

Talking about Tuberculosis (TB)

Thursday 16th April

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Plan for the session



Welcome & aims



Background

Why is this important?

The global, national and local picture



Talking about TB

Learning about TB

Myth busting and stigma



Question and answer session



Next steps



Aims

- To raise awareness about TB and latent TB
- Reduce TB incidence in Nottingham through early detection and prevention
- Share accurate information about TB with colleagues
- Encourage eligible individuals to attend Latent TB infection (LTBI) screening

Why is TB an important issue?

TB kills over a million people a year globally...

- But it is curable, and deaths in England are uncommon

It can spread between people...

- But sometimes this is preventable, and we can minimise the number of people it spreads to by identifying and treating early.

Too many people are not getting treatment quickly enough...

- Lack of awareness of signs and symptoms
- Delays in getting diagnosed and treated

Not everyone is equally at risk...

- It's more common in certain areas of the world, and groups of people
- We target efforts to diagnose and treat people who are more likely to have TB

Some groups are more likely to have/get TB than others, including:

- People who were born in or spent 6+ months in countries where TB is common
- People who are immunocompromised
- Homeless people
- People seeking asylum
- People in contact with the criminal justice system
- People living in more deprived areas
- People who smoke
- Close contacts of people with active TB in the lungs

What can we do about it?



Test people who are entering the UK from countries where TB is common

Chest x-rays check for 'active' TB

Latent TB Infection testing tests test for 'latent' TB



Raise awareness of signs and symptoms so people seek care early



Provide good healthcare so people get diagnosed and treated quickly




Tackle stigma and myths about TB




UK Health
Security
Agency

Talking about TB global and national overview

The Global picture




World Health Organization



Tuberculosis
is the world's top
infectious **killer**.

TB caused **1.23 million deaths** in 2024.


Ending TB is possible.
Fund it, research it, commit to it.



World Health Organization

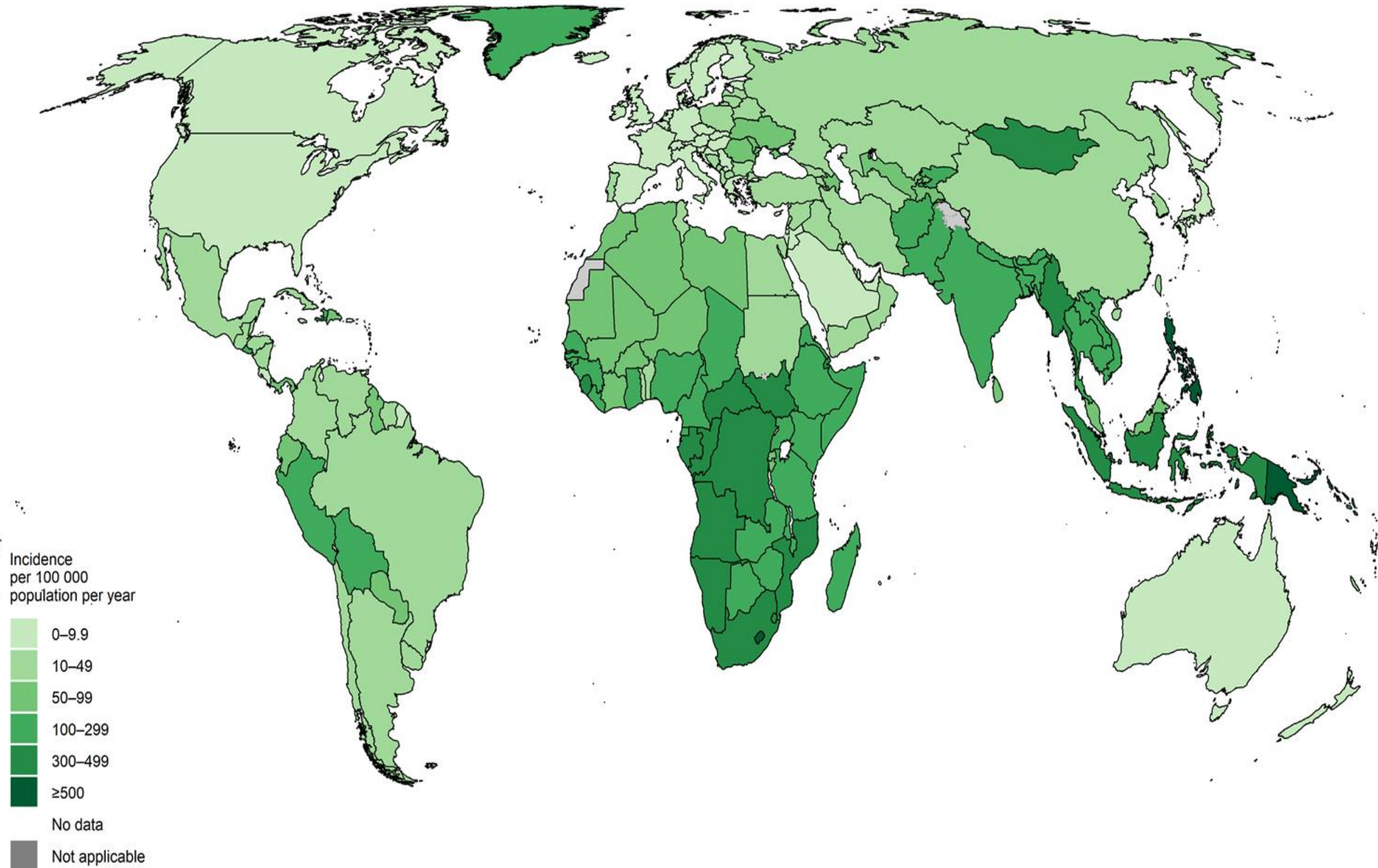
Since 2000,
83 million lives
have been saved through TB treatment.

