

Additional file 2

Overview of the TB and LTBI education session used in the ENDPoint project

The logo features the letters 'TB' in a large, bold, red, sans-serif font. Below this, the word 'ENDPoint' is written in a smaller, bold, red, sans-serif font. The 'E' and 'N' are uppercase, while 'DPoint' is lowercase. The 'P' is a simple block letter, and the 'o' has a dot above it. The 'i' has a dot above it and a tail that extends to the right. The 'n' and 't' are simple block letters.

TB
ENDPoint

Subject 1 Tuberculosis

ቀዳማዊ ኦርቶዶክስ ሕመም ዓባይ ሰዓል

The knowledge of the target group about tuberculosis is expected to be low. It is therefore, important to start increasing the basic knowledge about tuberculosis of the target population. Without this basic knowledge, it is hard to explain latent tuberculosis infection and screening. The basic information about why the tuberculosis screening is organized, what it entails, who is screened, etcetera, is not well comprehended by the target population. Therefore, it is important to explain the policy for tuberculosis screening in the Netherlands.

SLIDE 2: What is tuberculosis?

Tuberculosis is an infectious disease caused by bacteria.

SLIDE 2: ዓባይ ሰዓል ማለት እንታይ ማለትዎ?

ዓባይ ሰዓል ለበዳዊ ሕመም ኮይኑ ብማይኮ-ባክተሪየም ተበርኩሎሲስ ዝበሃል ባክተርያ ይመጽእ።

SLIDE 3: Where in the body can tuberculosis occur? Tuberculosis can affect the lungs, but it can also affect other parts of the body, such as lymph nodes, the brain, the eyes, the kidneys, or the spine.

SLIDE 3: ዓባይ ሰዓል ኣበይ ክፍሊ ኣካላትና ክንገላገም ንክእል?

ሕመም ዓባይ ሰዓል ብቐንዱ ሳንቡኦ ዘጥቕቅ ኮይኑ፡ ካልእ ክፍሊ ኣካላትናውን ክጥቕቅ ይክእል። ንኣብነት ኣብ ጽክታት፡ ስርዓተ ኣእምሮ፡ ዓይን፡ ኮላሊትን ዓንድ-ሕቕን።

SLIDE 4: What are symptoms of tuberculosis?

Tuberculosis can cause symptoms like coughing (more than 2 weeks), fever, weight loss or poor appetite, night sweats. Some people with lung tuberculosis cough up blood.

SLIDE 4: ምልክታት ሕመም ዓባይ ሰዓል እንታይ እዮም?

ሕመም ዓባይ ሰዓል ነዞም ዝሰዕቡ ምልክታት ክርኢ ይክእል፡ ንልዕሊ 2 ሰሙን ዝጸንሕ ሰዓል፡ ረስኒ፡ ምጉዳል ሚዛን ሰብነት፡ ሸውሃት ምዕጻው፡ ናይ ለይቲ ረሃጽ። ገለ ናይ ሰንቡኦ ሕመም ሰዓል ዘለዎም ሰባት ደም ዝተሓወሶ ዓክታ ክረኣዮም ይክእል።

SLIDE 5: How can you get tuberculosis?

Tuberculosis is spread from person to person through the air. You can get tuberculosis when a person with tuberculosis in the lungs sneezes or coughs. The tuberculosis bacteria can then get into the air in little droplets. Another person can inhale the air with the tuberculosis bacteria, he or she may then become infected.

SLIDE 5: ሕመም ዓባይ ሰዓል ብኸመይ ክለክፈካ ይክእል?

ሕመም ዓባይ ሰዓል ካብ ሰብ ናብ ሰብ ብንፋስ ወይ ምስትንፋስ ይመሓላለፍ። ሓደ ናይ ሳንቡኦ ዓባይ ሰዓል ዘለዎ ሰብ ምስ ዘሀንጥስ ወይ ዝሰዕል ክለክፈካ ይክእል። እቲ ናይ ዓባይ ሰዓል ባክተርያ ካብ ውሽጢ ስርዓተ ትንፋስ ምስዝወጹ ደቐቐቲ ማያዊ-ነጡብጣብ ናብ ኣየር ይሕወስ። ዝኾነ ሰብ ነቲ ዝተበከለ ኣየር ምስዝተንፋስ፡ ባክተርያ ዓባይ ሰዓል ናብ ውሽጡ ይኣትዉ በዚ ድማ ክሓምም ይክእል።

SLIDE 6: Who can get tuberculosis?

Everyone can get infected with the tuberculosis bacteria. That is why everybody can get tuberculosis disease. Even the king and queen can get tuberculosis disease.

There are some people who have a higher risk that the tuberculosis bacteria is in the body. This is because they have had a higher chance of being exposed to the bacteria. For example: persons who have been in contact with TB patients, health care workers, persons who live / lived in countries where tuberculosis is still highly prevalent.

SLIDE 6: ሕመም ዓባይ ሰዓል ከሐምም ዝኸእል መንደ?

ዝኸነ ሰብ ብዓባይ ሰዓል ክልከፍ ይኸእልዮ፡ ስለዝኸነ ድማ ዝኸነ ሰብ ሕመም ዓባይ ሰዓል ናይ ምሕመም ተኸእሎ ኣለዎ። ዋላውን ንጉሱን ንግስትን ናይ ሃገረ ኔዘርላንድ ክሓሙ ይኸእሉ።

እንተኾነ ገለ ሰባት ዓባይ ሰዓል ናይ ምልካፍ ዝለዓለ ተኸእሎ ኣለዎም፡ እዚ ማለት ብባክተርያ ዓባይ ሰዓል ክልከፍሉ ዝኸእሉ ዝሰፍሐ ዕድላት ወይ ኣጋጣሚታት ኣለዎም ወይ ኔርዎም ማለት እዩ። ንኣብነት፡ ምስ ሓመም ዓባይ ሰዓል ዘለዎ ሰብ ብኣካል ዝነበሩ፡ ሰራሕተኛታት ማእከላት ጥዕና፡ ኣብተን ዓባይ ሰዓል ብብዝሒ ዝረኣየለን ሃገራት ዝነበሩ/ዝመጹ።

SLIDE 7: Quiz

SLIDE 7: ሕቶ

SLIDE 8: Tuberculosis in the world

Tuberculosis is still highly prevalent in the world. Tuberculosis is the number one killer infectious disease in the world. Even more than HIV or malaria. Every year 10.4 million people develop tuberculosis disease worldwide. Every year, 1.7 million people die of tuberculosis disease.

SLIDE 8: ሕመም ዓባይ ሰዓል ብዓለም ደረጃ ከመይ ይመስል!

ሕመም ዓባይ ሰዓል ብዓለም ደረጃ ገና ግኑን ሕመምዮ። ካብ ኩሎም ተማሓለፍቲ ሕመምት፡ ብዓለም ደረጃ ቀዳማይ ቀታሊ ሕመም ኮይኑ ተመዝጊቡ ይርከብ። እዚ ማለት ልዕሊ ኤይድስን ሕመም ዓሰን ማለትዮ። ብዓለም ደረጃ ዓመታዊ 10.4 ሚልዮን ህዝቢ ሕመም ዓባይ ሰዓል ይሓምም። ከምኡውን ዓመታዊ 1.7 ሚልዮን ህዝቢ ብሰንኪ ሕመም ዓባይ ሰዓል ይመውት።

SLIDE 9: Tuberculosis in the Netherlands

Tuberculosis was a very common disease in the Netherlands in the past. In the past, there were no medication for tuberculosis. In the Netherlands, there were special hospitals for tuberculosis patients. Their treatment consisted of fresh outdoor air and bedrest. Some people were in the hospital for more than a year. A lot of people died from tuberculosis disease back then. Luckily, we have good medication since the sixties. Because of these medication, improved good hygiene, social welfare and a very good tuberculosis control and care, tuberculosis is now not so prevalent anymore in the Netherlands.

SLIDE 9: ሕመም ዓባይ ሰዓል ኣብ ሃገረ ኔዘርላንድ

ኣብ ሃገረ ኔዘርላንድ ቅድሚ ነዊሕ ዓመታት ሕመም ዓባይ ሰዓል ኣዝዩ ግኑን ሕመምዮ ነዩ። ኣብቲ እዋን መድሃኒትውን ኣይነበሮን። ኣብቲ እዋን ኣብ ሃገረ ኔዘርላንድ ንሕመማት ዓባይ ሰዓል ዝኸውን ፍሉይ ሆስፒታላት ነዩ። እቲ ናይ ፍወሳ መስርሕ ድማ፡ ጽፋይ ኣየር ብምሃብን ኣብ ዓራት ብምድቃስን ጥራይዮ ነዩ። ገለ ሰባት ኣብቲ ሆስፒታላት ንልዕሊ ዓመት ይድቅሱ ኔሮም። ኣብቲ እዋን ብዙሓት ሰባት ብሕመም ዓባይ ሰዓል ይሞቱ ኔሮም። ካብ ከባቢ 1960ታት ጀሚሩ ግና መድሃኒት ናይቲ ሕመም ተረኺቡ። በዚ መሰረት ነቲ ሕመም ዝፍውስ መድሃኒት፡ ዝተመሓየሸ ጽሬት ጥዕና፡ ማእከራዊ ድሕነት፡ ዝማዕበለ ኣተኣላልያ ሕመም ዓባይ ሰዓል ብምኽታል፡ ኣብዚ እዋን ሕመም ዓባይ ሰዓል ኣብ ኔዘርላንድ ኣብ ኣዝዩ ዝተሓተ ደረጃ ይርከብ።

SLIDE 10: Tuberculosis screening in the Netherlands

In the Netherlands, all migrants from countries where tuberculosis is still prevalent must be screened for tuberculosis at entry. For this screening, a radiological photo of the lungs is taken. On this photo, the tuberculosis doctor can see if someone has tuberculosis disease of the lungs.

