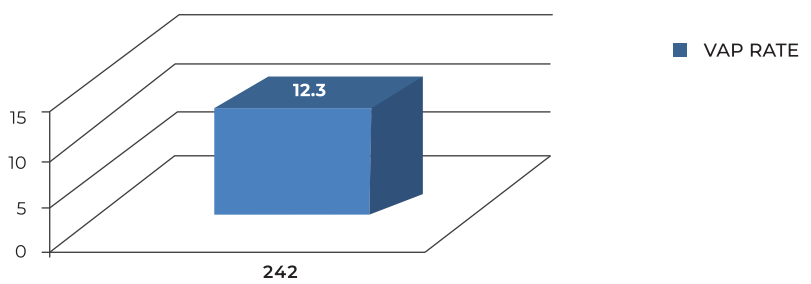
CAUTI RATE

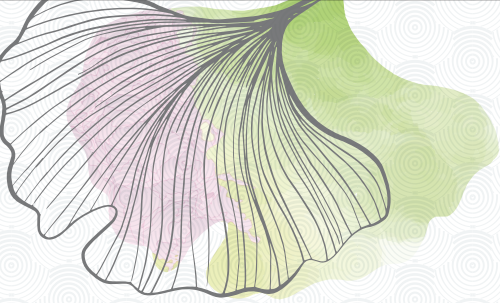


CLABSI RATE



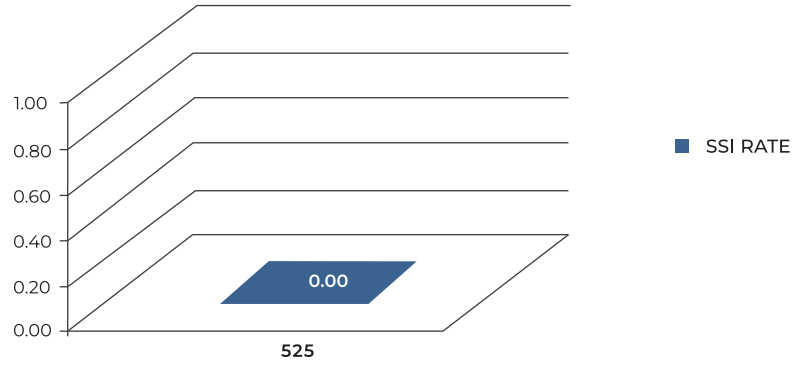
VAP RATE





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SSI RATE



PERCENTAGE OF HAND HYGIENE COMPLIANCE

