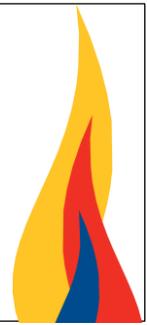


ICN TB/MDR-TB Project celebrates its

Leading Lights

Nurses bringing light to where there is no light



March 2016

While most nurses prefer to avoid the limelight, the ICN TB/MDR-TB project wants to recognise the work of some outstanding TB nurses who are role models and leaders in their field.

The ICN TB/MDR-TB Leading Lights initiative aims to showcase the work of exceptional nurses trained by the ICN TB/MDR-TB project who are making an outstanding contribution to TB prevention, care and management in their local facility and/or community.

The Leading Lights Award highlights the contribution of those involved with caring for those affected by any form of TB and shows the world what an impact effective training and resources can have on this global disease.

ICN invites all the ICN TB project partners to nominate nurses and allied health workers who have demonstrated excellence in their efforts to teach their colleagues about TB, improve patient care or make changes to reduce transmission of TB. The winners will be highlighted on the ICN's TB Project webpages, www.icn.ch/tbproject.html, and will be presented with a certificate and a special pin by their national nurses association.

Calls for nominations will be sent quarterly and people will be able to access the form on the ICN TB web pages at:

http://www.icn.ch/tb-mdr-tb-project/leading_lights.html.

Inspiration for this award came from exceptional nurses like these:



Elena Tarasova, Chief Nurse, T'umen Regional TB Dispensary (Russian Federation)

Elena started her nursing career in TB 15 years ago. Today she serves as a Chief Nurse, but more importantly as a strong

leader of the TB nursing network in Russia.

In 2007 Elena became a member of the Russian Nurses Association (RNA) and during these years she has taken part in several trainings for TB nurses organised by the RNA in partnership with ICN. She has actively transferred her knowledge to nurses in her TB dispensary, supported participation of nurses in TB grant contests and got actively involved in research herself.

In 2012, Elena organised a patient school in her TB dispensary with the aim to teach contacts on TB prevention and to teach TB patients on prevention of MDR-TB. Elena has also undertaken efforts to replicate these trainings in all TB settings of the region.

In 2013, she organised a round table to encourage colleagues to plan and implement TB research projects and implemented two research studies. One was devoted to improved adherence to treatment through additional training and another one on the

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role of healthy lifestyles and healthy procedures in TB rehabilitation.

Due to the growing research activity in T'umen by nurses, they have become well known throughout Russia. They have presented the results of their work at every nursing session of the annual TB Congress. Elena participated in a meeting of the TB nurses network of the RNA in Tomsk, in 2015, to share her experience with her TB nursing colleagues.

Elena is highly devoted to the Stop TB and End TB strategies. In 2012, she suggested celebrating World TB Day throughout the T'umen region. Since then hundreds of nurses have been involved in public awareness campaigns. In 2015 alone, they provided training on the risk of TB for 9,089 health workers; visited 191 childcare facilities, schools and colleges and informed 21,248 children and adolescents on TB risk factors. In the streets of the city of T'umen nurses and nursing students gave out 88,011 chamomiles – symbols of TB and over 60,000 invitations to make a fluorography.

In order to improve training of TB nurses and make training available to all nurses Elena initiated and organised two study movies with very specific topics. One is devoted to first aid to patients experiencing hemoptysis and the other one devoted to recommendations on how to collect sputum for testing.



Svetlana Tcybulina,
Chief Nurse of the
Children's
Psychoneurology
Rehabilitation Center
(Russian Federation)

Svetlana has worked in the TB sector for 13 years. She formerly

worked as a chief nurse of a children's TB sanatorium and as a head nurse of the T'umen regional TB dispensary. For several years, Svetlana headed the professional committee of T'umen Nurses Association and created the special TB network in the region. In all TB activities she was the right hand to Elena Tarasova, providing support to the nurses, preparing materials for multiple trainings, supervision of patient school trainers, and nurses participating in World TB day activities.

Svetlana developed and implemented several research projects on the topics of infection control and safety, and on training nurses on how to collect sputum for testing. She has presented oral and poster presentations peer-reviewed by the scientific committee of the National TB Congress.

Svetlana leads the TB section on the nursing chat of the RNA website in developing training materials. Svetlana has published over 30 posts to the website with up to date information, recommendations, presentations, posters and other materials. According to the chat statistics this is the most frequently used resource on the RNA website. Each material has been downloaded thousands of times.

Svetlana currently works at the children rehabilitation centre where many children have been affected by TB or are at a higher risk of developing TB. Her main task is to help children with disabilities to overcome TB and to prevent TB in the future. Svetlana continues to develop a TB nurses network in T'umen and initiate a new network on rehabilitation in order to provide nurses with updated information and knowledge and to provide patients with excellent holistic nursing care.



Zhao Jun
Director of Nursing
Department,
Wuhan Pulmonary
Hospital (China)

Zhao Jun has worked in TB for more than 20 years and has dedicated her career to improving the care of patients with TB and protecting healthcare workers from developing TB. After attending an ICN training workshop in 2014, she shared the knowledge and skills she learned to make improvements in the TB nursing practice and improve the delivery of patient-centered care in her hospital.