All migrants who come from countries where tuberculosis is still highly prevalent are offered a voluntarily radiological screening for tuberculosis. Every 6 months for a period of 2 years, that person will receive an invitation to get a photo of the lungs.

The screening for tuberculosis is conducted because we want everybody who has tuberculosis in the Netherlands to receive treatment with medication and good care. In the Netherlands, we do not want anyone to die from tuberculosis because we can provide care. A second reason for the screening is we want to make sure that someone with lung tuberculosis does not spread the disease to other persons, so we can prevent other persons from getting tuberculosis disease.

SLIDE 10: መርመራ ሕመም ዓባይ ሰዓል አብ ሃገረ ኔዘርላንድ

አብ ሃገረ ኔዘርላንድ፡ ኩሎም ስደተኛታት ካብተን ሕመም ዓባይ ሰዓል ዝኸሰተለን ሃገራት ዝመጹ ኣብዚ ሃገር ክኣትዉ ከለዎ ናይ ግድን መርመራ ዓባይ ሰዓል ክገብሩ ይግደዱ። አብቲ ዝግበር መርመራ ናይ ሳንቡእ ስእሊ ወይ X-ray ይውሰዱሎም። አብቲ ስእሊ ምርኩስ ብምግባር ድማ፡ ናይ ዓባይ ሰዓል ሓኪም እቲ ሰብ ናይ ሳንቡእ ዓባይ ሰዓል ኣለዎን የብሉን የረጋግጽ።

ኩሎም ካብተን ሕመም ዓባይ ሰዓል ብዝለዓለ ዝረኣየለን ሃገራት ዝመጹ ስደተኛታት ወለንታዊ ናይ ሳንቡእ ስእሊ / x-ray መርመራ ክገብሩ ዕድል ይወሃቦም። በዚ መሰረት ንክልተ ዓመት ዝቕጽል መርመራ ናይ ሳንቡእ ስእሊ / X-ray ንምግባር ኣብ ሸሽዱሽተ ወርሒ ዕድመ ይግበረሎም።

መርመራ ሕመም ዓባይ ሰዓል ነካይደሉ ቀንዲ ምክንያት፡ አብ ሃገረ ኔዘርላንድ ዝኾነ ሕመም ዓባይ ሰዓል ከለዎ ሰብ ግቡእ መድሃኒት ብምውሳድን ግቡእ ክንክን ብምርካብን ክሓዊ ስለንደልዮዮ። አብ ሃገረ ኔዘርላንድ ዋላ ሓደ ሰብውን ይኹን ብሕመም ዓባይ ሰዓል ክመውት ኣይንደልን ኢና፡ ምክንያቱ ክንሕክሞ ዓቕሚ ስለዘለና። መርመራ ሕመም ዓባይ ሰዓል ንገብረሉ ካልኣይ ምክንያት ድማ፡ ሓደ ናይ ሳንቡእ ሕመም ዓባይ ሰዓል ከለዎ ሰብ ነቲ ሕመም ብምስፍሕፋሕ ንኻልኣት ከይልክም ንምክልኻል ኮይኑ፡ በዚ መሰረት ካልኣት ሰባት ሕመም ዓባይ ሰዓል ካብ ምሕመም ነድሕን ማለትዮ።

SLIDE 11: What happens if the doctor finds tuberculosis through the screening?

Everyone who has tuberculosis disease in the Netherlands will be offered treatment with medication by the doctor. Beside the medication, the patient will receive support from the tuberculosis nurse. In the Netherlands, everybody has the right for tuberculosis care: even persons who reside illegal, homeless persons, and drug users.

SLIDE 11: ካብቲ ዝካየድ መርመራ እቲ ሓኪም ሕመም ዓባይ ሰዓል ከምዘሎ ምስዘረጋግጽ፡ እቲ ዝሰዕብ መስርሕ እንታይ ይኸውን?

አብ ሃገረ ኔዘርላንድ፡ ዝኾነ ሕመም ዓባይ ሰዓል ከለዎ ሰብ ካብ ሓኪም ብመድሃኒት ዝውሰድ ፍወሳ ክከታተል ዕድል ይወሃቦ። ብዘይካ እቲ ዝውሰድ መድሃኒት፡ እቲ ሕመም ካብ ናይ ዓባይ ሰዓል ነርስ (ኣላይት ሕመም) ተወሳኺ ሓገዝ ይረክብ። አብ ሃገረ ኔዘርላንድ፡ ኩሎ ሰብ ናይ ሕመም ዓባይ ሰዓል ፍወሳ ክወስድ መሰለ ኣለዎ፡ ዋላውን ብዘፍቓድ ዝነበሩ ሰባት፡ ግዳም ሓደራት፡ ግዙኣት ወልፊ ሓሸሽ ወይ ዕጻ ፋርስ ወዘተ።

SLIDE 12: Film: TB: the real story

SLIDE 12: ሕመም ዓባይ ሰዓል፡ ሓቐኛ ዛንታ

Subject 2

ካልኦይ ኦርጅኒቲ

Latent tuberculosis infection

መልክፍቲ ባክተርያ ዓባይ ሰዓል

There is a need for explanation of the difference between LTBI and active tuberculosis. This information plays a fundamental role in understanding the purpose and objective of the LTBI screening by the target group.

ፍልልይ አብ ምንጎ መልክፍቲ ባክተርያ ዓባይ ሰዓልን ንጡፍ ሕማም ዓባይ ሰዓልን ምግላጽ አገዳሲ 'ዩ። እዚ ሓበሬታ አገዳሲነትን ዕላማን ናይዚ ዝግበር መርመራ መልክፍቲ ባክተርያ ዓባይ ሰዓል አብ ምንጎዚ ክፋል ሕብረተሰብ ንምርዳእ ዓቢ አስተዋጽኦ አለዎ።

SLIDE 13: Can we prevent someone from getting tuberculosis disease?

Yes, we can.

SLIDE 13: ሓደ ሰብ ሕማም ዓባይ ሰዓል ካብ ምሕማም ከነድሕኖ ንኽእሎ?

እወ ንኽእል!

SLIDE 14: How can tuberculosis be prevented?

A person can get infected with the tuberculosis bacteria when someone in his surroundings with lung tuberculosis coughs. If this person inhales the droplets with the tuberculosis bacteria, three things can happen:

- 1) the body is strong and can kill the bacteria immediately → you will have no infection
- 2) the body cannot control the bacteria. The bacteria remain very active and causes damage to the body → the person gets tuberculosis disease
- 3) the body can control the bacteria. The bacteria are still in the body but it is inactive. We also say the bacteria is sleeping. → This is called latent tuberculosis infection.

Unfortunately, it is possible that even after 10 years the sleeping tuberculosis bacteria can wake up and become active. It will then cause tuberculosis disease.

We can prevent tuberculosis disease. This is done by testing people for the presence of the tuberculosis bacteria in the body (when it is inactive or sleeping). If the test result tells the doctor that a person has the bacteria in their body, then we can treat that person with medication. The medication will then kill the sleeping bacteria.

SLIDE 14: ሕማም ዓባይ ሰዓል ብኸመይ ከንከላኽሎ ወይ ከነወግዶ ንኽእል?

ሓደ ሰብ ብባክተርያ ዓባይ ሰዓል ክልከፍ ዝኽእል፡ ሓደ ናይ ሳንቡእ ሕማም ዓባይ ሰዓል ዘለዎ ሰብ ኣብ ከባቢኡ ምስዝሰዕል'ዩ። እዚ ሰብ ነቲ ብባክተርያ ዓባይ ሰዓል ዝተበከለ ኣየር ንውሽጢ ምስዘተንፍሶ፡ ሰለስተ ነገራት ከጋጥም ይኽእል፡-

- 1) እቲ ሰብ ናይ ምጽዋር ዓቕሙ ሓደ ይጸንሕ'ሞ ነቲ ባክተርያ ብቐጥታ ይቐትሎ → ስለዚ ዝኾነ መልክፍቲ ኣየጋጥምን ማለት'ዩ
- 2) እቲ ሰብ ነቲ ባክተርያ ክጻወሮ ኣይክእልን። እቲ ባክተርያ ድማ ንጡፍ ብምኻን ሳዕቤን የኸትለሉ → ስለዚ እቲ ሰብ ሕማም ዓባይ ሰዓል ይሓምም ማለት'ዩ
- 3) እቲ ሰብ ነቲ ባክተርያ ክጻወሮ ይኽእል። እቲ ባክተርያ ገና ኣብቲ ኣካላት'ቲ ውልቀ-ሰብ ኣሎ ግን ብዘይንጡፍ ኩነታት። እዚ ዝደቀሰ ባክተርያ ኢልና ከንጽውዖ ንኽእል። → ነዚ ድማ መልክፍቲ ባክተርያ ዓባይ ሰዓል ኢልና ንጽውዖ። እንተኾነ ግን፡ እዚ ዝደቀሰ ባክተርያ ዋላውን ድሕሪ ዓሰርተ (10) ተበራቢሩ ንጡፍ ክኸውን ይኽእል። በዚ መሰረት ድማ ሕማም ዓባይ ሰዓል ክኸትል ይኽእል።

ሕመም ዓባይ ሰዓል ካብ ምሕማም ክንከላኸክ ንኸእል ኢና። እዚ ነቲ ዝደቀሰ ባክተርያ ዓባይ ሰዓል ንምልላይ፣ መርመራ ብምግባር ዝካየድ ኣዩ። እቲ ሓኪም ውጽኢት መርመራ ብምርኣይ፣ ባክተርያ ዓባይ ሰዓል ኣብ ኣካል'ቲ ሰብ ከምዘሎ እንተደኣ ኣረጋጊጹ፣ ነቲ ሰብ መድሃኒት ብምሃብ ክንፍውሶ ንኸእል። እቲ ማለት እቲ መድሃኒት ነቲ ዝደቀሰ ባክተርያ ይቐትሎ ማለት'ዩ።

SLIDE 15: What is the difference between tuberculosis infection and tuberculosis disease?

