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World TB Day 2019 JKUAT Report (21st March 2019)

Tuberculosis is the world's top infectious disease killer, claiming 4,500 lives each day. Since 2000, 54 million lives have been saved, and TB deaths fell by one third. But 10 million people still fall ill with TB each year, with too many missing out on vital care.

The theme for this year's world TB day is: 'It Is Time to End TB'.

Tuberculosis is the leading infectious disease killer in Kenya. It has a prevalence of 426 cases per 100,000 population. Two-thirds of population have had symptoms of TB and have not yet sought treatment. Of these, the majority (82%) did not seek care because they felt symptoms were not serious.

It was reported that 35% of people on TB treatment were non adherent to medication. Twenty seven percent of the households are affected by TB and are facing the catastrophic total treatment costs that are more than 20% of their annual household expenditure.

These vital statistics on tuberculosis both globally and locally calls for action for a concerted effort from all stakeholders to end TB. The medical students of JKUAT took the opportunity to join hands and participate in the campaign to end TB in Kenya. Under the theme of '**It Is Time**

for a TB-Free Kenya’; they organized for a TB awareness and screening campaign at JKUAT main campus, Juja on 21st March 2019.

The event was organized by association of Medicine and Surgery Students in JKUAT (JKUSMA) in partnership with:

1. JKUAT pharmacy students association (JPSA)
2. JKUAT nursing students association (JKUSNA)
3. JKUAT medical microbiology students association (JKUMMSA)
4. JKUAT Comprehensive Care Clinic and Tuberculosis Clinic

The event was sponsored by Stop TB Partnership Kenya and supported by National TB Program Kiambu County and AMREF Kiambu Branch.

Attendance:

Eight hundred and fifty students, staff and residents living around the university attended the world TB day awareness campaign at JKUAT which translates to 85% turn up of the target population (1000) during planning. Majority (55.6%) of participants were males against females (44.4%).

In attendance were invited guest who gave insight into tuberculosis to the participants:



Dr Patrick Mburugu- Lecturer JKUAT, Consultant Pediatrician, TB advocate: presented on the link between tuberculosis and HIV. The don urged students and the community members to attend regular health checkups, revealing that everyone is susceptible to opportunistic diseases (TB) which can be fatal in

immune-compromised state. Further he called upon the health care providers to engage in sensitization campaigns in the community to increase TB awareness.

Mr. Tiberry Nyakwana- Lecturer JKUAT, specialist in Epilepsy: presented on the challenges of tuberculosis treatment. He stated that early diagnosis and treatment of TB can significantly reduce the cost up to 2 million shillings per person while eliminating the chances of recurrence of disease, drug resistance and elimination of residual/latent disease.

Dr Tiberry called for TB advocacy at research level citing the need to find innovative way of generating permanent solutions to TB since currently the major shortcomings of TB management are poor diagnostic and treatment modalities.



Evaline Kibuchi- Chief Coordinator- Stop TB Partnership Kenya: presented on the burden of TB in Kenya. She iterated that TB should be viewed as a development problem rather than medical quagmire in order to create more thrust in the pursuit of better policies in the fight against tuberculosis in Kenya.

Ms. Catherine Amani- Tb Champion insisted on the need of involving the youth and other health care providers on Tb advocacy through media technology.

Ms. Nancy Wangeci- Multidrug Resistant TB survivor gave insight on the plight of TB patients in the society.

Dr Masengeli- Lecturer JKUAT, Head Division of TB Control and Prevention JKUAT Hospital: represented Chief Medical officer JKUAT; Dr Mugo. She urged students, staff and community members to make use of JKUAT TB clinic for regular checkup and treatment services offered.



TB Awareness Walk

The program of the day started off at 10: 30 am with opening remarks by Dr Reuben Thuo,



JKUSMA Patron, and Dean School of Medicine who flagged off the TB awareness walk. The walk took place within JKUAT main campus proceeding from Institute of Tropical Medicine (ITM) grounds, proceeding to JKUAT Pavilion, on to Main Gate, then outside the university through Gachororo Road. The procession reentered university through Gate B and finally convened at JKUAT pavilion by 12 noon.

Dr Reuben Thuo, Patron JKUSMA, Dean School of Medicine, JKUAT

The participants in the procession created awareness on Tuberculosis by chanting messages on TB management and encouraged the surrounding community to come for screening in the university.