But there is more progress to be made.



10.7 million people
were affected by TB
in 2024 alone.

Ending TB is possible.
Fund it, research it, commit to it.

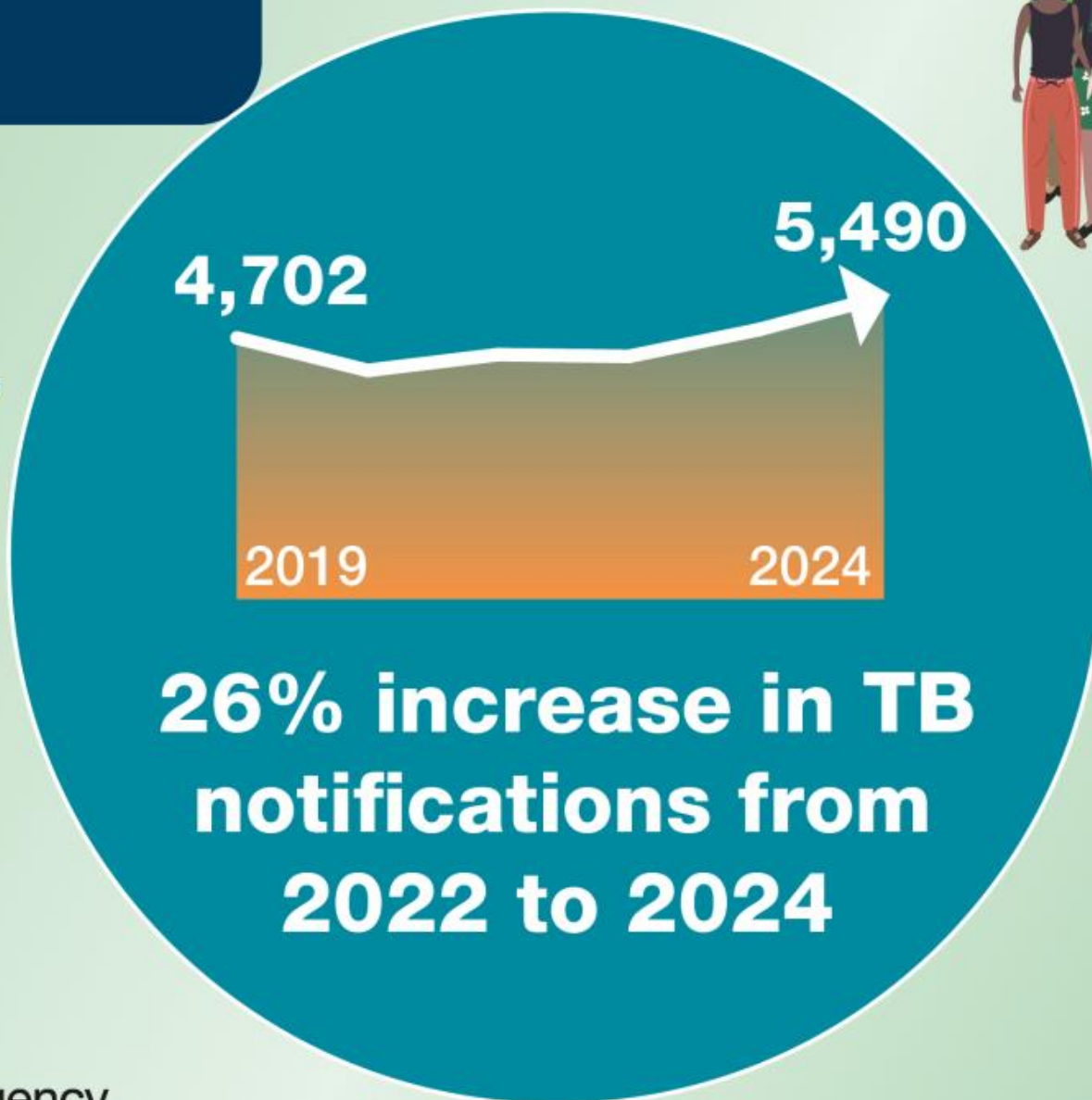


TB in England

Data for 2024