The biggest difference between a person with latent tuberculosis infection and tuberculosis disease is that the person with tuberculosis disease will be sick: he or she will have symptoms. A person with latent tuberculosis infection does not have symptoms because the bacteria are sleeping. He or she feels normal. Besides the absence of symptoms, the lung photo of someone with LTBI does not show abnormalities. The photo does often show abnormalities when someone has lung tuberculosis. Someone with latent tuberculosis infection is not infectious: he or she cannot spread the bacteria to other persons. Someone with lung tuberculosis can spread the bacteria to other persons.

SLIDE 15: ኣብ ሞንጎ መልክፍቲ ባክተርያ ዓባይ ሰዓልን ሕማም ዓባይ ሰዓልን ዘሎ ፍልልይ እንታይ'ዩ?

እቲ ዝዓብዩ ፍልልይ ኣብ መንጎ መልክፍቲ ባክተርያ ዓባይ ሰዓል ዘለዎ ሰብን ሕማም ዓባይ ሰዓል ዝሓመመ ሰብን፣ እቲ ሕማም ዓባይ ሰዓል ዘለዎ ሰብ ሓሚሙ'ዩ ዘሎ፣ ከምኡ'ውን ምልክታት ናይቲ ሕማም ይህልዎ ማለት'ዩ። እቲ መልክፍቲ ባክተርያ ዓባይ ሰዓል ዘልዎ ሰብ ብኣንጻሩ ዝኾነ ምልክታት ናይቲ ሕማም የብሉን ምክንያቱ እቶም ባክተርያ ድቁሳት ስለዝኾኑ። ዝኾነ ዘይንቡር ነገር'ውን ኣይስምዖን። ብዘይካ ምልክታት ሕማም ዘይምርኣይ፣ ናይ ሳንቡእ ስኢሊ / X-ray ናይቲ መልክፍቲ ባክተርያ ዘልዎ ሰብ ዝኾነ ዘይንቡር ምልክት ኣየርኣይን'ዩ። ብኣንጻሩ ሓደ ናይ ሳንቡእ ዓባይ ሰዓል ዘለዎ ሰብ ኣብቲ ናይ ሳንቡእ ስኢሊ / X-ray ዘይንቡር ምልክታት ክርእ ይኸእል። ሓደ መልክፍቲ ባክተርያ ጥራይ ዘለዎ ሰብ ተላባዒ ኣይኮነን፣ እቲ ባክተርያ ናብ ካልኣት ሰባት ከመሓላልፍ ኣይክእል'ዩ። ሓደ ናይ ሳንቡእ ሕማም ዓባይ ሰዓል ዘለዎ ሰብ ብኣንጻሩ እቲ ባክተርያ ናብ ካልኣት ከመሓላልፍ ይኸእል።

SLIDE 16: Who have highest risk of developing tuberculosis disease?

All persons who have been recently infected (<2.5 years) have higher chance of developing tuberculosis disease than persons who have been infected a long time ago. Some people have a higher chance of developing tuberculosis disease because they have a weak immune system. Because they have a weak immune system the body cannot fight the tuberculosis bacteria. Therefore, the bacteria have a high chance of being able to cause tuberculosis disease. For example: persons with HIV/aids, persons with diabetes or persons with cancer. Some people get medication that weaken the immune system, for example persons who have had an organ transplantation. Also, these persons have higher chance of developing tuberculosis disease.

SLIDE 16: ሕማም ዓባይ ሰዓል ናይ ምምዕባል ዝለዓለ ተኸእሎ ዘለዎም መንገድ-ም?

ኩሎም ኣብ ቀረባ እዋን ዝተለኸፉ ሰባት (እቲ መልክፍቲ ኣብ ውሽጢ 2 ዓመትን ፈረቓን ምስዝኾነውን)፣ ካብቶም ቅድሚ ነዊሕ ዓመታት ዝተለኸፉ ሰባት እቲ ሕማም ናይ ምምዕባል ዝለዓለ ተኸእሎ ኣለዎም። ብተወሳኺ ናይ ምጽዋር ዓቕሞም ዝተዳኸመ ወይ ትሑት ዝኾነ ሰባት'ውን እቲ ሕማም ናይ ምምዕባል ተኸእሎ ኣለዎም። ናይ ምጽዋር ዓቕሞም ድኹም ወት ትሑት ስለዝኾነ፣ ነቲ ባክተርያ ክቃለስዎ ኣይክእሉን። ስለዚ እቲ ባክተርያ ሕማም ክኸትለሎም ዝለዓለ ተኸእሎ ይህልዎ። ንኣብነት፡ ምስ ሕማማት ኤይድስ ወይ HIV፣ ሕማም ሸኮር፣ መንሸር ዝነብሩ ሰባት ክንጠቅስ ንኸእል። ከምኡ'ውን ናይ ምጽዋር ዓቕሞም ከዳኸም ዝኸእል ከቢድ መድሃኒታት ዝወስዱ ሰባት፡ ንኣብነት ፡ መጥባሕቲ ምቕያር ናውቲ ኣካላት ክንጠቅስ ንኸእል። ኩሎም እዞም ዝጠቐስናዮም ሰባት ሕማም ዓባይ ሰዓል ናይ ምምዕባል ዝለዓለ ተኸእሎ ኣለዎም።

SLIDE 17: Quiz

SLIDE 17: ሕቶ

SLIDE 18: How can we diagnose latent tuberculosis infection?

There are two ways to diagnose latent tuberculosis infection:

1) Tuberculin Skin Test

2) Blood test

SLIDE 18: መልክፍቲ ባክተርያ ዓባይ ሰዓል ብሽመይ ክንፈልጦ ወይ ክንምርምር ንኸእል?

መልክፍቲ ባክተርያ ዓባይ ሰዓል ንምምርምር ክልተ መገድታት ክንጥቀም ንኸእል:

- 1) ናይ ቆርበት መርመራ
- 2) ናይ ደም መርመራ

SLIDE 19: What happens if someone has a positive blood test?

If the result of the blood test is positive, it means that the tuberculosis bacteria are detected in the body. The person will then receive an appointment with the tuberculosis doctor at the GGD. The doctor will do further examination. The doctor will take a photo of the lungs. The doctor will also ask questions. With these examinations, the doctor will exclude tuberculosis disease, and diagnose latent tuberculosis infection.

If the blood test is negative, it means that the person does not have the tuberculosis bacteria in the body at this moment. The person does not need further examination. The person does not have to go to the doctor.

SLIDE 19: ደም መርመራ ናይ ሓደ ሰብ ኣወንታ ወይ ፖስቲቭ ምስዝኸውን ዝሰዕብ መስርሕ እንታይ'ዩ?

እቲ ውጽኢት መርመራ ደም ኣወንታ ወይ ፖስቲቭ እንተድኣ ኮይኑ፡ ባክተርያ ዓባይ ሰዓል ኣብቲ ሰብ ተረኺቦም ኣለው ማለት'ዩ። በዚ ምኽንያት እቲ ሰብ ምስ ሓኪም ዓባይ ሰዓል ኣብ ኼ ኹ ደ ንምርኻብ ናይ ቆጻራ ዕድመ ይቐበል። እቲ ሓኪም ተወሳኺ መርመራታት የካይድ። እቲ ሓኪም ናይ ሳንቡእ ስእሊ ይወስድ፡ ከምኡውን ሕቶታት ይሓትት። እዚ መርመራታት ብምግምጋም፡ እቲ ሓኪም ሕማም ዓባይ ሰዓል ከምዘይኮነ፡ መልክፍቲ ባክተርያ ዓባይ ሰዓል ምኻኑ የረጋግጽ።

እቲ ውጽኢት መርመራ ደም ኣሉታ ወይ ነጋቲቭ ምስዝኸውን፡ እቲ ሰብ ኣብዚ ግዜ ዝኸነ ባክተርያ ዓባይ ሰዓል ኣብ ኣካላቱ የብሉን ማለት'ዩ። እቲ ሰብ ተወሳኺ መርመራታት ኣይገብርን፡ ናብ ሓኪም ምቕራብ'ውን ኣየድልዮን ማለት'ዩ።

SLIDE 20: Can latent tuberculosis infection be treated?

Yes. Latent tuberculosis infection can be treated with medication / tablets. These must be taken every day at the same moment. The treatment for tuberculosis infection takes 3 months.

SLIDE 20: መልክፍቲ ባክተርያ ዓባይ ሰዓል ክፍወስ ይኸእል'ዩ?

መልክፍቲ ባክተርያ ዓባይ ሰዓል መድሃኒት ወይ ከኒና ክፍወስ ይኸእል። እቲ መድሃኒት መዓልታዊ ኣብ ውሱን ሰዓት ክውሰድ ይግባእ። ፍወሳ መልክፍቲ ባክተርያ ዓባይ ሰዓል ሰለስተ (3) ወርሒ ይወስድ።

SLIDE 21: Quiz

SLIDE 21: ሕቶ

SLIDE 22: Why should you do the test for latent tuberculosis infection?

In the horn of Africa there is still a lot of tuberculosis. Also in Eritrea. In the Netherlands, we see a lot of Eritreans develop tuberculosis after they have arrived in the Netherlands. This happens sometimes even after 5 or more years. You have had a screening for tuberculosis infection in the past. This was an X-ray. However, as you have learned, an x-ray can only detect active lung tuberculosis. By doing the blood test we can see if you have the tuberculosis bacteria in your body. If you have the tuberculosis bacteria in your body, we will offer you

free treatment. The medication will kill the tuberculosis bacteria. In this way we can make sure that you do not develop tuberculosis in the future.

SLIDE 22: ስለምንታይ መርመራ መልክፍቲ ባክተርያ ዓባይ ሰዓል ምግባር የድልየኩም?

