

Report on World TB Day 2023

Department of Community Medicine & Family Medicine

All India Institute of Medical Sciences- Kalyani

World TB Day is observed on March 24 each year to raise public awareness and understanding about one of the infectious diseases - Tuberculosis. As per the WHO report the incidence of TB in 2021 is 134/ 100,000 population. Geographically, most TB cases in 2021 were in the WHO regions of South-East Asia (45%). The estimated 10.6 million people who fell ill with TB worldwide in 2021 are an increase of 4.5% from 10.1 million, reversing many years of slow decline. The year 2022 marks a milestone for TB surveillance efforts in India, with a record high notification of 24.2 lakh cases; an increase of 13% as compared to 2021. This translates to a case notification rate of approximately 172 cases per lakh population.

The patients who are affected by TB will suffer physically, emotionally, socially and economically. There is a need for creating awareness among the general public and health care professionals on tuberculosis management and its prevention. In this regard, the Department of Community Medicine & Family Medicine, All India Institute of Medical Sciences (AIIMS) – Kalyani observed world TB day on 22 and 24 March 2022 based on the theme “**Yes! We can end TB!**” Based on the theme, the following activities were carried out.

❖ Radio Talk

A radio talk ‘আশারকথা’(‘Ashar Kotha’) addressing the public on World TB Day was attended by Dr. Paramita Sengupta, Professor & Head, Department of Community Medicine & Family Medicine, AIIMS - Kalyani on Tuberculosis to raise public awareness based on the theme ‘**Yes! We can end TB!**’ along with other eminent speakers Dr. Siddhartha Neogi, DHS, Ministry of Health and Family Welfare, Government of West Bengal and Dr. Swapoon Mukhopadhyay, Senior Medical Officer, State TB Cell, Government of West Bengal. The Radio talk was broadcasted on March 22nd, 2023 at 8 pm on AIR Gitanjali, FM Rainbow 107 MHz, AIR Siliguri, AIR Shantiniketan, AIR Murshidabad, Vividh Bharati FM 101.8 MHz.

❖ Health awareness talk at Urban Health Training Centre, AIIMS Kalyani :

The health talk was organized by Dr. Jitendra Majhi, Assistant Professor, Department of Community Medicine & Family Medicine, AIIMS – Kalyani. A total of 55 patients (approx.) among different age groups attending the routine Non- Communicable Disease Clinic were educated about symptoms, signs, prevention and treatment aspects of Tuberculosis. They were also motivated to actively report such suspected cases of tuberculosis by breaking the stigma and social taboos. The visitors were also made aware of importance of nutritional



foods to prevent tuberculosis among different age groups. Lastly the queries and doubts in the minds of the listeners were addressed by the doctors through a question and answer session.

❖ TB Case based discussion at Chakdaha State General Hospital:



Case discussion on TB was conducted with ASHAs of Chakdaha at Chakdaha State General Hospital by Dr Paramita Sengupta, Prof and Head, Deptt of CMFM, AIIMS Kalyani, Medical Superintendent, MO-TC, TB-STLS and STS on World TB Day. The care continuum of linkage with Pulmonologist at AIIMS Kalyani was defined. The ASHAs were motivated.

❖ Community outreach health awareness activity on TB:



Series of events were conducted at Balarampur Health and Wellness Centre area in the rural health practice area of Department of Community Medicine & Family Medicine, AIIMS – Kalyani under Chakdah Block, Nadia district. The vulnerable tribal community peoples in Balarampur Sardar Para was sensitized and mobilized to their local Balarampur Primary School by local community leaders, influencers and ASHA workers. The Chakdah block TB cell authorities along with Medical Officer of Srinagar PHC, teachers from Balarampur Primary School, health staffs (ANM and ASHA workers) from Balarampur Health and Wellness Centre and health team from AIIMS Kalyani attended the meeting. The local people attending the meeting were warmly welcomed, the speakers were introduced and the session opened by Dr. Indira Biswas, Clinical Tutor, Department of Community Medicine & Family Medicine, AIIMS – Kalyani. Dr. Paramita Sengupta informed about the purpose of the programme and talked about overall TB burden in India and the way forward. Dr. Jitendra Majhi stressed upon the importance of TB vulnerability assessment in the community through a simple local language suitable for the listeners. Dr. Alope Biswas, Senior Resident, Department of Community Medicine & Family Medicine, AIIMS – Kalyani educated the people about symptoms, signs of tuberculosis, importance of nutritious food intake for prevention of tuberculosis among vulnerable age groups, the benefits available from health, education and public distribution system of the Government. The stigma and wrong beliefs about tuberculosis among community people was also cleared. Mr. Ranjit Mondal, Senior Treatment Supervisor, Chakdah Block addressed the people on available diagnostic and

treatment services from Government of West Bengal along with importance of TB notification. Mr. Partha Pratim Sur, Senior Tuberculosis Laboratory Supervisor, Chakdah block informed about the available laboratory services and the health facilities for easy access to the community. Ms. Krishna Sarkar Das, ANM, Balarampur HWC motivated the people about communication regarding TB signs and symptoms, early reporting to local ASHA workers and assured about the TB services from Balarampur HWC. Dr. Surajit Neogi, Medical Officer, Srinagar PHC informed and assured about the range of services available from Srinagar PHC, with emphasis on early signs and symptoms of TB.

- ❖ TB Vulnerability Assessment: This has been started in Balarampur Subcentre of PHC Sreenagar by Dr Jitendra Majhi and Dr Alope Biswas to assist ASHAs of Balarampur for mapping work of TB and other morbidity. It contains socio demographic information also. The hard copy of this has been handed over to ASHA on the World TB Day, 2023. It will be rolled out in other areas also.





❖ **A success story: The story of Bishakha Sardar:**



A 25 year old lady was diagnosed with MDR-TB in 2018. While the treatment was going on, she became pregnant. She gave birth to a healthy child who is 5 yrs now. TB is curable

❖ **Adoption of TB patient under Ni-kshay Mitra Scheme, NTEP, Government of India:**

Dr. Paramita Sengupta started the drive in Nadia District by adopting one newly detected MDR-TB poor young girl and an elderly very needy elderly patient in rural area and two patients in urban slums for monthly nutritional support including milk and eggs too, which will be given till cure. Dr. Jitendra Majhi, Assistant Professor and Dr. Alope Biswas, Senior Resident of the Department of Community Medicine and Family Medicine, AIIMS Kalyani, also adopted one TB patient each, for monthly nutritional support for duration of 6 months. The food packets were handed over to the family of TB patients and assurance given for any kind of treatment related support including vocational support from the faculty members.



Fig: Dr Paramita Sengupta, Dr Jitendra Majhi and Dr Aloke Biswas distributing the monthly food packets for consumption by TB patients and assuring the family on further help.

We sincerely hope that many other faculty will also adopt TB patients as Nikshay Mitra and provide them the much needed support and indeed “Together we can end TB”!



টিবি মুক্ত ভারত অভিযান

টিবি রোগীদের পুষ্টিকর খাদ্য দ্রব্য প্রদান

টিবি রোগীদের সাহায্য করতে ‘নিকশয় মিত্র’ হয়ে এগিয়ে আসুন ও তাদের দ্রুত সুস্থ হতে সাহায্য করুন।

YES! WE CAN END TB

Department of Community Medicine and Family Medicine, AIIMS Kalyani