

# QUESTIONS AND ANSWERS ABOUT TUBERCULOSIS (TB)

## 1. What is Tuberculosis(TB)?

Tuberculosis is an infectious disease, caused by a germ called mycobacterium tubercle. It affects mainly the lungs.

## 2. How does TB spread?

TB spreads when an infected person coughs. The cough contains millions of droplets with the germs that are spread in the air and inhaled by others. This is called air-borne transmission and generally occurs indoors with poor ventilation. Out-doors and in bright sunshine, the germs are quickly killed.



## 3. What is the main symptom of TB?

A cough lasting from 2-3 weeks is the main symptom. Other symptoms are loss of appetite, loss of weight, chest pain, night sweat, fever, blood stained sputum, shortness of breath, tiredness and general malaise.

### How do you prevent TB?

- \* Eat well with balanced diet
- \* Avoid overcrowded places
- \* Cover mouth and nose when coughing
- \* Give BCG to all newly born babies and children under five years
- \* All TB cases must be treated
- \* Give health talks to patients and communities
- \* Report suspected TB cases to the clinic

**DOTS CURED ME  
IT WILL CURE YOU TOO  
EARLY? TREATMENT of TB  
ENSURES COMPLETE CURE**

## 4. How do I know that the cough I have is TB?

The most reliable way is a positive sputum test in the lab.

## 5. Is TB curable? Yes TB can be cured

## 6. What is the importance of Directly Observed Treatment Short - course (DOTS) in the treatment of TB?

It ensures that TB patients take the correct drugs for the appropriate time and duration under supervision.

## 8. Where do you go for TB/Leprosy treatment in Kambia District?

To Kambia Government Hospital or PHUs with DOTS facilities.

## HEALTH TALK FROM DHMT



**Mr. Hassan Kanu M & E Officer, DHMT Kambia**

Health talk for this edition focuses on the attitude of people in Kambia towards health. Mostly people's attitudes to health issues are negative and show little or no concern. Unless they are directly affected, they do not realise the importance of good health. To achieve better quality health care delivery services, everyone must participate, not just the health personnel. An example is the sad case of a very young

child in Magbema chiefdom in Kambia District, who is now a victim of polio.

Apart from normal routine immunisations, Round Campaigns have been organised to ensure that every single child under five receives vaccine. However, despite numerous rounds of polio immunisation campaigns in the district, the child affected with polio had not received a single polio vaccine. The mother usually fled to her farm with the child whenever there was an immunisation team in the village. The community members themselves failed to persuade the mother to let her child be immunised. Community members probably believed that immunisation was not important and not their concern to ensure that every child is vaccinated in the community. Our concern is to ensure that every child under five in any community gets immunised. Communities should mobilize themselves to ensure that health intervention become a priority.

# MESSAGE FROM PERIPHERAL HEALTH UNIT (PHU) Yeliboya Community Health Centre

Women in Yeliboya realising the importance of having a health centre, mobilised themselves to construct a new health centre.

Yeliboya is in the Samu Chiefdom of Kambia District, some 70 nautical miles from the Government referral hospital in Kambia. It is an island community with boats as the only means of transport.

The PHU has a catchment population of 4,782, clinic sittings were done in a community house until September 2009, when the community decided to construct a new building for the purpose.

The process started by holding community meetings. At the meeting, pledges were made in kind and in cash. Women particularly took an active part to get their husbands involved, since the centre would reduce maternal mortality and provide a convenient place for the treatment of other diseases.

Yeliboya in the past is renowned for cholera, prevalent every year. Since 2007, outbreaks have been controlled due to the community adoption of sanitation practice, and the construction of 65 drop hole latrines by MSF and DHMT. Intensified sensitisation on good health practice and chlorination of water in the community contributed greatly to the control of this deadly notifiable disease.



Previous Yeliboya PHU



Present Yeliboya PHU  
constructed by community



Constructed toilet



Dhmt to Yeliboya

# INTRODUCTION OF NGO

Action Aid International Sierra Leone (AAISL) Kambia Development Area



**Mr. Mohamed Sillah, Program Manager Kambia Dev. Area**

## Introduction

Action Aid Kambia Development Area (DA) was established in 1988 and started its sponsorship programme in Bramaia and Tonko Limba Chiefdoms. During the early years of its operation, the DA was mainly involved in providing access to clean water and sanitation facilities, building schools, health facilities, supplying seeds and tools to farm families. The operation of the DA was disrupted by the civil war in 1999 and was temporarily relocated to Forecariah in neighboring Guinea. On resumption of full operations in early 2003 the sponsorship programme was introduced in Magbema and Masungbala chiefdoms. The DA is presently working in 36

communities within the 2 chiefdoms using sponsorship funding and over 40 communities in other areas using partnership funding. Main areas of focus: Right to Education, Right to Just and Democratic Governance, Women's Right, Right to Food and Right to Human Security

### Some key achievements in 2009.

#### **Right to Human Security (Water and Sanitation)**

ActionAid constructed 4 new wells and completed/rehabilitated 5 wells fitted with hand pumps within 8 communities in Magbema and

Masungbala chiefdoms; constructed 14 household latrines in 2 communities. About 2,250 people including women and children now have access to safe water sources within their communities and over 300 people have access to improved latrine with hand washing facilities



*A pond – the previous source of drinking water People fetching water from the new well in Magbema Chiefdom*

## Editorial

### An avoidable tragedy

- \* Malaria deaths can be halved with avoidable solutions currently available.
- \* We can get much more out of existing medicine, tools and strategies.
- \* When health care is strengthened, Malaria can be rolled back.

### Proposed Article for 3<sup>rd</sup> volume in December

- \* Vital statistics on health in the district
- \* Health activities in the district from July to November
- \* Health messages from PHU activities
- \* Health messages from communities and patients
- \* Introduction of NGO and stakeholders

### Editorial Health Message

#### THE FAMOUS TRADITIONAL BIRTH ATTENDANT (TBA)

There is a famous TBA in one community, who is in the habit of challenging any delivery case brought to her. According to rumors she has delivered over 100 babies. Women in the surrounding communities trust her very much so that some travel as far as 15 miles for deliveries to her.

One day a teenage pregnant girl was brought to her for delivery. As usual she went to the bush to collect some herbs to be administered on the pregnant girl. The girl drank some cups of the mixture and suddenly started to feel serious labor pains; the pains continued for over 24 hours without the girl delivering. After applying series of local delivery methods on her without succeeding the girl became unconscious.

Suddenly a school teacher came around and heard of the news of the poor girl struggling, on seeing the condition of the girl he explained to them the dangers of home delivery and urged them to immediately take her to the nearest health centre. The TBA seeing the seriousness of the issue ran away. At the health centre the girl was immediately attended to by an MCH Aide but unfortunately she lost the baby.

After this incidence the famous TBA gave up the home delivery and now serves as the adviser of all TBAs in the district, advising them to refer all deliveries to the health centers.

Japan

Sierra Leone



**Take Team**  
**Well Bodi Na Gentr!**



#### *Editorial Team*

*Mr. Amara Brima*  
*Mr. I.A.T. Kamara*  
*Mr. Julius S. Bangura*



*Issued Date on 01 August 2009*