

**Eli Lilly Intervention**  
*Training of Traditional  
Healers report*

**VASANDHAM SOCIETY,  
Dharamarajapuram, Theni District**

### **Eli Lilly Intervention 3 (Training of Traditional Healers project orientation and planning report)**

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Programme : Planning meeting between RNTCP officials and NGOs  
Day : 17.08.2011  
Venue : Arogya Agam  
Participants : RNTCP officials and NGO staff & Directors

Ms.Vijayarani, programme Associate, Vasandham Society, have welcomed all the gatherings, while Dr.Balagi, District TB officer speaking he explained about the project, he mainly insisted that most of the villagers are approaching Traditional healers when they got sick, through this project we are going to orient all the traditional healers through vasandham society and other NGOs. Through them we are going to increase the TB



suspect. They will be linked in this project as volunteers. In our district HIV-TB (co infection) were found high. In our district the default rate is also high because many patients are migrating to nearby



places when they are in treatment and pill burden is also a big problem for the patient. If a patients is cured he will be in the risky position, he may get infected again. So we should identify all the TB patients and we should cure them to promote TB free Theni district.

Ms.Vanajaa, Programme director, DAC Trust, she insisted that in our district, many NGOs and staff were concern about TB and they are working together, in our district tourism is one of the major activity so that may be an cause of getting many TB infections, we should create more TB awareness, through our survey we have found that initial level many people are accessing the villager healers or traditional healers in only serious stage only they are approaching the public health sector, so there is an emergency need to train all the traditional healers in our district. NGOs should have concern on creating awareness about the TB among Traditional healers.

Mr. Kunasekaran, Programme manager, Vasandham society, spooked about that this project will be implemented along with the NGOS in the Theni district and district level RNTCP unit. This project will help us for reducing the TB incidence.

→ This project will be mainly concentrating on traditional healers; they will be trained in TB and DOTs medicine. The major outcome of the project will be, all the traditional healers will be include in

the RNTCP as DOT volunteers, by this the major outcome is there will be default and died rate will be reduced and detection rate will be increased.

→ For creating the sustainability traditional healers will be linked with the nearby PHC and VHN for further follow-up.

→ if the TB patient have been identified through the referral made by traditional healers then they will be motivate by giving incentive, for them special referral slips were printed. During training programme it will be distributed. For monitoring them a special folder will be maintained and active traditional healers will be motivated by gifts.



Followed by group work session were conducted by Mr. David Jones and Mr.Kasi

Major points highlighted in the group discussion were

→ Through awareness one to one have to be increased in that we should focus on the free treatment for TB

→ Follow-up should be made along with the patients referred and there should be strong communication between the patients, volunteers

and staff

→ For testing the sputum travel can be given to the suspect.

→ Promoting the DOT volunteers and promoting more IEC in TB

→ Strengthening the village health committee

Based on the group discussion Dr.Balagi, District TB officer spooked about the highlights in the group discussion they are

→ Referral made by the staff and traditional healer's referral slips will be documented in all the PHCs

→ Issuing identity cards for DOTs volunteers

→ Involving the volunteers in the grammasabha and strengthening the village health committee



In the end of the meeting, the major decision were taken that, within end of this month the training will be organized for traditional healers and other NGOS will also conduct the training will help of vasandham society in their blocks. In all the training concern STS and STLS will paritipate, if possible DOT will also come for the training. Mr.Kunasekaran, Project manager delivered the vote of the Thanks.

## 1st Batch – Traditional healers awareness training on TB in Theni district

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Date : 26.08.2011  
Venue : VERC, Mailadumparai  
No of participants : 21 (Excluding staff)  
Participants Type : Traditional healers

Mr.Kunasekaran, project manager, vasandham society welcomed all the gatherings and explained about the project and importance of the training. Mr.Vijiyakumar, STS,Kandamanur TB unit explained



this bacterium was identified by Dr.Robertkock, Germany in 1882. Along with world health organization Revised National TB Control Programme (RNTCP) has been implementing in our Theni district from 2005. Then, TB can be spread through air; in India per day 1000 of them were newly infected. Per year nearly 5 lakh of them were infected in our country. The symptoms of the TB are cough more than 2 weeks, evening rise of

temperature, loss of appetite, and loss of weight, sputum with blood, sweating and tiredness. With regard to treatment for TB patients there is 6 to 8 months treatment, they have to swallow the medicine 3 days in a week. There should be continuous sputum testing and end of testing for confirmation that the disease has been cured. This treatment can be accessed in all the PHC and government hospitals like, Theni medical college, Kanamanur PHC, periyakullam government hospital.

