



# International Pharmaceutical Students' Federation

## NEWSLETTER

Special Edition

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IPSF Publications

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## World TB Day 24<sup>th</sup> March 2007

Welcome to this special edition of the IPSF Newsletter in recognition of World TB Day on 24th March!

### Introduction from your IPSF TB Campaign Co-ordinator Walter S. Khoza, South Africa

When I think of tuberculosis, a picture that comes into my mind is of adults, often elderly men, struggling to take in air, lying in a hospital bed, perhaps sitting outside in the sun, helpless, undignified, their health and social, family and community respect and support lost. Our response as health professionals has been to relegate TB patients to separate clinics, to label them difficult, and to dispense out pills in very large numbers, with little explanation of the disease or the treatment.

We seldom have the inclination nor make time to ask, listen or to empathise. We then wonder why patients fail to complete their treatment, and we embark on research programmes to find out what went wrong! DOTS is one solution.

More people are dying from TB each year in developing countries. It is a common cause of morbidity and mortality and yet it is a curable disease. There are certain facts that are responsible for this, including poor drug compliance, failure to institute adequate public health measures, emergence of drug resistance organisms, the HIV infection epidemic and increasing mobility of immigrants from countries with a high prevalence of TB.

Long back, TB was known to be a disease of the elderly and it was more prevalent in nursing homes. However there has been an increase in the 25-45 year old group. Since this is the child bearing age group TB has also increased in children.

We as the International Pharmaceutical Students Federation (IPSF) and our associate branches or members, have the responsibility to form a united front to fight against TB and to eliminate all possible risk factors. For World TB Day 2007 I hope that we as IPSF we will spread the message in trying to educate the entire world about the impact of TB in our communities so that further transmission and deaths can be prevented...

### Why Tuberculosis?

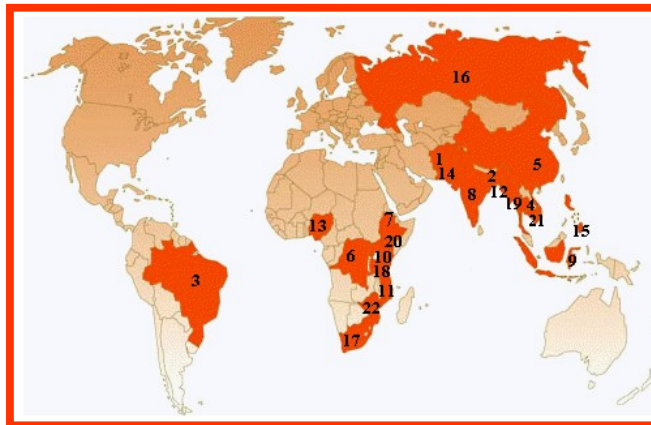
Tuberculosis (TB) is contagious and spreads through the air when infected people cough and sneeze. TB is primarily an illness of the respiratory system causing symptoms that include non-productive cough, fever, malaise, wheezing and anorexia with weight loss. If not treated, each person with active TB infects on average 10 to 15 people every year.

The highest rates of TB are in Africa but half of all new cases are in 6 Asian countries (Bangladesh, China, India, Indonesia, Pakistan and the Philippines).



Multidrug-resistant TB (MDR-TB) is a form of TB that does not respond to the standard treatments using first line drugs and the detection rates of MDR-TB are also increasing.

What is even more worrying is that extensively drug-resistant (XDR-TB) occurs when resistance to second-line drugs develops; it is extremely difficult to treat. Cases of XDR-TB have been confirmed worldwide.



- Alphabetical list of countries:**
1. Afghanistan
  2. Bangladesh
  3. Brazil
  4. Cambodia
  5. China
  6. Democratic Republic of Congo
  7. Ethiopia
  8. India
  9. Indonesia
  10. Kenya
  11. Mozambique
  12. Myanmar
  13. Nigeria
  14. Pakistan
  15. Philippines
  16. Russia
  17. South Africa
  18. Tanzania
  19. Thailand
  20. Uganda
  21. Viet Nam
  22. Zimbabwe

## Global Goals

The **World Health Organization (WHO) Stop TB Department** together with WHO regional and country offices develops policies, strategies and standards and supports the efforts of WHO Member States. WHO measures progress towards TB targets, including steps taken towards achieving the United Nations Millennium Development Goal to have halted and begun to reverse the incidence of TB by 2015.