of people
diagnosed
with TB born
abroad



26% increase in TB notifications from 2022 to 2024

TB increased by 30% in non-UK born

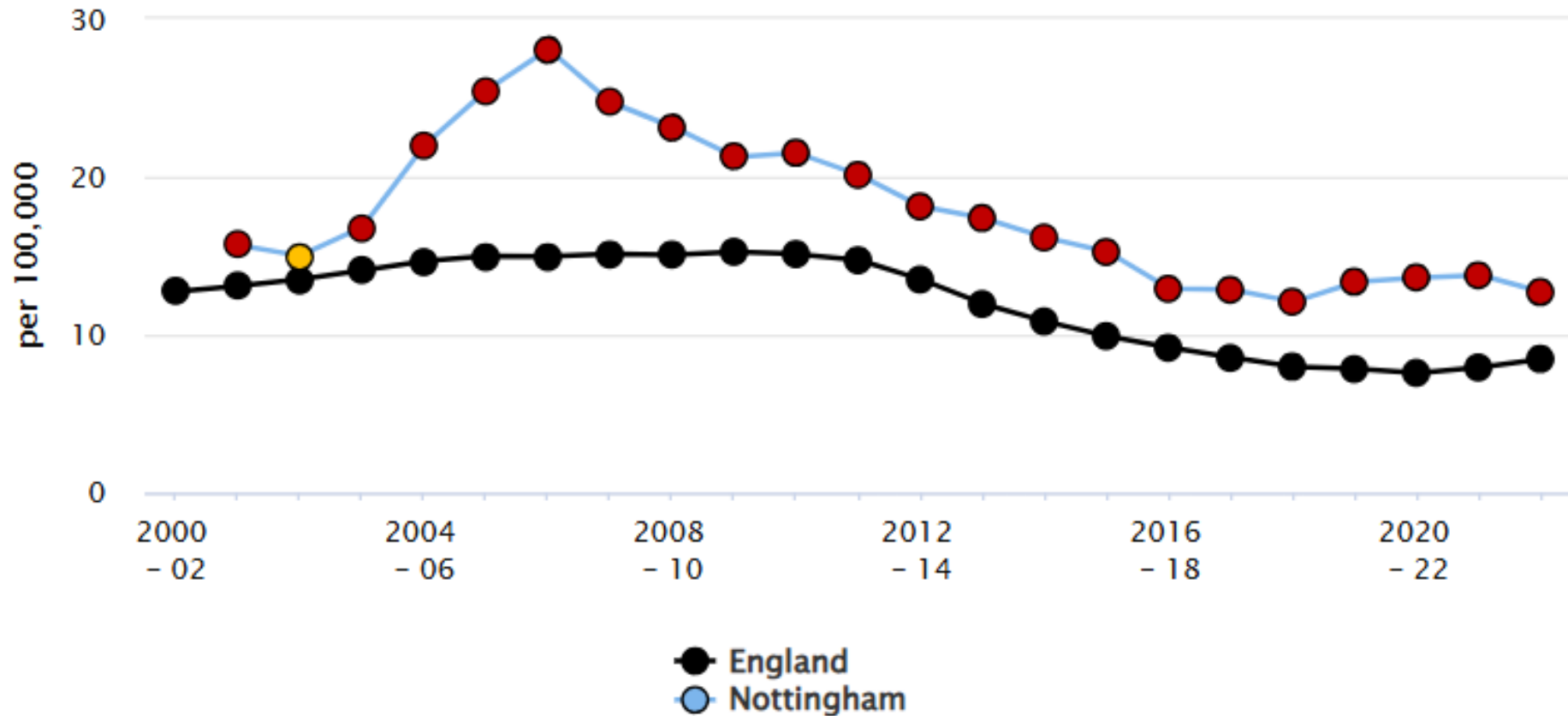
and by 9% in UK born population since 2022



