

Tuberculosis Learning Activity



Contact Tracing

TB Slogan: You may not know you have TB. Get tested, get treated before you get sick

Purpose: This station demonstrates how TB moves from person to person.

Key messages:

- TB bacilli can be exhaled from the lungs of a person with active TB disease into the air
- Another person may inhale the bacilli and develop TB infection in their lungs
- Someone can have TB and not know it.

Supplies:

- Small cups (1 for each participant)
- Baking soda (small amount)
- Urine test strips (1 for each participant)

Preparation:

- Do a trial run to ensure a smooth facilitation.
- Fill cups with approximately 30ml of water.
- Add approximately 1/8 teaspoon of baking soda to one cup and mix well (make sure none of the participants see you do this).
- Cut the test strips so that the square measuring pH is the bottom one. The other squares on the strips can be peeled off if you have the time to avoid additional confusion.

Description of the activity:

This activity simulates the spread of TB in the community and how nurses use contract investigations to find people who may have it without knowing it.

1. Hand out the prepared cups of water (Try to make sure that the cup with the baking soda is not given to the first participant)
2. Ask participants to view their cup as their airspace

For additional learning activities and more information about the Taima TB projects, see:

taimatb.tunngavik.com

3. Have the participants find partners. One partner will pour all their water into their partners cup then pours half back into their own cup so each has the same amount again. Repeat once if there are more than 6 participants. This simulates shared air.
4. The facilitator will then 'pretend' to be the nurse testing the group for TB by dipping the test strip in the cups one by one (give it a few seconds to react). Show the group each result. For 'negative' (i.e. no baking soda) results the pH square should be orange. A 'positive' result (i.e. has some baking soda in it) will turn the indicator blue.
5. When the 'nurse' gets a positive results, he/she stops going around the group and starts a 'contact investigation', asking the participant with the positive result who he/she exchanged 'air' with and testing those participants. If they are positive, test their 'contacts'. Continue until all 'contacts' of positive participants are tested, then test the rest of the group.

Teaching points:

- One patient was sick with active TB disease and passed it on to others who now have sleeping TB infection.
- Sleeping TB infection is not contagious and has no symptoms. Sleeping TB infection can turn to active TB disease in some people (next activity deals with this).
- The 'nurse' wants to find the people who have sleeping TB infection to make sure they don't get sick.

Time: 10 minutes