The Stop TB Partnership, housed and assisted by WHO, produced The Global Plan to Stop TB 2006-2015, *Actions for life: towards a world free of tuberculosis*. This outlines the necessary activities to make an impact on the global burden of TB in line with the Millennium Development Goals, and to achieve the Partnership's target of cutting TB deaths and disease in half by 2015. The Plan represents a step towards the long-term goal of the elimination of TB as a global health problem by 2050.

The Stop TB Partnership has also developed The Call to Stop TB - a campaign to rally world leaders, governments, organisations and individuals to implement the Global Plan to Stop TB 2006-2015. The Call is motivated by the following facts:

- Each year nearly 2 million people die and 9 million people become sick with TB
- TB infects about one-third of the world's population
- TB is a global pandemic and an emergency in Africa and the European region
- TB is the biggest killer of people with HIV/AIDS
- TB is curable
- 14 million more lives can be saved over the next 10 years
- Access to TB treatments is a human right
- TB can be eliminated by 2050 if we take action now
- Treating and curing people with tuberculosis prevents the spread of the disease, reduces poverty, strengthens health systems, engages all care providers and empowers those affected.

Pharmacists and pharmacy students can play an important part in the fight against TB. IPSF actively promotes pharmacists' roles in the prevention, treatment and control of TB. The specific goals of the IPSF TB campaign are:

- To improve the public's knowledge about TB and provide up to date information
- To promote attitudes and practices that prevent the transmission of TB
- To build up skills as pharmacy students and graduates that help to develop greater understanding and knowledge of TB prevention, care and management.
- To promote the pharmacists' role as a key member of the health care team in improving the lives of those with TB



TB is relevant to **ALL** pharmacy students worldwide, whatever the current incidence of TB in your country. As mobility increases and ability to migrate is made easier, TB remains a truly **GLOBAL** disease. This is reflected in this year's specific theme for World TB Day:

## **TB ANYWHERE IS EVERYWHERE**

This theme emphasises that whilst TB exists anywhere in the world, there is also a collective responsibility that touches everyone, everywhere to combat this curable disease. It reinforces the message of the need for collaboration and also highlights the fact that TB can spread easily due to the way it is transmitted.

### **What will you do for World TB Day?**

We in IPSF encourage our members to collaborate with other professional associations, such as medical and nursing students in their own countries to hold joint events on World TB Day.

So you want to run a TB Campaign in your country but need some ideas? Why not...

- Set up a campaign stall in your university, local shopping centre or community centre to educate people about TB and its prevention?
- Hold a lecture at your university to inform your peers and students of other healthcare professions (i.e. medical students, nursing students) of the importance of TB prevention, care and management and the targets set for the eradication of TB?
- Run a medication management session in a local community centre for newly diagnosed TB patients, explaining the importance of compliance with medication, how each medicine works and side effects possible?

Visit the TB web forum for pharmacists and pharmacy students, jointly maintained by IPSF and the Commonwealth Pharmaceutical Association (CPA). Here you will find information about the TB Fact Card Project run by CPA and the Indian Pharmaceutical Association pharmacy students that concluded last year. This project led to community pharmacists in Mumbai, India taking an active role in the prevention and treatment of TB through patient education and medication counselling and will truly inspire you as you plan your own campaigns: [www.pharmacistsfighttb.org](http://www.pharmacistsfighttb.org)

### **Information Sources**

For other sources of information, visit:

Stop TB Partnership: [http://www.stoptb.org/events/world\\_tb\\_day/2007/](http://www.stoptb.org/events/world_tb_day/2007/): facts, downloadable materials (including posters, fact cards, information for patients) and contacts specific to you region.

WHO website pages, including: <http://www.who.int/tb/en/>: more information on the work of WHO in the fight against TB at global and regional level.

### **FINALLY...**

On completion of your TB campaign, please visit <http://www.stoptb.org/webadmin/wtbdevents/> and enter the details of your local actions on the Stop TB Partnership's website.

**PLAY YOUR PART IN THE FIGHT AGAINST TB AND RAISE AWARENESS OF THE ROLE OF THE PHARMACY PROFESSION IN DOING SO!**