



**Libyan International Medical University  
Faculty of Basic Medical Science**

**How to prevent Tuberculosis from spreading ?**

**Submitted by:** - Fadi Hammad Shouab

**Student number:** - 1551

**Supervisor:** - Dr. Sara Elmegerhi

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**Abstract:**

Tuberculosis (TB) is one of the major public health threats a declining trend in TB incidence, prevalence and mortality has been observed over the last decade different strategies been used to control the prevalence. The end up TB strategy highlighted the need to engage partners within the health sector and beyond, such as in the fields of social protection, labour and immigration the strategy aims to end the global TB epidemic, with targets to reduce TB deaths by 95% and to cut new cases. And then there is the Directly Observed Treatment, Short Course (DOTS) strategy which, by emphasizing bacteriological diagnosis and standard short-course chemotherapy with direct observation of treatment, may have significantly contributed to the reduction of chronic and untreated cases, By adopting this strategy in as many as 180 countries.

**Conclusion:**

Although TB is one of the top 10 causes of death worldwide Yet it is curable and can be controlled like it have been discussed different strategies have been applied and showed good results and will show more improvement as it consider the TB prevalence can be controlled 10 years later.

**Introduction:**

TB is a bacterial disease which in humans is usually caused by an organism called *Mycobacterium tuberculosis* consider one of the top 10 causes of death worldwide. In an age when we believe that we have the tools to conquer most diseases, the ancient scourge of tuberculosis (TB) still causes 2 million deaths a year worldwide—more than any other single infectious organism—reminding us that we still have a long way to go. However the United States is now experiencing a resurgence of tuberculosis on how we can manage it and control its prevalence<sup>1</sup>

**Discussion:**

Tuberculosis (TB) is one of the major public health threats, competing with the human immunodeficiency virus (HIV) as the cause of death due to infectious diseases worldwide. Although a declining trend in TB incidence, prevalence and mortality has been observed over the last decade. Twelve million prevalent cases of TB were estimated in 2012, corresponding to about 169 cases per 100 000 population. TB prevalence is declining globally since the early 1990s (before incidence started to decline). This decline is largely attributed to the progressive introduction of the DOTS strategy which, by emphasizing bacteriological diagnosis and standard short-course chemotherapy with direct observation of treatment, may have significantly contributed to the reduction of chronic and untreated cases, By adopting this strategy in as many as 180 countries, approximately 17 million patients were started on effective treatment by 2003.<sup>1,2</sup>

In view of the need to accelerate efforts and reach the international targets set in the context of the Millennium Development Goals (MDGs), in 2006 WHO launched an enhanced global strategy referred to as Stop TB strategy. This new approach aimed to ensure universal access to high-quality health services and patient-centred care for all individuals with TB, through additional efforts addressing the challenges emerging in the new century. In order to achieve the ambitious targets of the End-TB strategy, the rate of decline of global TB incidence must increase to at least 10% per year by 2020.<sup>4</sup>

Also sometimes it is believed that education about TB only needs to involve people who already have the disease. But there is a need to also educate the general public. This is firstly to ensure that people know how TB is transmitted and indeed not transmitted, and

to also reduce the stigma surrounding the disease. It can also help to ensure that people with TB come forward for testing and treatment as soon as possible.<sup>3</sup>

**References:**

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