She has made improvements in the management of MDR-TB patients in her hospital. The loss to follow up rate has decreased from 33.3% to 13.4% and the treatment failure rate decreased from 37.5% to 10.6%. The treatment success rate is 73%. After the Global Fund withdrew from China, she successfully lobbied to get financial support from the municipal government to sustain the MDR-TB Control and Treatment project in Wuhan. She has participated in the Free Inpatient Treatment Program for Contagious TB Patients and works as head of the Nursing Intervention Project. This Program was initiated in 2012, and to date 736 smear positive TB patients have received free inpatient treatment through smear conversion. This program has been praised throughout China.

Zhao Jun has organised TB nursing training and shared updated anti-TB strategies and techniques through various channels to improve the quality of TB nursing in her hospital, in Wuhan, and in Hubei Province.

She has also been working to establish a ward specialized in caring TB patients living with diabetes, with an emphasis on raising

patients' awareness about risks of TB for those with diabetes.

She has investigated and amended the existing procedures for TB related infection control in her hospital and made improvements in the infection control practices.



Nie Feifei
Chief Nurse
TB Department, Beijing
Chest Hospital (China)

Nie Feifei has been working in the TB field for 20 years. In 2011, she was trained through the ICN training project on TB/MDR-TB.

Following the training she implemented changes to improve the infection control in her hospital. She provided health education on infection control to the staff nurses in the hospital and has been very active in mobilizing social funds to provide free surgical masks to TB patients. This has ensured the implementation of the policy requiring TB patients to wear surgical masks when they are in public places or in other areas of the hospital. As a result, the rate of TB patients wearing surgical masks has increased from 40% to 90%. Furthermore, she was a pioneer in proposing the installation of N95 respirator automatic vending machines in TB hospitals in China to provide convenient access to N95 respirators to family members of TB patients.

She has trained more than 5,000 nurses on the frontlines in fighting TB and caring for TB patients through face to face teaching and over the internet in the last four years. Moreover, she went to the low-resourced and minority regions in China (e.g. Ningxia and Jiangxi provinces) to provide on-site training and guidance to more than 1,000 TB nurses. As a result, the infection control has

been improved in the TB wards of more than 10 hospitals. She also provided training to nurses from more than 10 provinces who came to her hospital for learning.

In order to improve the TB knowledge of the patients, Nie Feifei and her colleagues organise regular lectures for the patients, distribute educational brochures and leaflets and update the health education board on the ward. She is leading her team to improve and extend the care provided to TB patients after they are discharged from the hospital. An internet-based information system, named "TB Assistant", is used so the nurses can follow-up and communicate with the patients after discharge, and help them to solve the problems during the whole treatment duration, to ensure their adherence to treatment.

Nie Feifei actively participates in research studies and has published seven papers. She has developed two handbooks and facilitated the development of a video used for health education of TB. She has participated in the writing of three books related to TB nursing and has shared her experiences at several national academic conferences in China. She is a member of the communicable disease committee of the Beijing Nursing Association and the secretary of the nursing group in the clinical committee of Chinese Anti-TB Association, she has actively assisted the committees to carry out all activities (research, training and experience exchange) in the field of nursing for TB.



Yodit Solomon,
Nurse, Goro Health
Center,
Dire Dawa
(Ethiopia)

Yodit attended the ICN TB/MDR-TB training in 2012. Since the training she has passed on the knowledge she learned on early detection and treatment of TB, cough hygiene, drug adherence, TB/HIV and TB infection control to more than 30 of her colleagues in her health centre including nurses, midwives, health officers, health extension workers, lab techs, pharmacists, and support staff. She also improved the training for patients and health education on TB in the community. As a result of her efforts, the health centre is identifying more cases of TB; the patients come to be screened for TB as the health extension workers have increased the health education on TB in the community; and the loss to follow up rate has decreased. Patients now receive individual based health education on the importance of TB drug adherence, transition of TB, cough hygiene and so on.

Before attending the ICN training, the nurses did not ask TB patients about any child contacts in the homes. Now the nurses ask about child contacts of TB patients and they screen the children for TB and provide isoniazid preventive therapy.

Before Yodit attended the ICN training, the TB room in her clinic had no cross-ventilation. After the training, she discussed the importance of cross-ventilation in the TB room with her management and the local health bureau. She was able to negotiate the construction of a new building with appropriate ventilation for the TB room with support from an international NGO.



ICN TB/MDR-TB Project Facts:

- *Builds skills, knowledge and capacity at all levels of nursing*
- *Member of Lilly MDR-TB Partnership since 2005*
- *Transformational training methodology developed & implemented*
- *Currently working with 8 national nurses associations in China, Russia, Ethiopia, Lesotho, Malawi, Swaziland, Uganda and Zambia*
- *More than 2,100 nurse trainers trained to date*
- *An additional 120,000 nurses and allied health workers trained through cascade*
- *Impact includes improved case detection and treatment outcomes, reduced stigma and improved infection control*
- *Nurse leadership growing*

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