TB Screening

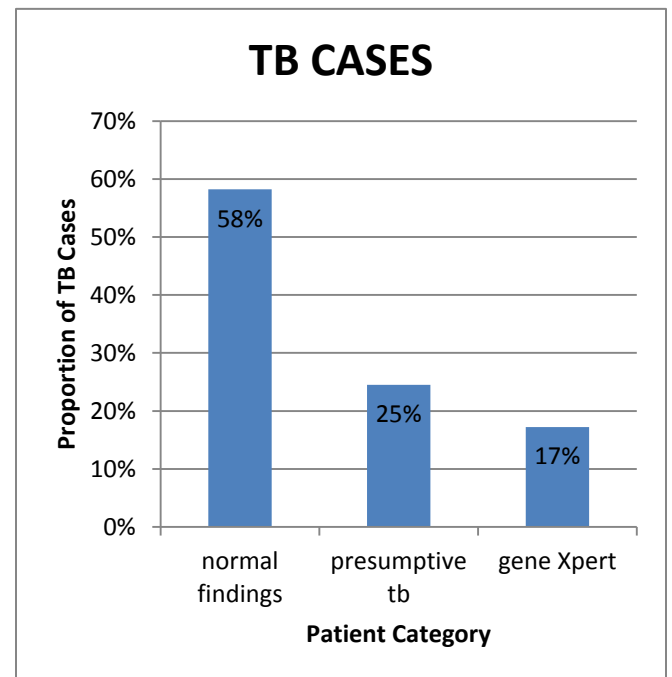
A medical camp was carried out between 9.30 am and 2.00 pm whose main focus was on TB screening. A total of 291 (34% of participants) people were screened of which 162 were males while 129 were female. All were adults.

Seventy three (25%) of the people who were screened had symptoms suggestive of Tb infection and were categorized as presumptive Tb cases. All of them were requested to collect sputum for GeneXpert analysis. Only forty nine (67%) of the case were able to produce sputum onsite. The sputum samples collected were sent to JKUAT Hospital and Kiambu County Reference Laboratories for GeneXpert analysis. All cases

shall be followed up at JKUAT CCC and Tb Clinic who will receive the GeneXpert results and share with patients.

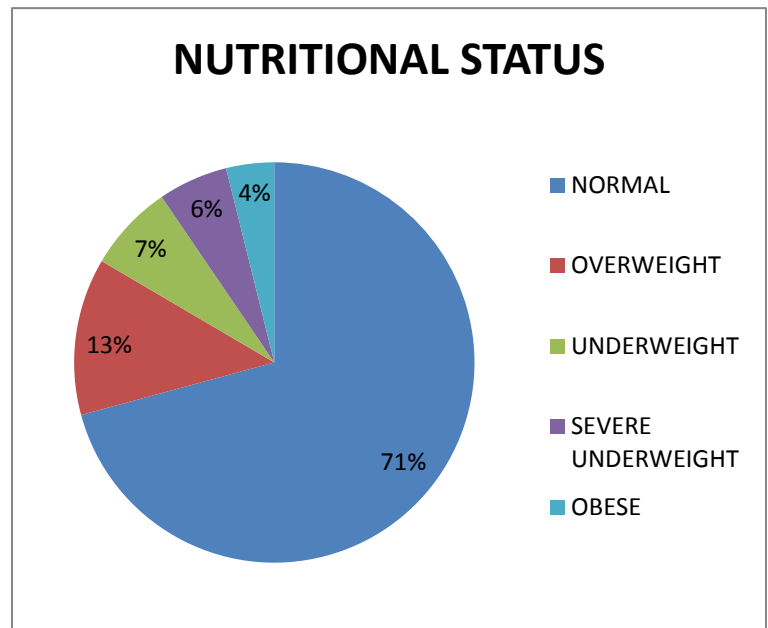
The following services were also offered: blood pressure and blood sugar measurement. HIV testing and counseling was done for 129 people. All had negative results. No abnormal findings were detected for these parameters.

However, there were significant findings for nutritional assessment. The findings were based on body mass index calculation using patient weight and height. A total of two hundred and eighty four people underwent nutritional assessment. Sixteen (6%) were severely underweight with BMI less than 15.5 kg/m^2 while eleven (4%) of them were obese with BMI greater than 30 kg/m^2 .



Striking observation is that more than half of the malnourished cases were categorized as presumptive TB cases. This underscores the role of nutrition in the management of these menace; tuberculosis.