UK Health Security Agency

OFFICIAL SENSITIVE - East
Midlands TB Nurse Forum

New cases of TB over time – Nottingham City

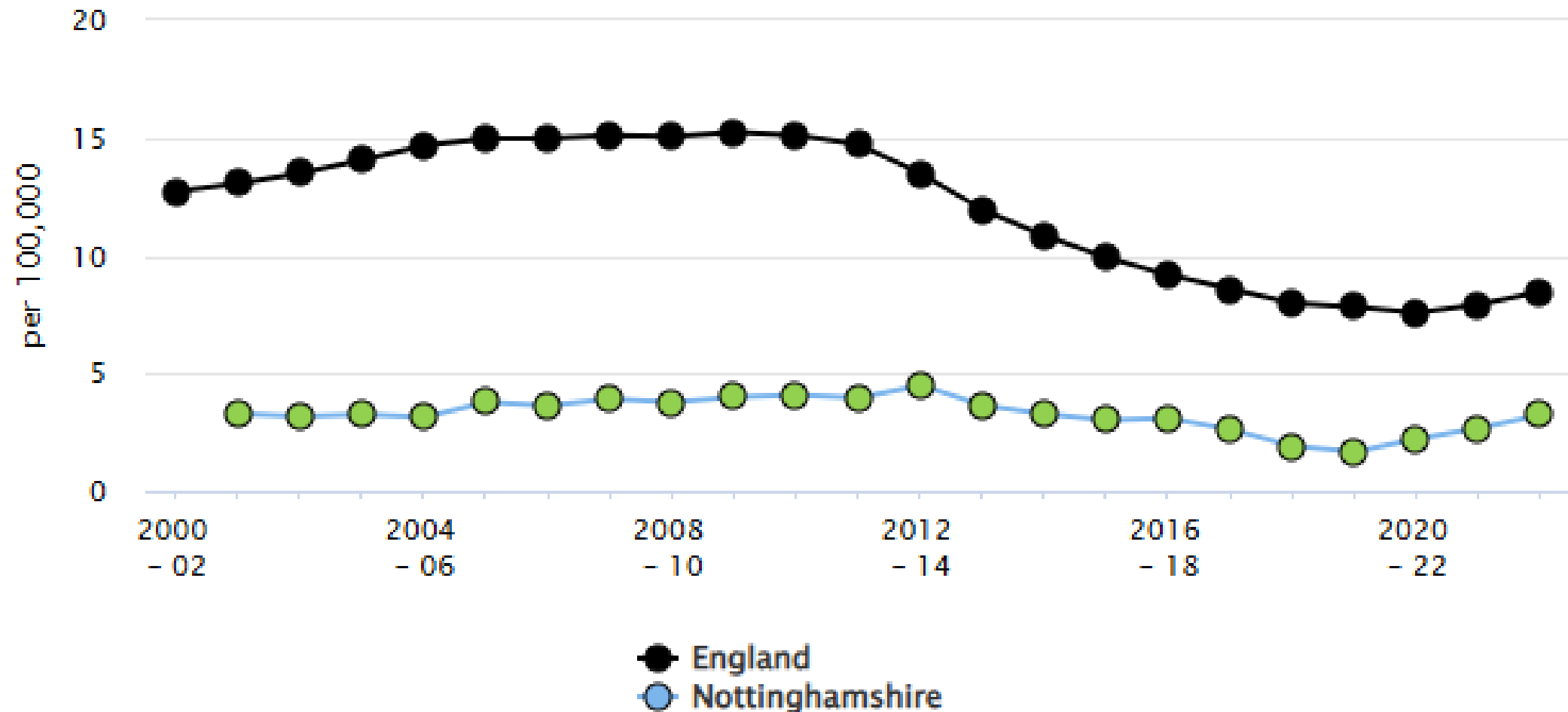


Lead. Be Inclusive. Change & Innovate. Collaborate.

