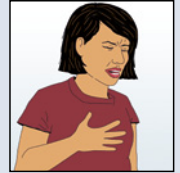


You will be cured of tuberculosis (TB)

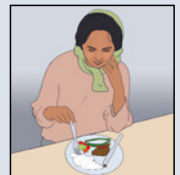


Symptoms of TB are

Coughing for three weeks or more



Loosing appetite or loosing weight



Feeling weak and tired



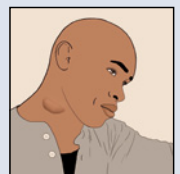
Having fever over some time



Sweating during the night



Swelling or a lump on the throat, in the armpits or in the groin



Consult a doctor if you have symptoms

You will receive treatment and get cured



Doctors are bound to confidentiality



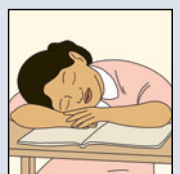
Treatment is free of charge



Local contact information:

Children may have other symptoms than adults:

Sleeping more than normal
Getting easily tired
Eating poorly
Failure to gain weight



“Trust and knowledge” – a TB education project in Norway (Drammen)

Norway is a low TB incidence country. 90 % of those who get TB in Norway are immigrants from high TB incidence countries. Two persons representing immigrants from such countries in Drammen municipality initiated a collaborative project for developing a TB teaching program for immigrants at risk. They experienced that immigrants lacked information about TB and had reduced trust in the Norwegian healthcare system. Healthcare workers, on their side, experience difficulties in providing information and TB services to immigrants, because of the language and stigma barriers.

Our project group consists of the initiators, a former TB patient, a patient organization, a public health nurse from the municipality, the TB coordinator from the hospital and two persons working with equitable health services at Drammen hospital. The group members have complementing knowledge and experience from both a user and a system perspective.

The aims of the TB education and training program

- To spread knowledge about TB
- Create trust in the Norwegian health system
- Make people seek health care if TB is suspected
- Reduce stigma and fear

About the program

The content in the program is based on a needs assessment among people in the target groups. Good arenas for teaching are introduction centres (schools where newly arrived immigrants learn Norwegian and learn about the society), asylum camps and immigrant organisations. The main messages in the materials are:

- You will be cured of TB
- Consult a doctor if you have symptoms of TB
- Doctors and nurses are bound to confidentiality
- Treatment is free of charge

The program includes

- Manual with stepwise instruction on how to organise a teaching session
- Information sheet (in several languages)
- PowerPoint-presentation with facts about TB and the health system
- Manuscript for the PowerPoint-presentation
- Animation film explaining TB in a simple way (in several languages)
- Film with interviews of former patients (in several languages)
- Tasks for group work
- Frequently asked questions about TB with answers

Outcomes and experiences made

Feedback from participants shows that the program promotes learning, reflection and a change of attitude towards TB. It is important to emphasize the importance of presenting safe messages about TB and using a simple language when teaching. People in target groups need oral and visual information along with written information. Also, information is more trusted if it is presented by a former TB patient or representatives from the target groups, in addition to a health care worker.

For more information, check www.vestreviken.no/tuberculosis

The animation film and the information sheet will be available in 2016.



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