ኣብ ቀርኒ ኣፍሪቃ ከምኡውን ኣብ ኤርትራ ሕማም ዓባይ ሰዓል ገና ብብዝሒ ይርከብ። ኣብ ሃገረ ኔዘርላንድ ውንጎተኹን፣ ኤርትራውያን ኣብዚ ሃገር ድሕሪ ምእታዎም ሕማም ዓባይ ሰዓል ብብዝሒ ከማዕብሉ ይረኣዩ። እዚ ሓደ ሓደ እዋን ድሕሪ ሓሙሽተ (5) ዓመትን ልዕሊኡን ወን ዘጋጥምዩ። ቅድሚ ሕጂ ናይ ዓባይ ሰዓል መርመራ ጌርኩም ኔርኩም። እዚ ድማ ናይ ሳንቡእ ስእሊ ወይ X-ray እዩ ኔሩ። እንተኹን፣ ከምቲ ኣቐዲምና ዝተመሃርናዮ X-ray ንጡፍ ናይ ሳንቡእ ዓባይ ሰዓል ጥራይ'ዩ ክለሊ ወይ ክምርምር ዝኸእል። ደም መርመራ ብምግባር ግን እቲ ባክተርያ ኣብ ኣካላትኩም ኣሎዎ የለን ከነረጋግጽ ንኸእል። እቲ ባክተርያ ኣብ ኣካላትኩም እንተድኣ ተረኺቡ፣ ነጻ ናይ ፍወሳ ዕድል ንህበኩም። እቲ መድሃኒት ነቲ ባክተርያ ዓባይ ሰዓል ክቐትሎ እዩ። በዚ መገዲ፣ ንመጻኢ ሕማም ዓባይ ሰዓል ካብ ምምዕባል ትድሕኑ ማለትዩ።

Health education

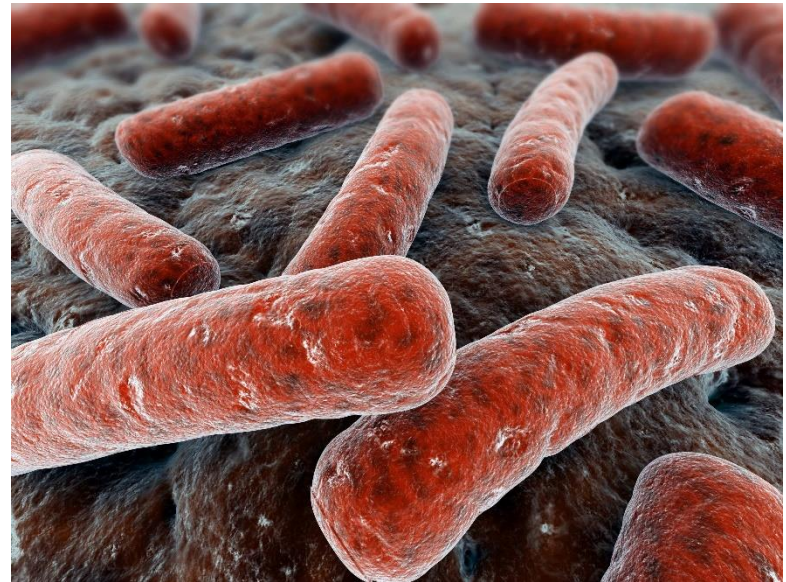
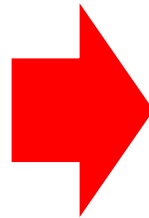
Latent Tuberculosis Infection : screening and treatment

What is Tuberculosis?

- Infectious disease
- Caused by a bacteria



Microscope

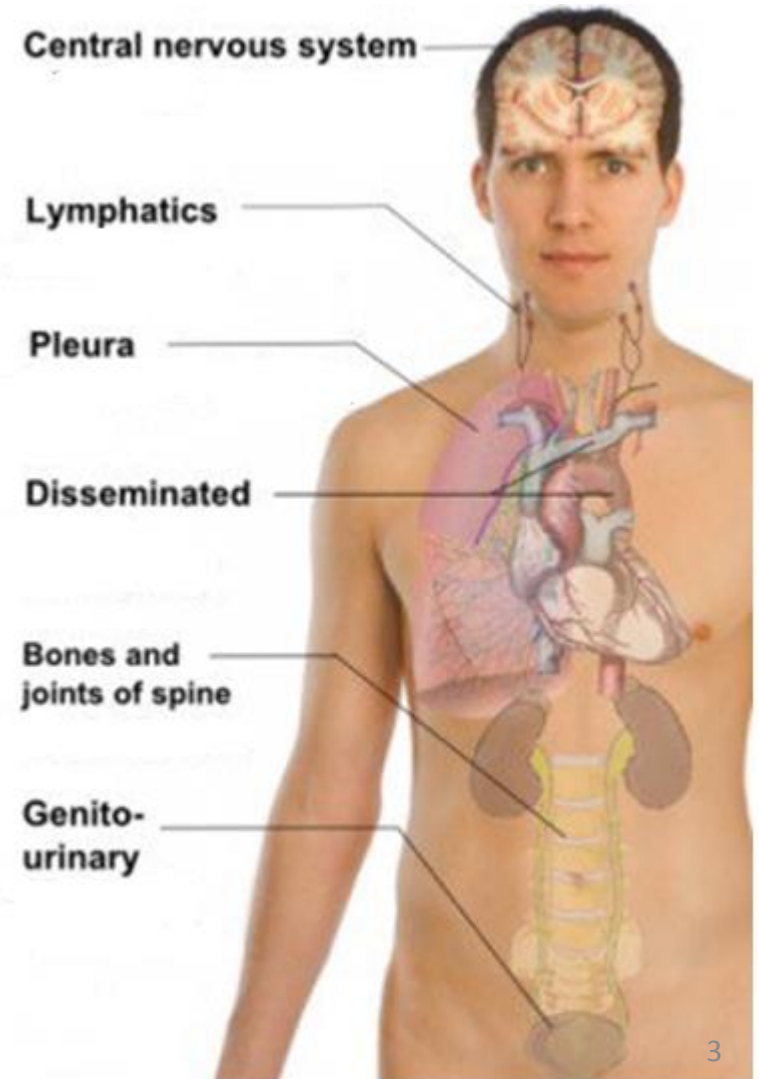


Mycobacterium tuberculosis

Where can you get tuberculosis?

Tuberculosis can affect many parts of the body

Tuberculosis of the lungs



What are the symptoms of tuberculosis disease?

Cough



Fever



Weight loss



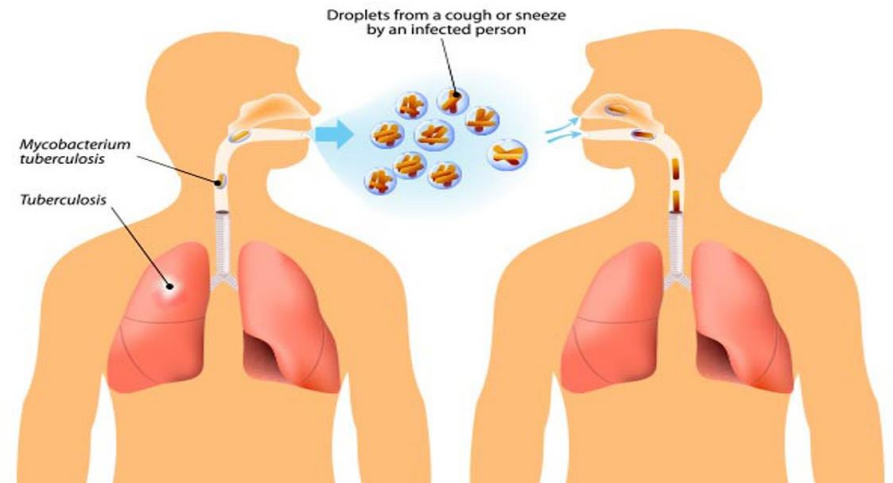
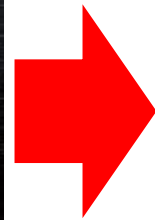
Blood stained sputum



Night sweats

How can you get Tuberculosis?

Tuberculosis is spread through the air



Who can get tuberculosis?

Everyone who have been in contact with a person with infectious lung tuberculosis can get tuberculosis