As well, it was noticed that the statistics of TB and nutritional status among students, staff and the community members do not tally with figures recorded at JKUAT CCC and Tb Clinic. These can be attributed to lack of awareness among members that these facilities are offered at these centers in the university.



The TB screening was carried out by AMREF Team of 15 members consisting of clinicians led by Alice, JKUAT CCC and HTC Clinic staff led by Monica Kusa (clinical officer).

The world TB day commemoration ended successfully at 2.15 pm with closing remarks from Dr. Masengeli.

CHALLENGES

We had excellent turn up for the event (850 people). It was noted that most of the participants were interested in the public education. The reason why we had low numbers coming for screening (291 people only); besides short time to plan and mobilize people for the screening; compounded by the fact that we did not have adequate materials for publicity and some departments had examinations scheduled for the same date.

The equipment that were availed for the medical camp were substandard and inadequate especially tents, chairs and tables, screens and examination tables.

Perception of students pursuing medical and health related courses that they are health and do not deserve the regular screening services.

RECOMMENDATIONS

1. World TB day celebrations should be an annual event
2. Start planning for the world TB day 3 to 4 months early to allow adequate time for lobbying students, staff and neighboring residents to take part in TB screening
3. Public education for significance of regular screening for TB and HIV
4. Empowering the JKUAT CCC and Tb Clinic to offer Tb screening and treatment services; equipment, personnel and even funds.
5. Publicity of the JKUAT CCC and Tb Clinic to the students, staff and neighboring community, so that they can take up their services
6. Public education on nutrition with focuses to special groups such as Tb patients; emphasize risk of malnutrition and development of lifestyle diseases.
7. Integrate the world TB day celebration into the university calendar of activities for the year so that provision is made for students and staff to participate in the activity

In conclusion, the world TB day celebration 2019 at JKUAT was a successful. We urge participants who benefited from the campaign to take up the challenge as TB advocates spreading the word and stepping up the fight against TB. Together we can end TB even as we strive to achieve A TB-FREE KENYA. Get tested. Encourage your network to get tested and treated for TB.

APPRECIATION

Our special thanks go to the Almighty God for giving us the gift of life and breath.

We also very grateful to the support and guidance offered by Evaline Kibuchi, National Coordinator, Stop Tb Partnership Kenya and her team towards the success of this event.

We also specially recognize the support and contributions made by Joshua Mutua (National Tb Program), Dr Evelyn Kimani (CTLIC) Kiambu County and Alice (Team leader AMREF) for mobilizing staff from the county who helped in the TB screening.

We also appreciate our guest speakers for accepting our invitation and coming to give insight on Tuberculosis even as we strive for a Tb free Kenya.

The support of the patron JKUSMA, Dean School of Medicine; Dr Thuo: cannot go unnoticed. We are grateful for your guidance and contributions towards planning of the World TB Day 2019.

Finally, a special thank you goes to the student leaders; Tony Kiprono and Wycliffe Oruru; for writing the proposals and providing leadership to the organizing committee of the World Tb Day 2019.

We look forward for more future partnerships.

May God bless you all.

GALLERY



Group photo with dean school of medicine, Dr Thuo, Dr Mburugu and Tiberry Nyakwana; shortly after opening remarks



The TB awareness walk lead by Mr. Kenneth Mutai and Mr David Andayi



TB awareness walk chant “TB ina tiba” lead by Mr Oruru and Mr Kiplimo



Participants and staff busy offering free medical services including Tb screening



Tb Awareness walk

Organizing committee

1. Wycliffe Oruru	Team Leader	
2. Tony Kiprono	Team Leader	JKUSMA PUBLICITY SECRETARY
3. Samuel Musyoka	Member	JKUSMA ORGANIZING SECRETARY
4. Monica Kusa	Member	JKUAT CCC STAFF (Clinical Officer)
5. Mukami Grace	Member	JKUAT CCC STAFF (Nurse)
6. Vincent Mwima	Member	JKUSMA CHAIRPERSON
7. Diana Millennium	Member	JPSA CHAIRPERSON
8. Josiah Kipkemboi	Member	JKUSNA CHAIRPERSON
9. Lillian Obaga	Member	JKUMMSA LIASON
10. Brian Okong'o	Member	JKUMMSA CHAIRPERSON
11. Violet Njeri	Member	JKURSA CHAIRPERSON
12. Nancy Soita	Member	JKUCMA LIASON
13. Lucy Kamunya	Member	JKUSNA LIASON
14. Daniel Warungi	Member	JPSA LIASON

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