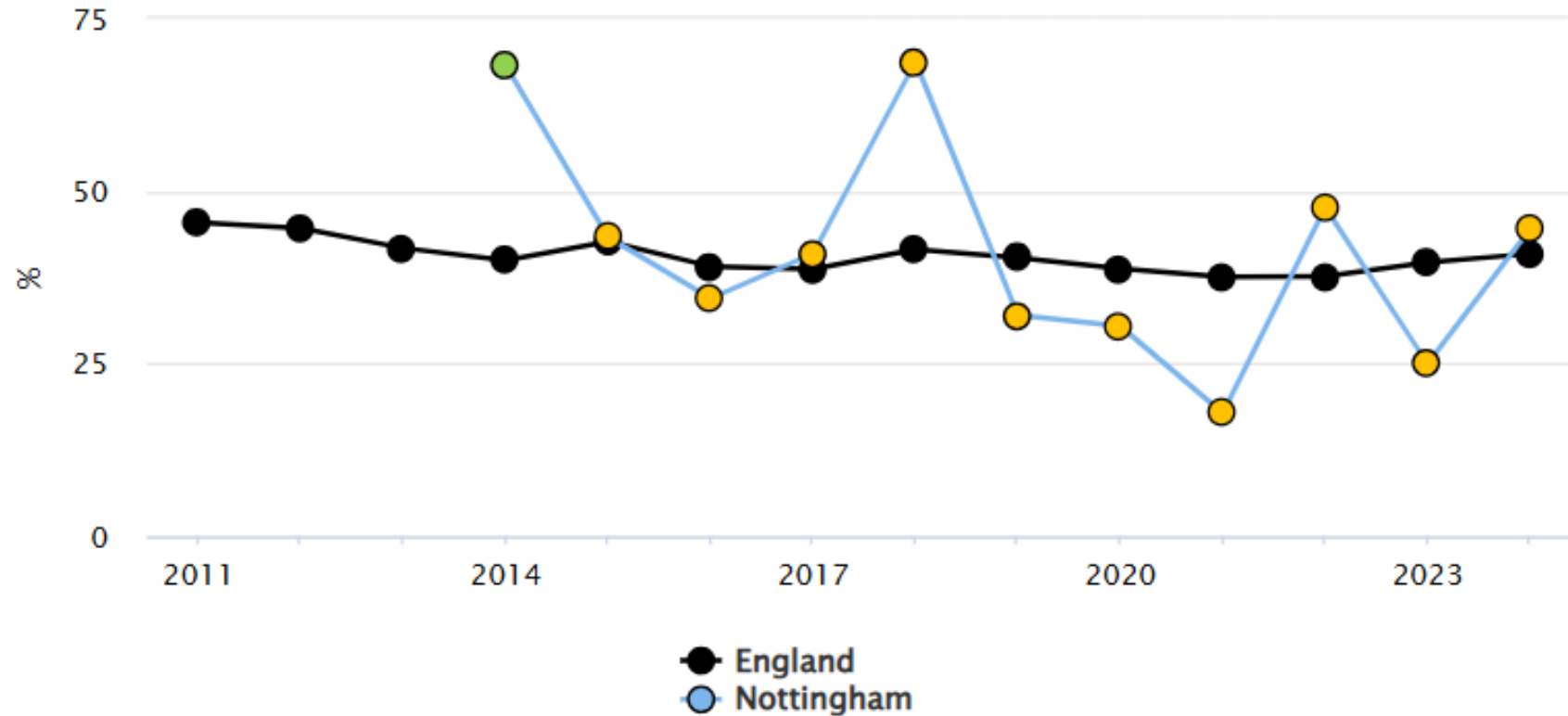


Nottingham
City Council

New TB cases over time - Nottinghamshire



Proportion starting treatment within 2 months



Lead. Be Inclusive. Change & Innovate. Collaborate.