People living with the HIV are high risk for getting TB infection, because of the immune system will be very low, TB same drugs will be given to them. The he explained about the DOTS treatment.

→ TB treatment is mainly known as DOTS, the expansion of the DOTS is Directly Observed Treatment Short course.

→ In this starter, the drugs will be issued by DOT volunteer and the patients have to swallow in front of him/her.

→ The main aim of this strategy is to increasing 85% cure rate and 70% detection rate and decreasing the default rate.

→ Children can be also infected by TB, the symptoms like sputum and buldge around neck without pain



→ This project was implemented by vasandham society, this is an innovative project only this NGO is implementing in our district and state.

Mr.Azad, STLS, Kanadamanur TB unit spoked that, in our district, there are 3 Treatment units they



are Kandamanur, Gudalor and Periyakullam for each treatment unit there will be STS, STLS and medical officer. In all the treatment centers medicine were given freely to them. Initially the villagers are approaching for medicine to traditional healers. If you identify any persons with the symptoms of TB kindly refer them for sputum test in nearby PHC or DMC. If they found TB then they can start the treatment earliest. In our district there are 19 DMCs. In that sputum test is entirely free, in the test the

suspect found TB. Then treatment will be started. There are two types of treatment they are CAT-I and CAT-II. CAT-I is 6 months treatment, and CAT-II is 8 months treatment with regular interval of two months sputum test have to be done by the patients. If CAT-II was failure then they are eligible are for MDR-TB screening test. MDR TB is very difficult, for that the patient have to under treatment for 2 years. In our district 2 patients are under that treatment. You can refer the patients to Kandmanur PHC or Theni medical college at Kanavilaku.3

CAT-I	Insentive phase		
Isonized (H)	300 Mgm	2 tablets	2 months
Rifamicin (r)	450 Mgm	1 tablet	
Priyanamicide	750 mgm	2 tablets	
Ethambutal	600 mgm	2 tablets	
	Continuous phase		
Insonised	300 mgm	6 tablets	4 months
Rifamicin	450 mgm	3 tablets	

CAT-II	Insentive phase		
Isonized (H)	300 Mgm	2 tablets	2 months
Rifamicin (r)	450 Mgm	1 tablet	
Priyanamicide	750 mgm	2 tablets	
Ethambutal	600 mgm	2 tablets	
Septomycin	0.75 mgm	Injection	For one month
	Continuous phase		
Insonised	300 mgm	6 tablets	4 months

Rifamicin	450 mgm	3 tablets	
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For curing the MDR TB patient is cost Rs. 2 lakh. There is another TB called XDR TB for that no medicine is available. So we should take steps to cure the TB patient in earlier stage.

Ms.Vijayarani, programme associate, Vasandham society said that traditional healers are more



important persons in the village; they are the main persons guiding the needy and sick people in the right way. So if you identify any patients with symptoms, you can refer them for sputum test. For you special referral slips will be given now, while you referring the patients you can use this slip. First preference will be given for this slip in PHC and government hospital. Mr.Muthuselvandran delivered vote of thanks.



## 2<sup>nd</sup> Batch – Traditional healers awareness training on TB in Theni district

Date	:	14.09.2011
Venue	:	ArogyaAgam Training Hall, Aundipatty
No of participants	:	22(Excluding staff)
Participants Type	:	Traditional healers

Mr.Kunasekaran, programme manager, Vasandham society welcomed all the gatherings explained



about the project activities and impact of TB. During his speech he insisted that in our country for per minute 2 members are passed away because of TB. Then Ms.Vijiyarani, Programme associate, Vasandham society, spooked that TB can easily identified through sputum testing, all the services for TB is freely by government. But many people are not accessing towards that, at initial level they are accessing towards village healers. We found that there is an emerging need, so we planned to

give training for the village healers or traditional healers. Through them we can identify the suspects and start the treatment earlier. By this project more general population will be benefited and requested all the traditional healers for supporting to this project.

Mr.Sathyaraj, STS, Aundipatty Treatment unit, spooked about the impact of TB, for per minute 2 members is dying which is a national census. At national level many people are affected by TB. If a

person is affected the infection spread through air up to 18Kms. When person is having low immune system immediately it affects' them. For this disease there is no age as barrier. The symptoms of TB are loss of weight, cough and sputum more than 2 weeks, loss of appetite, weight loss, evening rise of temperature, sputum with blood, physical tiredness. When we found a person with these symptoms we can refer him/her for sputum test. For that two samples have to



be given, one is on early morning and at spot, If the sputum is positive then the treatment will started and if it is negative and have symptoms then they will be referred for X-ray test. TB disease can be classified in to two types there are pulmonary and Extra pulmonary. TB can affected any parts in the body except hair, nail.

