

Training healthcare workers to enhance patient-centered care for drug resistant Tuberculosis/HIV in South Africa

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Background

- The research study: **Adaptive evaluation of mhealth and conventional adherence support interventions to optimise outcomes with new treatment regimens for DRTB and HIV in SA (ADAPTIV study)**
- **Enhance the standard of care** by provision of extra training for healthcare workers supporting people with HIV/DRTB
- Presentation focused on the training conducted with nurses and social workers
- HCWs are at the forefront of patient care, and interventions to enhance adherence, and engage DR-TB/HIV patients, require a holistic approach

Training healthcare workers (HCWs)

- Training at two main sites:
- **King Dinuzulu Hospital** and **KwaMashu Community Healthcare community clinic (CHC)**
- **Nurses** (Professional nurse, enrolled nurses, auxiliary nursing assistants)
- **Social workers at both facilities** (district or MDR section)
- Over 50 healthcare workers have already been trained since implementation of the study in 2023

Objectives of the healthcare workers training

- Equip nurses and social workers with basic understanding of Tuberculosis, DRTB treatment and side-effects commonly experienced by patients
- Define different forms of DR TB (Rifampicin (RR) and Isonaizid (INH))
- Treatment and common side effects of DRTB
- Impact the biological, psychological & social health of patients with DR-TB/HIV
- Identify ways to enhance patient adherence to treatment
- Psychosocial support interventions to enhance adherence

Methods

- The training was both visual and instructor-led
- Multiple sessions for both nurses and social workers who were trained separately.
- Training focused on the following:-
 - DR-TB medication (using flip charts)
 - Medication side effects
 - Psychosocial impact, highlighting the common side-effects and the side-effects that had a direct impact and association on stigma, depression, isolation and were reported by patients to have had an impact on the bad relationship they had with and received from either family/ colleagues/community members.

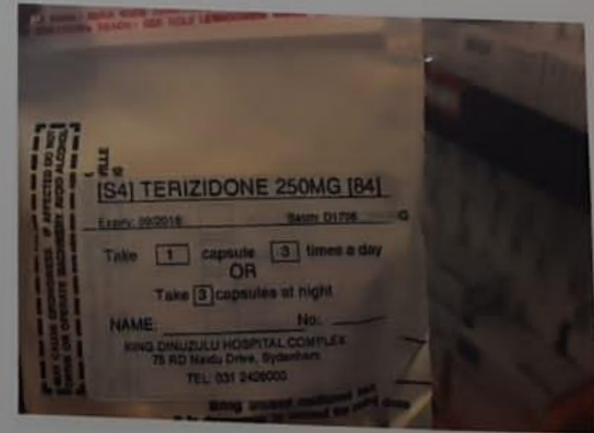
Isoniazid

- 300mg tablet and 100mg tablets, usually 400mg daily
- Don't take with very fatty meals; avoid alcohol or antacids
- Dangerous! Yellow skin and eyes, light colored stools



Terizidone

- 250mg, usually 500-750mg
- Works best on empty stomach, take with food if having upset stomach
- Dangerous! Hallucinations, seeing or hearing things that aren't there or thinking about suicide



Findings

1. The biopsychosocial approach integrated learning components
 - enhances the holistic care of the patients
 - widens the knowledge of both healthcare workers
2. Patient social issues for referral to social workers were not always understood by nurses
3. In-depth understanding of drug effects by social workers was a gap
4. Need for nurse-initiated referral to social workers crucial
 - nurses spend more time with patients
 - understand the patients' social circumstances better than treating physicians/Doctors
 - Social workers have training to deal with the social impact of patients

Recommendations

- Expressed **need for ongoing in-service training** on TB and HIV drugs, treatment and the management of common side-effects is of a great need
- In-service training for nurses on the services **offered by social workers in health care** is crucial to enhance patient-centered care for patients
- **Strengthening of independent relationship between the two healthcare professionals (Nurses & social workers)** through regular trainings & discussion sessions will further enhance patient centered care and improve treatment outcomes

End

- Mbali Zulu: Study Coordinator ADAPTIV
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