Nottingham
City Council

Key to controlling TB



Nottingham TB services

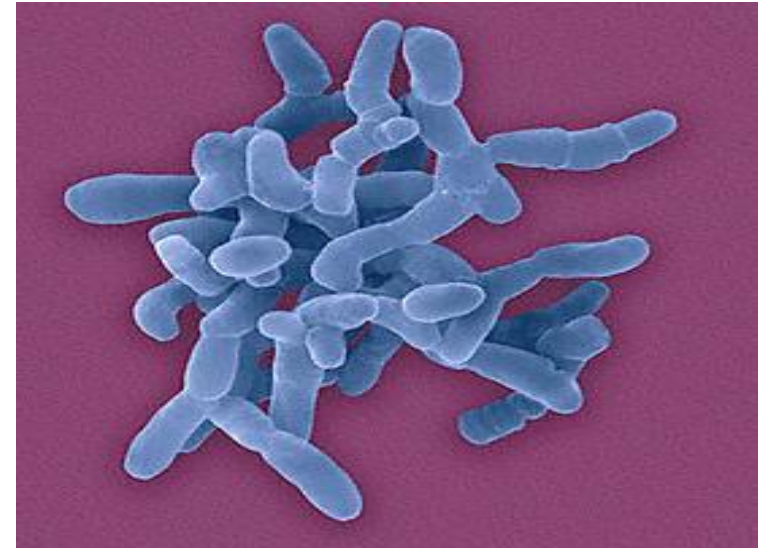
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- ▶ TB team Contact details . 0115 9628051



Mycobacterium Tuberculosis Pathophysiology

- TB is a bacillus, meaning rod shaped bacteria; it is from the genus mycobacteria.
- TB most usually affects the lungs, but it can affect other parts of the body.
- Only TB of the **lungs** or **throat** is **infectious**.
- TB is an airborne disease which **can be cured**.
- TB is transmitted to others when a person with infectious TB coughs, talks, sings, laughs or sneezes.
- TB is a notifiable disease under Public Health (Control of Disease) Act 1984.
- TB incidence has decreased in the UK since 2011 however slight increase in incidence after covid.



Transmission of TB

- Droplet Nuclei containing TB bacilli are inhaled, enter the lungs and travel to the alveoli, where they multiply.
- A small number of TB bacilli enter the blood stream and spread throughout the body.
- Within 2-10 weeks, the immune system produces immune cells called macrophages that surround the TB bacilli. The cells form a hard shell called a granuloma that keeps the bacilli contained and under control (**latent TB infection**).
- If the immune system cannot keep the bacilli under control, the bacilli begin to multiply rapidly (**TB disease**).
- This process can occur in different places in the body, such as the lungs, kidneys, brain, or bone.

Signs & Symptoms of Active TB Disease

- Productive cough for 2 weeks or more
- Haemoptysis-
- Shortness of breath
- Loss of appetite
- Weight loss
- Fever and sweating,
• especially at night for weeks or months
- Fatigue and tiredness
- Swollen lymph glands



Signs & Symptoms of TB Infection (latent TB)

- **No signs or Symptoms**
- **Person fit and healthy , bacteria are dormant.**
- TB exposure can only be assessed through special blood tests undertaken by the hospital or Occupational Health services.
- **Latent TB infection can not be seen on a chest X-ray.**
- **Exposure assessed for the 4 groups of people**
- Close contacts of Lung TB/Throat TB disease (Infected)
- New entrants to the UK (Specific criteria)
- Healthcare workers
- People starting biologic medications.



Risk factors for TB

Children
 Older people
 Immigrants,
 Refugees
 Substance misusers
 Homeless
 Prisoners
 Mental health patients
 People with co infection
 HIV, Hep B, Hep C
 Known TB contacts
 Asian/African groups
 People with co morbidities;
 Diabetes and suppressive disorders.