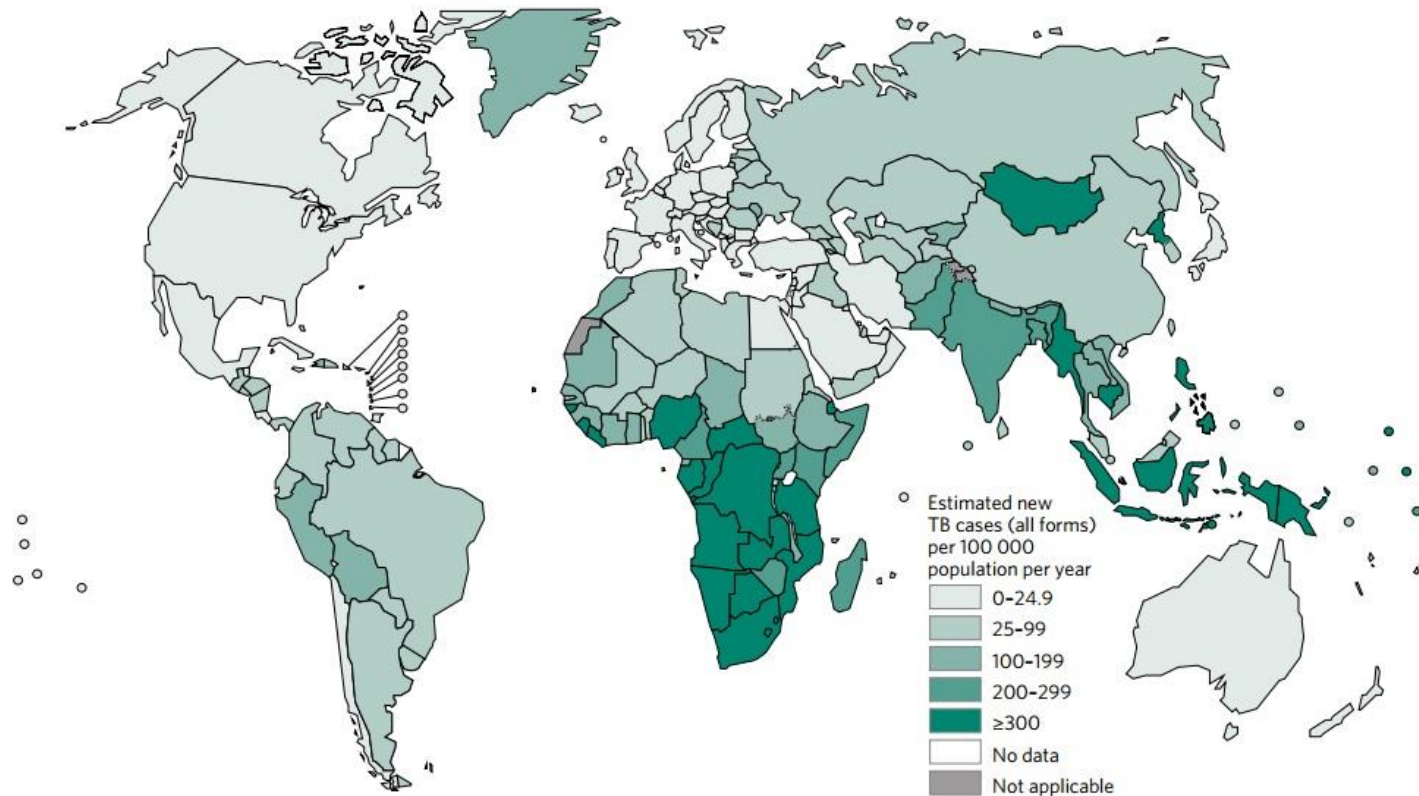
Quiz

How can tuberculosis be transmitted?

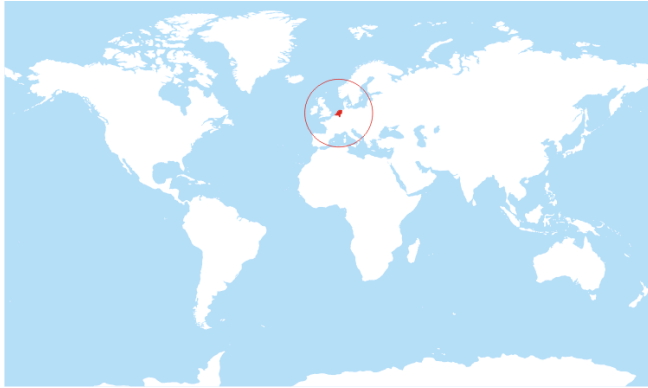
Tuberculosis in the world

- 10.4 million new TB cases each year
- 1.7 million deaths every year

Estimated TB incidence rates, 2015



Tuberculosis in the Netherlands

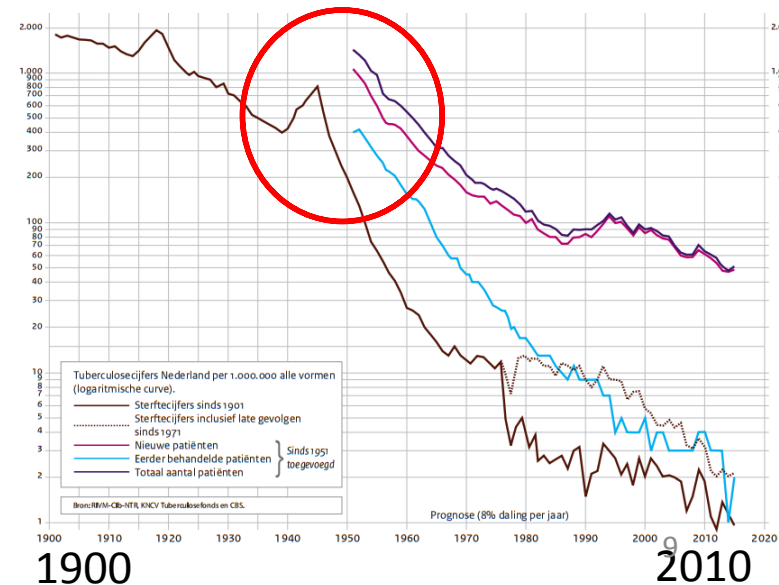


- ❖ Medication
- ❖ Improved hygiene & social welfare
- ❖ Good tuberculosis care

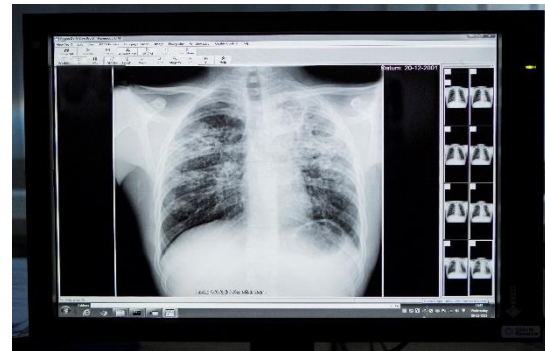
In 1951
→ 110 / 100.000 population



In 2016
→ 5.0 / 100.000 population

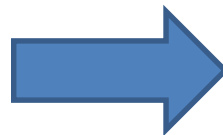


Tuberculosis screening in the Netherlands



ENTRY SCREENING

All migrants from countries where tuberculosis is still prevalent



FOLLOW-UP SCREENING

All migrants from countries where tuberculosis is still **HIGH** prevalent

What happens if tuberculosis is found?

Everyone with tuberculosis will receive treatment with medication



- Medication for 6 months
- Medication every day
- The tuberculosis nurse will give support

Film

TB: the Real Story

<https://www.youtube.com/watch?v=89XaAFbaFwU> (Tigrinya version)

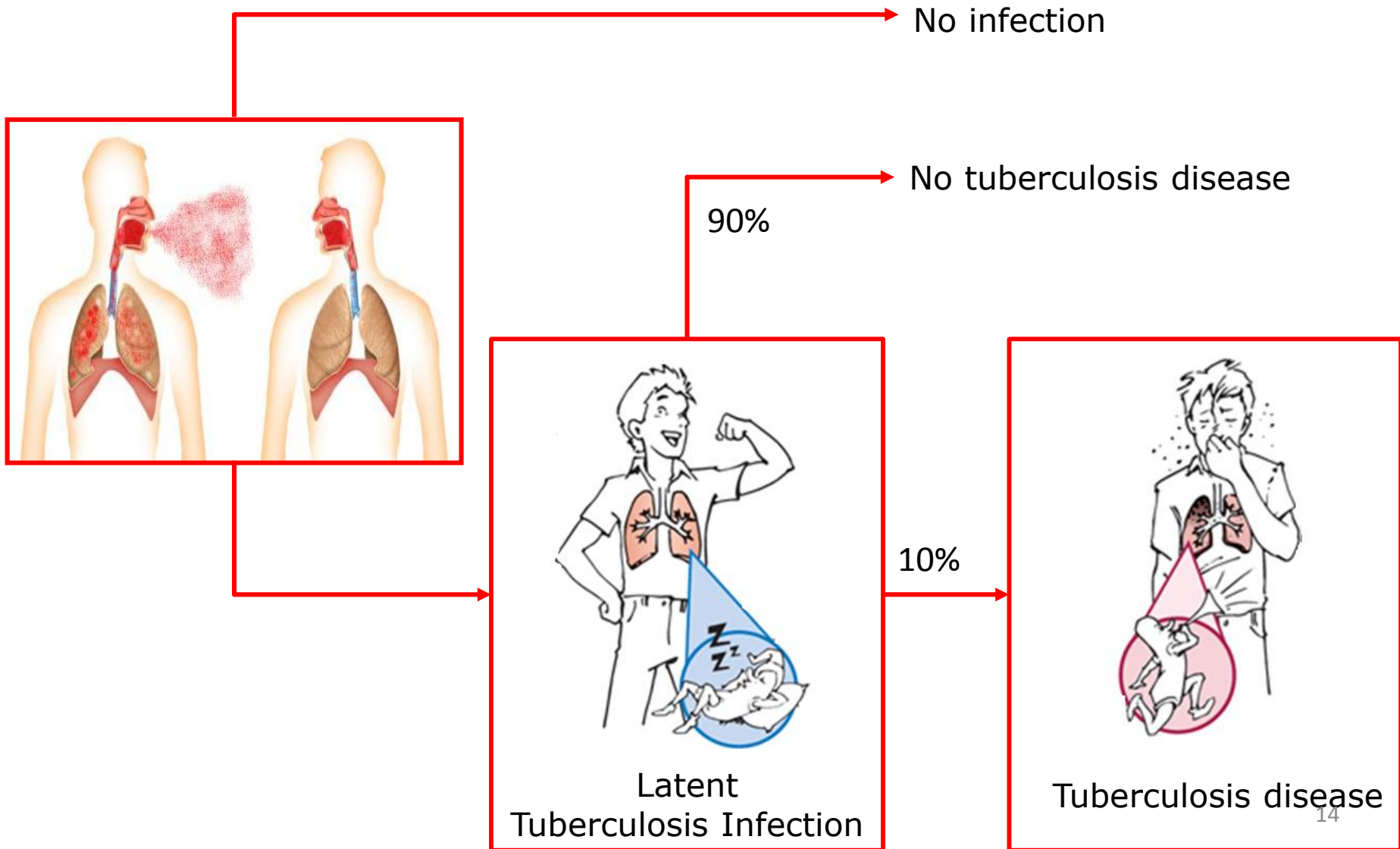
<https://www.youtube.com/watch?v=a2vAmk8aFjQ> (English version)

Can tuberculosis be prevented?