For TB 6 months treatment is available, it consists of two phases, they are incentive phases and continuous phases. Incentive phase period is 2 months and continuous phase is 4 months. There should be regular sputum testing with regular interval of time period 2 months. The drugs given

during the treatment were recommended by world health organization and it was giving in all the countries. If the patients is not consuming the drugs regularly or his/her immune system is very low then there is a chance for getting TB again. Many of the person are having the TB bacilli with them, when their immune system comes down then the bacilli becomes active this type of TB is called as latent TB. Diabetic's patients, person having smoking habit and people living with HIV and AIDS are high risk peoples for getting TB infection. For one lakh population 203 per will be affected every year. The main aim of the RNTCP is to early detection of the TB patients and cures them. For CAT-II treatment period is 8 months. In that during incentive phase is 3 months and injecting will be for 2 months and continuous phase will be followed by rest 5 months. If a patients failed or relapsed int his treatment then he will be suspect for the MDR-TB treatment. That treatment is for two years and injection and drugs will be given for 6 months and for next 1.5 year tablets were given. Side effects are more when compared with the DOT treatment. For screening the MDR-TB it takes 2 to 3 months' time and regularly the person should under gone sputum testing for regular interval of time every 3 months.

Mr.Kumar, STLS, Aundipatty, TB unit said about the designated microscopy centers available in Theni district for sputum testing. There the testing is free only. When the patient is cured for the dot



volunteers Rs.250 is given as incentive and if sputum positive patients have identified then Vasandham society will be give gifts and incentive. Referral slips were given to them. In that it contains the name of the referrer, patients name and address and place were patient referred. The TB patients should eat nutritional died like greens, nuts, mutton and eggs. They should stop alcohol consumption and smoking habits. TB drugs are given under a strategy named as DOTS, under DOTs the patients

should sallow the medicine in front of the DOT volunteer.

While Ms.Vanajaa, Programme director, DAC trust, during her speech, she said that many TB patients are identified in the last stage because they are accessing the treatment inside the village with traditional healers, so we planned to train all the traditional healers for increasing the early detection, these training programmes are conducted along with district TB centre. In our district HIV prevalence rate is in increasing trend, because of that many co infected patients are arising newly. Whenever we are taking about TB, we should remember about the HIV. We should create more awareness about TB in the rural villages. When we identified a TB patient, our staff and volunteer will follow



them till end of treatment. Post evaluation was conducted by the team, in that participants recall the subjected covered in the training programme. Ms.Vijiyarani delivered the vote of Thanks.

### 3<sup>rd</sup> Batch – Traditional healers awareness training on TB in Theni district

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Date	:	08-10-2011
Venue	:	SRED office, Periyakullam
No of participants	:	40(Excluding staff)
Participants Type	:	Traditional healers

Mr.Kunasekaran, Programme manager, Vasandham Society, Explained about the vasandham society



activities and introduction about the project, follow by there was a general discussion about TB to accesses the knowledge among the traditional healers. Some of the major highlights in the discussion

- TB spreads because of unhygienic
- TB spreads through air
- It spreads due to alcohol consumption
- It spreads due to smoking
- It spread due to contamination in the drinking water

Then Mr. Kunasekaran explained about the symptoms of TB and how it spreads to others, TB spread through air and the major symptoms are cough more than 2 weeks, sputum with blood, loss of weights, loss of appetite, tiredness. It majorly affects the lungs, during cough it mixes in the air and spread to others, it can be spread to 14-16 persons.

Mr.Sathiyaraj, STS, Periyakullam TB unit talked about the treatment accessibility and where they can

undergo free TB screening and said that for TB 6 to 8 months treatment is very important. Within these months there are two phases they are IP and CP. The patients should undergone follow up sputum examination for knowing their status. The patients should consume the medicine 3 days in week. If the patients is not taking the drug regularly then disease impact will be severe and the TB patient can spread the disease up to 18 Kms.Then he spooked about the CAT-II treatment, in that the patients have to take



medicine like cat-I and they should put an injection for two months during IP and then for the rest 5 months medicine will be given. For extra pulmonary TB the testing method is Xray or Scan. Patients should take the drug in front of dot volunteers who is handling his/her medicine. If the patientsis having missed dose or irregular consumption of DOTS then drug resistance can be occurred. So we should concentrate more on the TB patient's treatment and making them to cure by regular consumption of drugs.