Poor housing
 Low income
 Poor nutrition
 Lack of resources and information
 Immunosuppression due to disease or medication
 Cultural language barriers
 Over crowding
 Homelessness
 Smoking

Stigma and TB

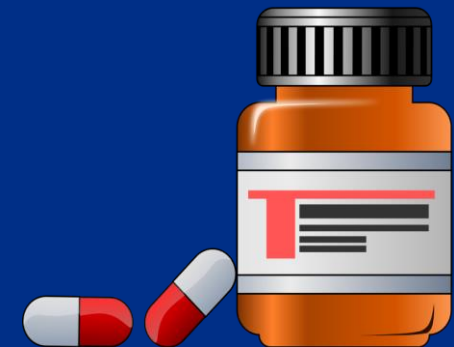


- **The risk factors associated with TB are factors that can themselves create stigma.**
- **Stigma can:**
 - **Prevent people seeking help and can lead to denial once diagnosed**
 - **TB is often attributed to HIV because it weakens the immune system**
 - **Deter people from attending appointments or taking treatment.**
 - **Can make contact tracing difficult.**



TB is Curable : but compliance with treatment is essential

- All TB medication is FREE
- Long antibiotic treatment.
- **Active Disease Standard 6 months treatment but can be longer** (8 weeks of 4 antibiotics followed by 16 weeks of 2 antibiotics)
Latent infection either 12 weeks of two antibiotics or 24 weeks of 1 antibiotic
- Take every day to prevent drug resistance.



Support & Education Is Essential

- Compliance essential
- **Patients** need to take their medicines on an empty stomach to aid absorption every day.
- Some patients may require nurses to observe them taking medications DOT /VOT if poor compliance is noted.
- Adverse side effects include nausea, vomiting, itch, rash, jaundice.
- Regular liver blood tests required throughout treatment
- chest x-rays, sputum tests to check progress of patients with lung TB is necessary
- **Education and support is vital.**
- **Remember not all TB is infectious!**
- Only contacts of lung or throat TB will require TB screening.



Thank you for listening

TB TEAM
Contact number

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Local focus group

Tuberculosis (TB): What You Need to Know

Tuberculosis (TB) is a bacterial infection that most commonly affects the lungs. It can sound worrying, but TB is treatable and curable, and all testing and treatment are free in the UK.

How TB spreads

TB spreads through the air when someone with active TB in their lungs coughs or sneezes. It usually requires close, regular contact over time. You cannot catch TB from sharing plates, touching, or casual contact.



Why early testing matters

Getting tested early helps to protect your health, prevent TB from spreading & ensures treatment starts before symptoms worsen. You can be tested even if you feel well — some people have latent TB, meaning the bacteria are present but inactive.

Breaking down stigma

TB is an infection like many others. Anyone can get it, even if you have good personal hygiene and look after yourself well. Talking about TB reduces stigma which helps people feel safe to come forward for testing and treatment.

What people need to know

- ✓ TB is treatable — modern antibiotics are very effective when taken for the full course.
- ✓ Testing and treatment are free — there is no charge for anyone, regardless of immigration status.
- ✓ TB care is confidential — health services do not share information with the Home Office.
- ✓ Getting tested or treated will NOT affect an asylum claim or immigration case — seeking healthcare is safe and encouraged.
- ✓ You are not alone — friends, support workers, or community members can attend appointments with you if you wish.

SYMPTOMS OF TB IN THE LUNGS (PULMONARY TB)

TB usually affects the lungs. The most common signs of TB in the lungs are:

- A cough lasting 3 weeks or more - sometimes with mucus or blood
- Chest pain or discomfort
- Coughing up blood or mucus
- Feeling very tired or weak
- Loss of appetite
- Unexplained weight loss
- Fever or chills
- Night sweats

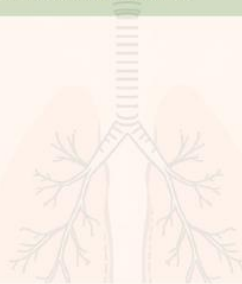


These symptoms tend to come on gradually rather than suddenly.

SUPPORT DURING TREATMENT

Treatment usually lasts several months, and having support makes it easier. Friends, family, or community members can:

- remind you about appointments
- go with you to clinics
- help with daily routines during treatment



Question & answer session

Thank you for your time and please complete this evaluation I have emailed to you or [Webinar: Talking about Tuberculosis \(TB\) – Fill in form](#)

If you would like a certificate, please email tracey.lamming@nottinghamcity.gov.uk