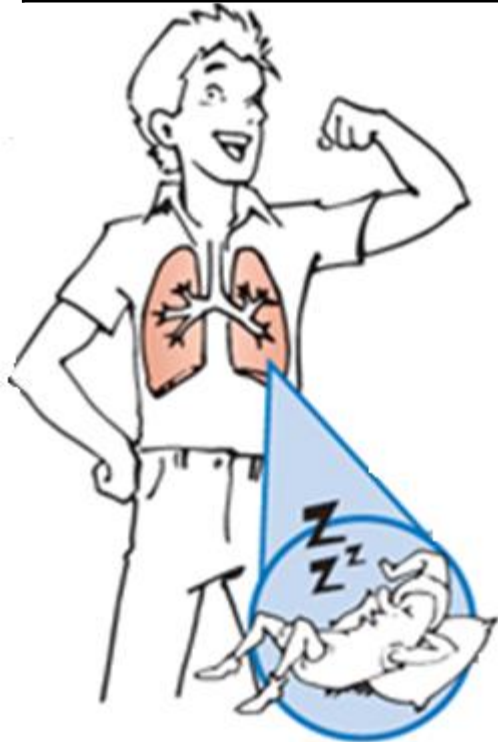
YES

How can tuberculosis be prevented?



Latent Tuberculosis infection VS. Tuberculosis disease

Tuberculosis bacteria are sleeping in my body, but could wake up in the future	Tuberculosis bacteria are active, they make me sick
I am not sick, I do not have symptoms	I am sick, I have symptoms
My chest Xray is normal	My chest Xray is abnormal
I CANNOT spread tuberculosis bacteria	I CAN spread tuberculosis bacteria
Tuberculin Skin Test / Blood test is POSITIVE	Tuberculin Skin Test / Bloodtest is POSITIVE



Who has highest risk of tuberculosis disease?

All persons with recent infection (infection < 2.5 years)

But also.....

Children



Drug and Alcohol abusers



Persons with a weak immune system

- HIV/AIDS
- Diabetes
- Medication
- Cancer



Quiz

Who has highest chance of getting tuberculosis disease?

How can we diagnose latent tuberculosis infection?

Tuberculin Skin Test



AND / OR

Blood test



De tbc-bloedtest is positief: wat nu?

De dokter(sassistent) wil u graag verder helpen, doe daarom ook het vervolgonderzoek



U krijgt een brief toegestuurd met de uitslag van de tbc bloedtest. Als de bloedtest positief is krijgt u een afspraak bij de dokter.



De dokter(sassistent) maakt een longfoto.



Op de longfoto ziet de dokter wat er aan de hand is en wat u moet doen.



U heeft de tbc-bacterie

U merkt daar meestal niets van. U bent niet besmettelijk voor anderen.

De dokter adviseert u medicijnen te nemen. Zo voorkomt u dat u ziek wordt van tuberculose. En door medicijnen te nemen, maakt u anderen niet ziek.



Longtbc

U heeft tbc. U kunt klachten hebben zoals veel hoesten, vermoeidheid en vermageren. U bent vaak besmettelijk voor anderen. De dokter behandelt u met medicijnen.

Treatment Latent Tuberculosis Infection

- What? tablets
- How often? every day
- How long? 3 months



Quiz

Latent tuberculosis
infection

Why should you do the test for latent tuberculosis infection?

- Horn of Africa there is still a lot of tuberculosis
- Eritreans in the Netherlands develop a lot of tuberculosis
- X- ray can only detect active tuberculosis in the lungs
- Tuberculosis bacteria can sleep for a long time (>10 years)
- This sleeping bacteria can only be identified through the blood test



Upcoming tuberculosis screening

The TB ENDPoint research project offers a unique opportunity

- Organized by your GGD
- Free screening
- Free treatment

Bring family or friends!

All persons born in Eritrea/Ethiopia who have been in the Netherlands less than 10 years are welcome!

Bring your **identification card** and your **insurance card**

ጥዕናዎ አስተምህሮ

መልክፍቲ ባክተርያ ዓባይ ሰዓል፡- መርመራን መከላኸሊ ፍወሳን



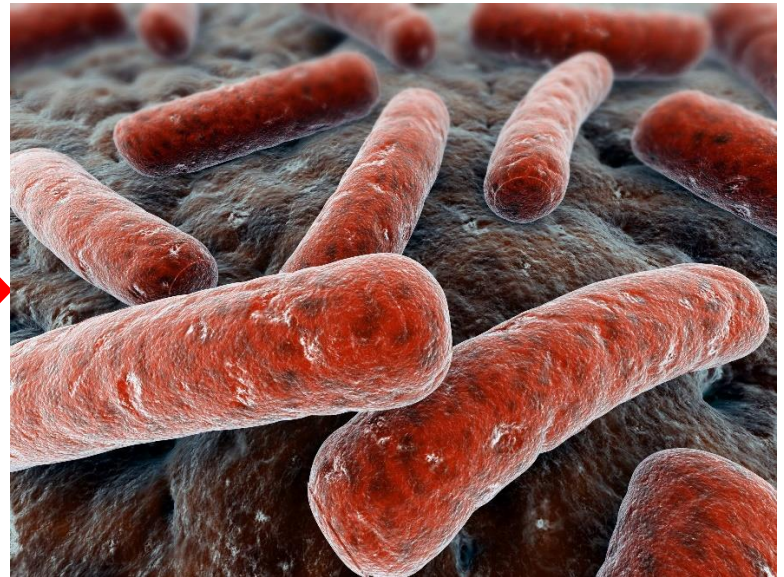
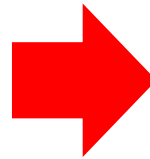
To eliminate TB

ሕመም ዓባይ ሰዓል እንታይ'ዩ?

- ለብዳዊ ሕመም
- ብባክተርያ ዝመጽእ



ማይክሮስኮፕ

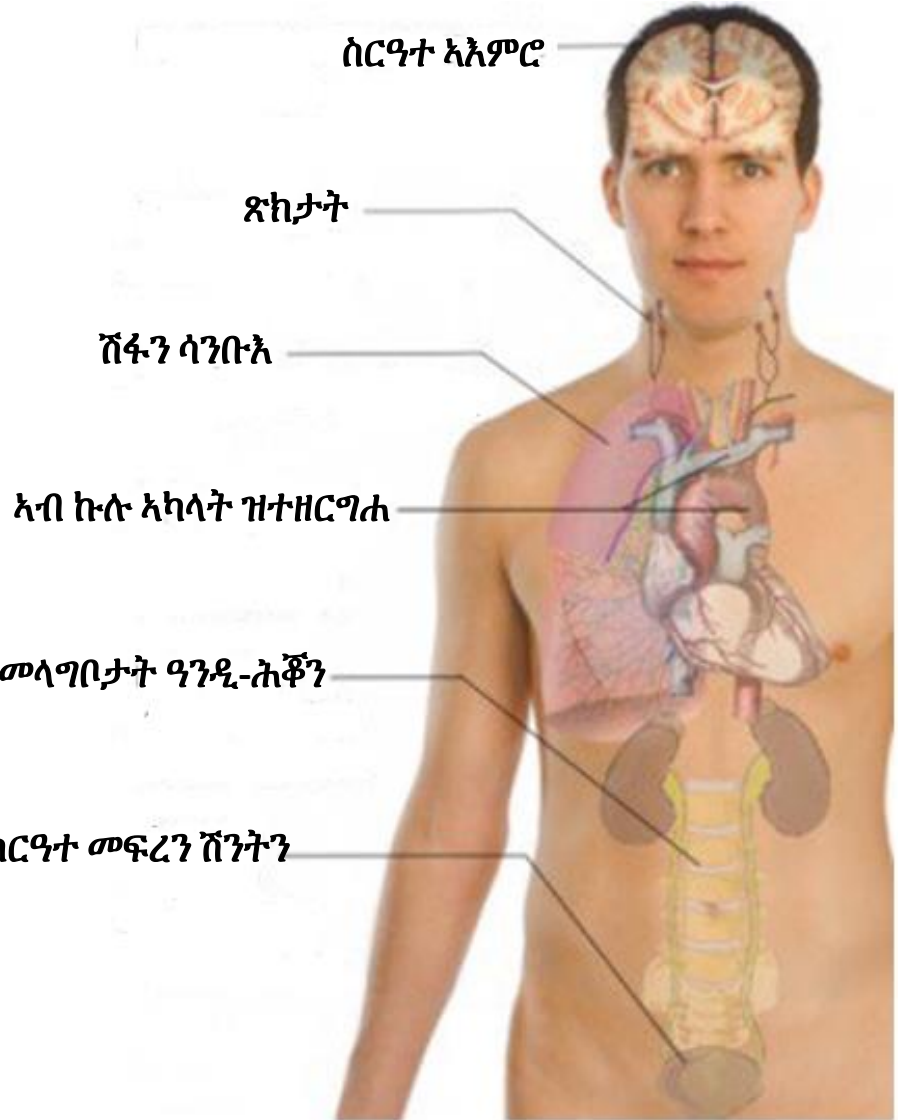


ማይኮ-ባክተሪያም ቱቦርኩሎሲስ

ዓባይ ሰዓል አየናይ ክፍሊ አካላት የጥቅዕ?

ዓባይ ሰዓል ንዝተፈላለየ ክፍሊ አካላት ከጥቅዕ ይኸእል

ናይ ሳንቡእ ዓባይ ሰዓል



ምልክታት ሕግም ዓባይ ሰዓል እንታይ እዮም?