Mr.Kumar, STLS, Periyakullam TB unit, spoke about sputum test, X-ray and Scan which are



measures are used for identifying TB. TB can affect any part of the body; it won't affect hair and nails. Now MDR-TB is increasing in Theni district, why it comes means, many of the TB patients are not taking the drugs regularly, for this testing we have to go for Chennai. For culture Test will take 2-3 months. For MDRTB the IP is 6 months and CP is for 18 months. The treatment expenses are Rupees 3 Lakh for per patient. So we should prevent the TB patients for not going to this stage. For TB DOTS is the

only medicine available in India. It was recommended by WHO. When the patient's is taking the dots treatment regularly, then only he will be cured. He should swallow the medicine in front of DOT volunteer. Then he explained about the Aim and Objectives of RNTCP that is identifying the new patients, increasing the cure rate and reducing the infection rate. Then talked about behavioral change among the patient and safe disposal of sputum, during treatment the patients should take high nutritional food like greens, nuts and eggs. They should not take alcohol or smoking while taking treatment. Vote of Thanks was delivered then the training came to an end.



Vote of Thanks was delivered then the training came to an end.

#### 4<sup>th</sup> Batch – Traditional healers awareness training on TB in Theni district

Date	:	18-11-2011
Venue	:	Maitri Training hall, Theni
No of participants	:	33(Excluding staff)
Participants Type	:	Traditional healers

Mr.Kunasekaran, Programme manager, welcomed all the gatherings, shared about vasandham



activities and pre assessment knowledge session among traditional healers, the Mr.deedayalan inaugurated the training session. Ms.Vijiyarani, program associate said that for TB treatment DOTs is available freely in all the PHC a government hospitals. Traditional healers also identify the TB suspects and referred them for sputum testing and they can issue dots to their community.This training programme have been implement in four states of our country.

Mr.sathiyaraj, STS, Periyakulam Treatment unit, spooked about the signs and symptoms of TB, like rise of temperature in the evening, sough more than 2 weeks, sputum with blood and TB bacteria mixes in the air and spreads to others. A TB patient can spread upto 18 kilometers. then he talked about the treatment procedures, mainly said that there are two types of TB, they are pulmonary and extra pulmonary initially the suspects have to undergone sputum testing, they have to give two sample one in the early morning and at spot for pulmonary type of TB and for extra pulmonary X-ray and scan tests are available. The treatment period is 6 to 8 months, it consists of two phases IP and CP, and the patients have to undergo follow



up sputum testing during treatment with regular interval of time every two months till completion of the treatment. All the treatment is available freely in Theni medical college, government hospitals and primary health centers.

Then he spooked about the MDR-TB, for this the treatment period is 2 years, the IP is for 6 months and CP is for 18 months. In this treatment the patients have to face lot of side effects. For this the treatments is available only in Chennai.

For testing they have to go for Chennai and to do culture test. We can get results after 3 months only.

Then he spooked about the general side effects of DOTS treatments for INH itching will be there, for Rifampicin jaundice, for Ethambutal eye side effects, for Pyrizinamide knee and stomach problems, for Streptomycine injection hearing problem will come. Finally he said that TB is curable. Ms. Saraswathi delivered Vote of Thanks.

## Consolidation Report – Traditional healers awareness training on TB in Theni district

Particulars	Date	No of participants
Sensitization meeting with RNTCP and NGOs	17.08.2011	39

Sensitization meetings	Venue	Date & time	No of participants	No of traditional healers registered and trained	Proportion of THs trained among listed in analysis (project area)	No of THs willing to be DOT providers
Batch -1	VERc, Mayaidamparai	26-08-2011	21	28	75%	
Batch -2	Arogyaagam Training hall, Aundipatty	14.09.2011	22	10	220%	
Batch -3	SRED, Periyakullam	08-10-2011	40	23	173%	
Batch -4	Maitri, Kodivularpatty, Theni	18-11-2011	33	16	206.25	

Follow up:

Period :

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<b>Visits by part time/ full time staff NGO</b>	<b>No of THs visited</b>	<b>No of TH with sustained engagement (1-2 suspects per month)</b>	<b>No of referrals</b>	<b>Additional TB patients diagnosed from the referrals of THs</b>	<b>No of THs using mobile telephony for communication</b>	<b>No of THs acting as Dot providers</b>
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Trainings :

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<b>Reviewing meetings</b>	<b>Venue</b>	<b>Date &amp; time</b>	<b>No of partipants</b>	<b>No of traditional healers reviewed</b>
<b>Batch -1</b>				
<b>Batch -2</b>				
<b>Batch -3</b>				
<b>Batch -4</b>				

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## Annexures

1. Two case studies with photograph
2. Training photos
3. IEC soft copies