

User's guide

Tuberculosis (TB) teaching pack

For health workers and teachers in municipalities, asylum reception centres, introduction centres, immigrant organizations.



It is difficult to trust the duty of confidentiality.

If the information comes from someone who has had the illness, people feel more confident to visit the doctor.

People from my culture do not read much. It's good to give them information in colour, with pictures.

Aim of the teaching:

- to increase knowledge about TB
- to increase trust in the health services
- to get more people to visit the doctor when TB is suspected
- reduce stigma and fear

Target group:

- students in introduction courses
- recently arrived asylum seekers/immigrants
- people living in asylum reception centres
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Why the TB Teaching Pack?

The aim of this teaching pack is to spread knowledge about TB and create trust in the Norwegian health services. Two persons with a Somali background took the initiative to develop a teaching pack about TB, as they found that Somalis and other immigrants lacked knowledge about the illness and had little trust in the Norwegian health services.

The teaching pack has been developed by these two persons, as well as by users, voluntary organizations, municipal health workers and specialist health service workers. The teaching pack and the project are called "The TB project Confidence and knowledge in the Drammen area". The pack has been tested and quality-assured with the target groups.

For the teacher

- PowerPoint file with Norwegian and English text
- animated film in different languages
- patient interview film in different languages
- manuscript for presentation

For the participants

Information sheet/poster in different languages

For the interpreters

Script for presentation

How long does the teaching take?

3 hour version:

The entire teaching programme, including the presentation, screening the animated film and the patient interview film, questions from the floor, group work and plenary discussion, takes around three hours. We recommend this for teaching in introduction classes and for recently arrived asylum seekers in reception centres.

The full teaching programme gives time for reflection and exchange of experiences, which in turn may lead to a change in attitude. Questions from participants during the teaching makes for a more relaxed atmosphere and creates trust.

One hour should be set aside for the group work. This will give the audience an opportunity to discuss and express in their own words taboo-laden topics linked to tuberculosis.

1 hour version:

An alternative to the full programme is a shorter teaching programme including only the PowerPoint presentation, screening of the animated film and going through group questions in plenary, which takes around 1 hour. We recommend the short teaching programme when visiting local meeting places for immigrants (e.g. immigrant organizations, mosques or women's groups).

You can omit slides 7 and 12 from the PowerPoint presentation. If there are very many questions during the presentation, you can encourage the participants to wait until you have finished your presentation. You should set aside 10–15 minutes to go through the group questions.

Teaching plan, 3 hour version

Introduction and welcome – 15 minutes

- Group the audience by language
- Hand out the information sheets and booklet in the relevant languages.
- Hand out the scripts to the interpreters (including the film script)
- Welcome the participants and inform them about the teaching programme.
- Tell the participants that they are welcome to ask questions at any time (individual questions will be dealt with after the course).

Teaching – 1 hour

- The trusted person introduces the session (presentation sheet no. 1–3). A trusted person is someone whom the others trust, for example a community health nurse or someone with the same background as the target group.
- Teaching by the programme leader (presentation sheet no. 4–13). Keep to the script. Simple, clear speech.

Break – 15 minutes

Film screening – 20 minutes

Group work – 1 hour

- Divide into 3–4 groups. One person in each group is appointed "group leader" and writes down answers / points for discussion, which will be handed in to the teacher. The interpreters may function well as group leaders.
- Hand out a sheet with questions 1–4 (final sheet in the presentation) to each group.
- The groups go through all the questions. Encourage the audience to participate actively in Norwegian or to ask questions via the interpreter.
- The teacher circulates from group to group and answers questions. You will find answers to frequently asked questions on the "FAQ" sheet.

Summary in plenary – 30 minutes

- The programme leader summarizes in plenary.
- Each group presents its answer in plenary, so that all four questions are covered. The other groups can provide their input.
- The programme leader summarizes the day (see script). Thank participants for attending!

Teaching plan, 1 hour version

- Introduction and welcome – **5 mins.**
- Teaching by the programme leader (presentation sheet no. 1–13) . Show only the animated film. Hold a short round of questions in plenary related to questions 1–4 (final sheet in the presentation) – **45 mins.**
- Summary by health workers and thanking participants for attending – **10 mins.**

The teaching day

- Be there in plenty of time before teaching starts.
- Check that technical aspects such as presentation viewer, film and sound are working properly.
- Place chairs and tables in groups around small tables, or in a U shape, or "fanned" around each interpreter and facing the teacher.
- Plan group work and organization of the plenary review.
- Find out where the health workers can have one-on-one conversations after the teaching.
- Hand out the scripts to the interpreter(s) and tell them that the film will be shown uninterrupted, and that the interpreter translates the script during the screening.

Set out information sheets and brochures in the relevant languages.

Checklist one to two weeks before the teaching

Plan the teaching:

- Decide whether you will hold a three-hour or one-hour teaching programme.
- Find a trusted person who can participate in the teaching.
- Make an agreement with a contact person/teacher at the venue. We recommend that this person should participate in the teaching, so that he/she can answer questions afterwards.
- Divide the audience into groups by language. A suitable group for teaching comprises around 15–35 persons with a maximum of four interpreters present.
- Investigate the need for interpreters, and book these. Use local guidelines for booking and using interpreters. Remember to describe the assignment (teaching and group dialogue about tuberculosis and the health services). See guide to communication via interpreter, Directorate of Health 2011 (QR code). If you are not using interpreters, we recommend that two lead persons hold the teaching in both Norwegian and English. This will ensure optimal understanding.
- Put up a poster with the time and place of the teaching.



Obtain the necessary equipment:

- Computer with PDF viewer
- loudspeakers
- projector
- films (download from the Internet onto the computer you will use on the teaching day)
- short version of TB booklet in the relevant languages (order / print out from www.fhi.no)
- copies of information sheet in the relevant languages

Useful tips:

- Before teaching you should consider the entire teaching situation (e.g. how the audience is to be seated, and how to organize the group work).
- Practice the script in advance. Stick to the script when teaching.
- Speak slowly and use simple language. Imagine that you are talking to a person who does not understand much English.
- When using interpreters, say two or three sentences at a time, and wait until the interpreter has finished before continuing.
- Let the audience ask questions and contribute. This enables a relaxed atmosphere and encourages the audience to ask difficult questions.
- Participate as an observer of others using the TB teaching pack before you hold your teaching session, to get practical advice and tips.

More information about the tuberculosis (TB) teaching pack:

www.vestreviken.no/tuberculosis