ሰዓል



ረስኒ



ምዛን ምጉዳል



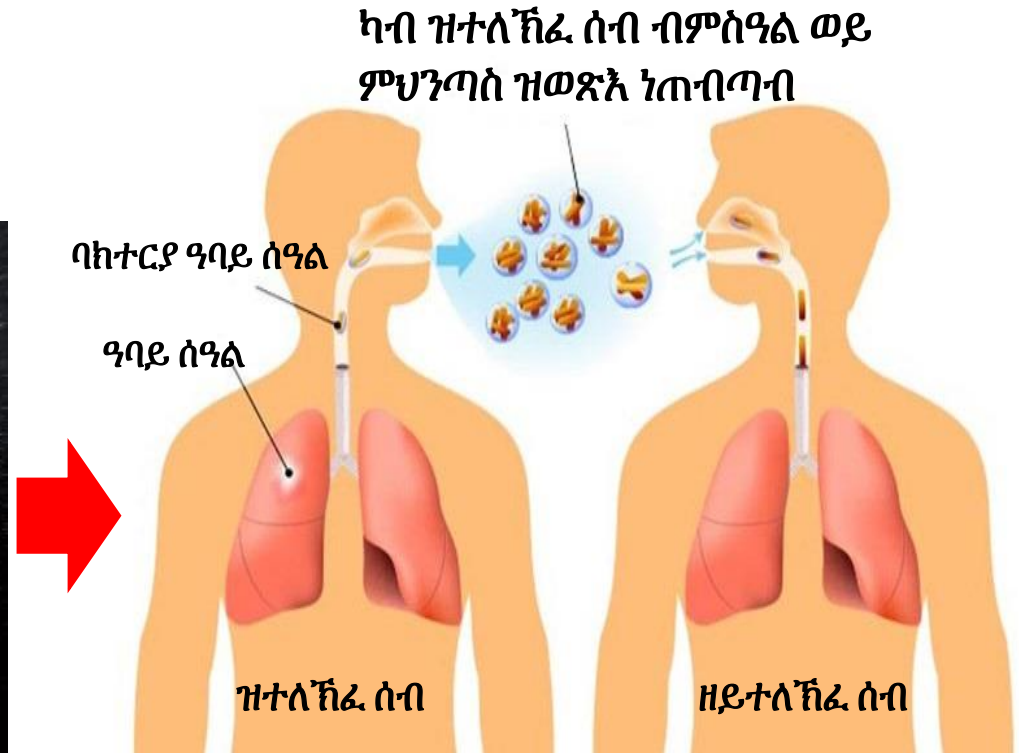
ደም ዝተሓወሶ ዓኽታ



ረሃጽ ለይቲ

ዓባይ ሰዓል ብኸመይ ክለኽፈካ ይኸእል?

ዓባይ ሰዓል ብንፋስ ይመሓላለፍ



ብዓባይ ሰዓል መን ክልከፍ ይኽእል?

ምስ ተላባዒ ናይ ሳንቡእ ዓባይ ሰዓል ዘለዎ ሰብ ዝተራኸበ ዝኾነ-ሰብ ክልከፍ ይኽእል!



ሕቶ

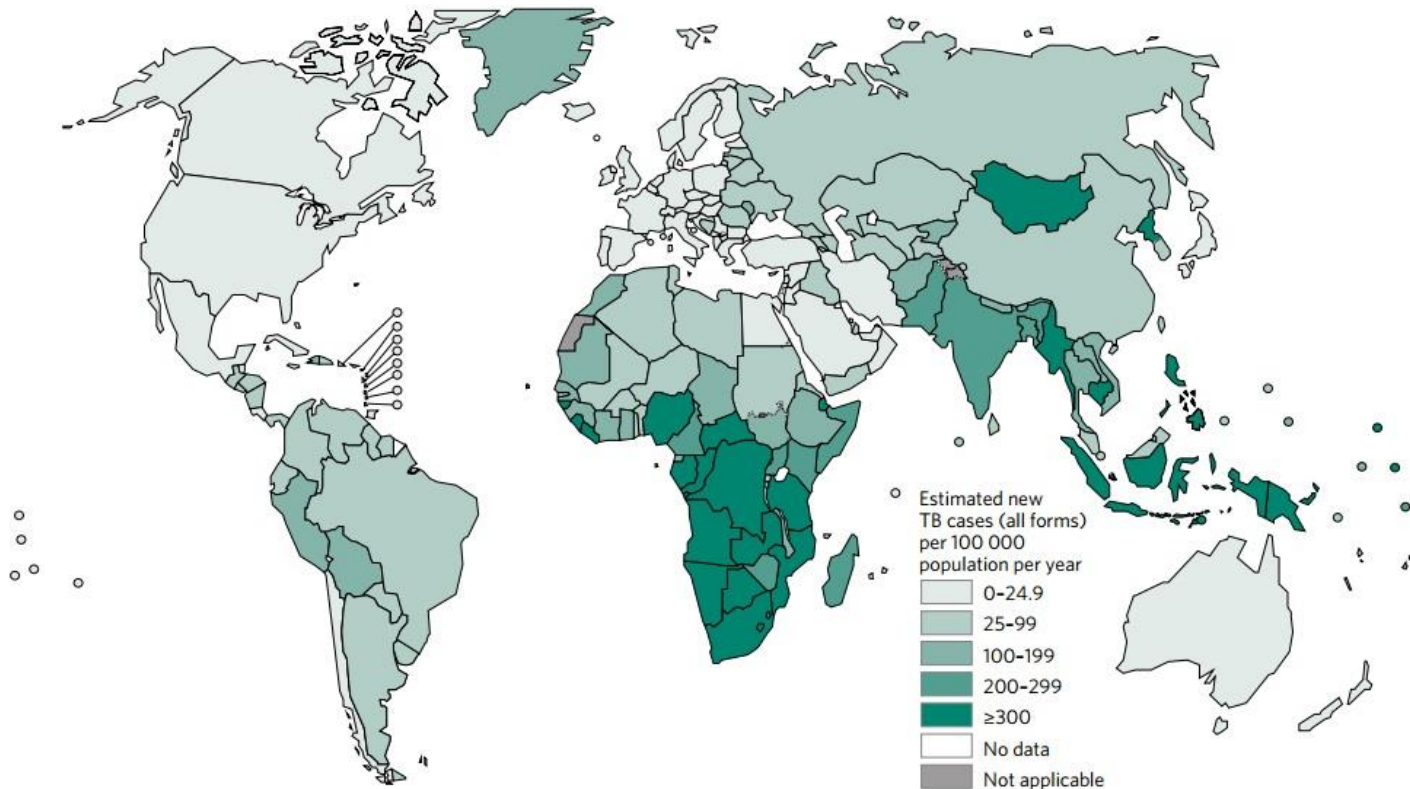
ሕማም ዓባይ ሰዓል ብኸመይ ክመሓለፍ
ይኸእል?

ዓባይ ሰዓል ብዓለም ደረጃ

➤ 10.4 ሚሊዮን ዓመታዊ ሓድሽ ክስተታት ዓባይ ሰዓል

➤ 1.7 ሚሊዮን ዓመታዊ ናይ ሞት ብዝሒ

Estimated TB incidence rates, 2015



ዓባይ ሰዓል አብ ሃገረ ኔዘርላንድ

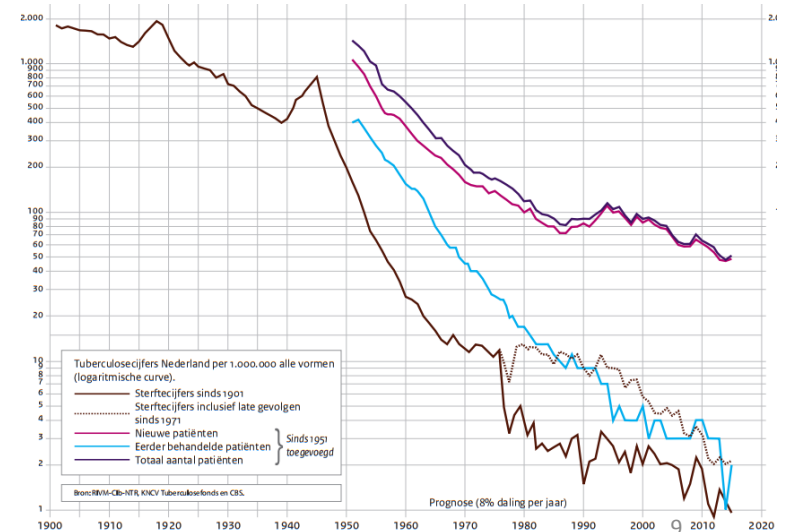


In 1951
 → 110 / 100.000 ብዝሒ ህዝቢ

- ❖ ፍወሳ
- ❖ ዝተማሓየሽ ስነ-ጥዕናዊ ጽሬትን ማሕበራዊ ድሕነትን
- ❖ ዝተማሓየሽ ናይ ዓባይ ሰዓል አተክላልያ



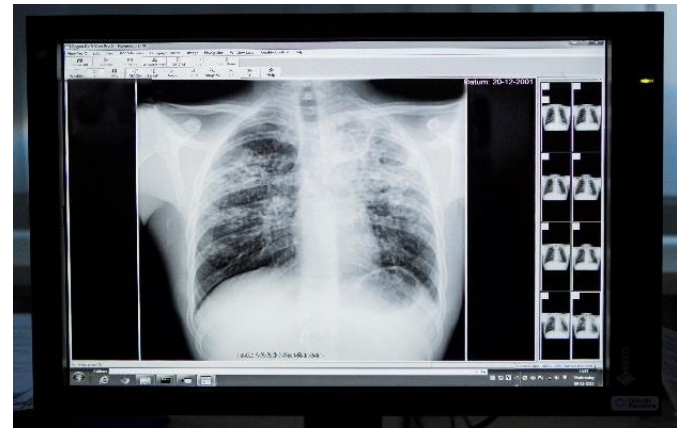
In 2016
 → 5.0 / 100.000 ብዝሒ ህዝቢ



መርመራ ዓባይ ሰዓል አብ ሃገረ ኔዘርላንድ



መርመራ አብ ምእታው ኩሉም ስደተኛታት ካብተን ተርእዮ ዓባይ ሰዓል ዝኸሰተለን ሃገራት ዝመጹ



ናይ ምክትታል መርመራ ኩሉም ስደተኛታት ካብተን ተርእዮ ዓባይ ሰዓል ብዝለዓለ ዝኸሰተለን ሃገራት ዝመጹ

ሕመም ዓባይ ሰዓል እንተተረኹቡ ዝሰዕብ መስርሕ እንታይ'ዩ?

ኩሉ ዓባይ ሰዓል ዝተረኸቦ ሰብ ፡ ብመድሃኒት ዝውሰድ ፍወሳ ይወሃቦ



- ናይ 6 ወርሒ መድሃኒት
- መዓልታዊ ዝውሰድ መድሃኒት
- ናይ ዓባይ ሰዓል ነርስ ሓዘዝ ትልግስ

ፊልም

ሕመም ዓባይ ሰዓል፡ ሓቀኛ ዛንታ

<https://www.youtube.com/watch?v=89XaAFbaFwU> (Tigrinya version)

<https://www.youtube.com/watch?v=a2vAmk8aFjQ> (English version)

ዓባይ ሰዓል ከንከላኸሎ ወይ ከግታኝ ይከፈል'ዶ?



እወ

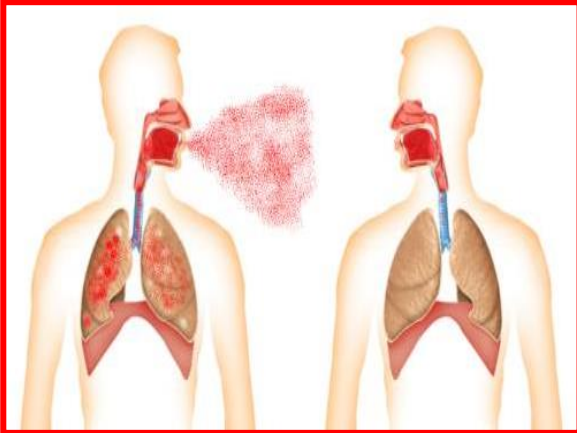
ዓባይ ሰዓል ብኸመይ ክግታእ ይኸእል?

መልክፍቲ ኣየጋጠመን

ኢማም ዓባይ ሰዓል የለን

90%

10%

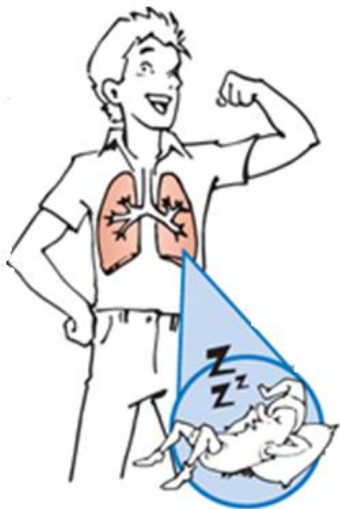


መልክፍቲ ባክተርያ ዓባይ ሰዓል

ኢማም ዓባይ ሰዓል

መልክፍቲ ባክተርያ ዓባይ ሰዓል ምስ ሕማም ዓባይ ሰዓል ከነጻጸር

<p>ዘይንጡፍ ባክተርያ ዓባይ ሰዓል ኣብ ኣካላተይ ደቂቡ ይርከብ እንተኾነ ኣብ መጻኢ ንጡፍ ክኸውን ይኽእል'ዩ</p>	<p>ባክተርያ ዓባይ ሰዓል ንጡፋት ኮይኖም: ሕማም ኣኸቲሎምላይ ይርከቡ</p>
<p>ኣይሓመምኩን ዝኾነ ናይ ሕማም ምልክታት'ውን የብላይን</p>	<p>ሓሚመ ኣለኹ: ምልክታት ናይ ሕማም'ውን ኣለዉኒ</p>
<p>ናይ ሳንቡእ ስእሊ (X-ray) ንቡር ምልክት የርኢ</p>	<p>ናይ ሳንቡእ ስእሊ (X-ray) ዘይንቡር ምልክት የርኢ</p>
<p>ባክተርያ ዓባይ ሰዓል ከማሓላልፍ ኣይክእልን</p>	<p>ባክተርያ ዓባይ ሰዓል ከማሓላልፍ ይክእል</p>
<p>ናይ ዓባይ ሰዓል ናይ ቆርብት ወይ ድም መርመራ ኣወንታ ውጽኢት የርኢ</p>	<p>ናይ ዓባይ ሰዓል ናይ ቆርብት ወይ ድም መርመራ ኣወንታ ውጽኢት የርኢ</p>



ዓባይ ሰዓል ናይ ምሕማም ዝለዓለ ተኸእሎ ዘለዎ መን'ዩ?

ኣብ ቀረባ እዋን ዝተለኸፈ ሰብ (እቲ መልክፍቲ ኣብ ውሽጢ ዝሓለፈ 2 ዓመትን ፈረቓን ምስዝኸውን)

ከምኡ'ውን.....

ቆልዑ



ናይ ኣልኮላዊ መስተን ዕጹፋርስን ግዙኣት



ትሑት ሕማም ናይ ምጽዋር ዓቕሚ ዘለዎም ሰባት

- ኤች ኣይ ቪ/ኤይድስ
- መድሃኒት ዝጥቀሙ
- ሕማም ሸኮር
- መንሽሮ



ሕቶ

ሕማም ዓባይ ሰዓል ናይ ምሕማም ዝለዓለ
ተኸእሎ ዘለዎ መን'ዩ?

መልክፍቲ ባክተርያ ዓባይ ሰዓል ብኸመይ ክንምርምር ወይ ክነለልዮ ንኸእል?

ናይ ቆርባት መርመራ



ወይ/ተወሳኺ



ደም መርመራ



ውጽኢት ናይቲ ደም መርመራ ኣወንታ ኮይኑ ኣሎ፡ ዝስዕብ መስርሕ እንታይ'ዩ?

ኣኪም ከሕግዘካ ተዳልዩ ኣሎ፡

ስለዚ እቲ ዝስዕብ ተወሳኺ መርመራታት ግበር።



ወይሊት ናይቲ ዝክርከሮ ሞደሎ ክሓብ ደባዕይ ክህለገልካ እዩ። እቲ ወይሊት ኣወንታ እንታይነት፡ ናይ ሓኪም ቋንቋ ኮግነራስ እዩ።



ሓኪም ናይ ሳንቡስ ስልጠና (x-ray) ይገብራልኩ።



ሓኪም ነቲ ናይ ሳንቡስ ስልጠና (x-ray) ብምዃብ እንታይ ከትኮር ከምልካ ይከሰርኩ።



ባክተርያ ሕግም ዓባይ ሰዓል ኣብ ኣካላትካ ኣሎ
እቲ ባክተርያ ከምልካ ልርጊ ምልክት ኣይርአየኩ፡ ገዢልት ይባት ከተመሓላልፍውን ኣይትኸለልን እኹ። እንታይ፡ ሓኪም ክኣትን ናብ ሕግም ዓባይ ሰዓል ገዢምብል ክኸልክል መርኻኒት ክትወልድ ትመኽር። ሕዚ መገዲ ሕግም ዓባይ ሰዓል ካል ዓባይ ምዃን ክልገኻ ትከላኸል። መርኻኒት ካል ባክተርያ ብምውጫ ገዢልት ካል ምልክቶውን ተደልኩ።



ናይ ሳንቡስ ሕግም ዓባይ ሰዓል
ሕግም ዓባይ ሰዓል ኣለኩ፡ ሓገሪምኩውን ኣለኹ። ንም ሰዓል፡ ደንኹ ኣካላትን ምንጭ ማእኸን ሰብትን ምሓላላ ምልክታት ሕግም ዓባይ ሰዓል ኣለውኹ። መዕልክትኡ ግዜ፡ ገዢልት ሰባት ከተመሓላልፍ ትኸልክል። ሓኪም፡ ብሓገሪ መርኻኒት ክትኣደግኩ ኣሎ።

ፍወሳ መልከፍቲ ባክተርያ ዓባይ ሰዓል

እንታይ?

ከኒና

መዓስ መዓስ?

መዓልታዊ

ንኸንደይ ግዜ?

3 ወርሒ



ሕቶ

መልከፍቲ ባክተርያ ዓባይ ሰዓል

ስለምንታይ መርመራ መልክፍቲ ባክተርያ ዓባይ ሰዓል ምግባር የድልየኩም?

- ኣብ ቀርኒ ኣፍሪቃ ሕማም ዓባይ ሰዓል ገና ብብዝሒ ይርከብ
- ኣብ ሃገረ ኔዘርላንድ ዝነበሩ ኤርትራውያን ሕማም ዓባይ ሰዓል ብብዝሒ የማዕብሉ
- ናይ ሳንቡእ ስእሊ (X-ray) ናይ ሳንቡእ ዓባይ ሰዓል ጥራይ'ዩ ከለሊ ዝኸእል
- ባክተርያ ዓባይ ሰዓል ንነዊሕ ግዜ ደቂሱ ክጸንሕ ይኸእል (ንልዕሊ 10 ዓመት)
- እዚ ዝደቀሰ ባክተርያ ብመርመራ ጥራይ'ዩ ክረጋገጽ ዝኸእል



አብ ቀረባ መጻኢ ዝካየድ መርመራ ዓባይ ሰዓል

መጽናዕታዊ ፕሮጀክት TB ENDPoint ፍልይ ዝበለ ዕድል ፈጠሩ ይርከብ

- አብ ከባቢኹም ዝርከብ ኹ ኹ ደ ዘዳለዎ
- ናይ ናጻ መርመራ
- ናይ ናጻ ፍወሳ

ቤተሰብኹም ወይ መሓዙትኹም ተማልኡ!

ኩሉም አብ ኤርትራ ወይ ኢትዮጵያ ዝተወልዱን አብ ሃገረ ኔዘርላንድ ትሕቲ 10 ዓመት ዝገበሩን ክሳተፉ ዕዳማት'ዮም!

ናይ መንነት ወረቆትኹምን ናይ መድሕን ካርድኹም ምሳኹም ተማልኡ!