



# Support and care for people with TB: insights for Kyrgyzstan

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# Introduction

## Tuberculosis profile: Kyrgyzstan

Population 2022: 6.6 million

### Estimates of TB burden\*, 2022

	Number	(Rate per 100 000 population)
Total TB incidence	8 600 (7 100-10 000)	130 (106-152)
HIV-positive TB incidence	240 (190-310)	3.7 (2.8-4.6)
MDR/RR-TB incidence**	3 000 (2 400-3 600)	45 (36-54)
HIV-negative TB mortality	390 (350-440)	5.9 (5.2-6.7)
HIV-positive TB mortality	98 (56-150)	1.5 (0.85-2.3)

### Estimated proportion of TB cases with MDR/RR-TB\*, 2022

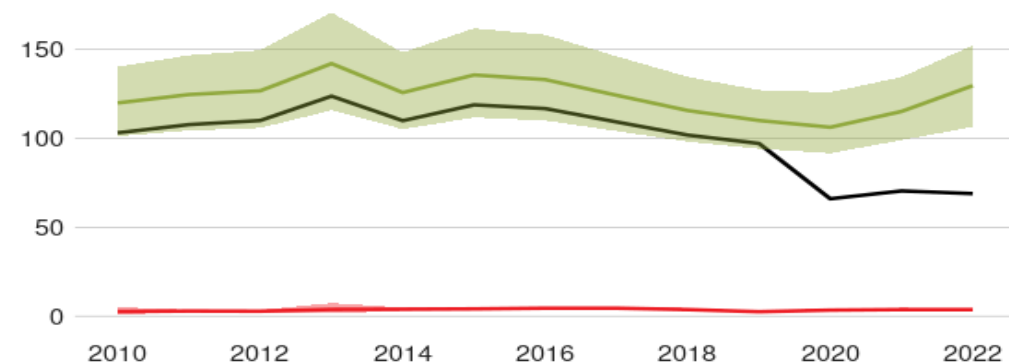
New cases	26% (24-27)
Previously treated cases	55% (53-58)

### TB case notifications, 2022

Total new and relapse	4 568
Laboratory-confirmed cases - MDR/RR-TB (without pre-XDR-TB/XDR-TB) ^^	702
Patients started on treatment - MDR/RR-TB (without pre-XDR-TB/XDR-TB) ^^^	739
Laboratory-confirmed cases - pre-XDR-TB or XDR-TB ^^	135
Patients started on treatment - pre-XDR-TB or XDR-TB ^^^	116
Funding for TB, 2022 (US\$ millions)	18

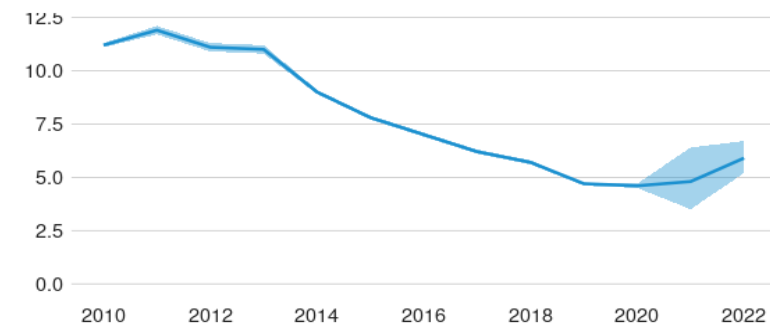
### Incidence, New and relapse TB cases notified, HIV-positive TB incidence

(Rate per 100 000 population per year)



### HIV-negative TB mortality

(Rate per 100 000 population per year)

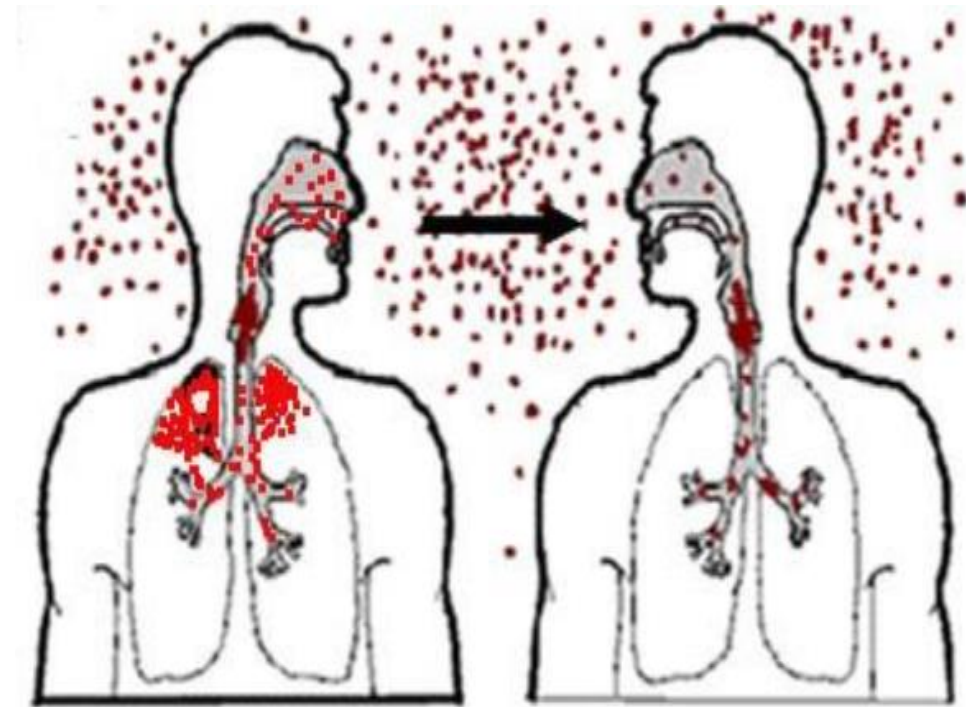


# Understanding of Tuberculosis

- **Overview:** Tuberculosis (TB) is an infectious disease caused by the *M. tuberculosis*.
- **Transmission:** Primarily transmitted through the air when an infected person coughs or sneezes.
- **Symptoms:** Common symptoms include persistent cough, chest pain, fatigue, weight loss, and fever.
- **Global Impact:** TB is a global health concern, affecting millions of lives annually.

In Kyrgyzstan, it presents a significant health challenge.

Understanding the basics of TB is crucial for effective prevention, early detection, and comprehensive care.



# Impact on Individuals and Communities

"Beyond the Diagnosis: The Far-reaching Impacts of Tuberculosis"

**Social Impact:** Individuals with TB often face social stigma and discrimination, impacting their mental well-being and social relationships.

**Economic Consequences:** TB can result in lost productivity, income, and increased healthcare expenses for affected individuals and their families.

**Health Ramifications:** Beyond the immediate respiratory concerns, TB can lead to long-term health complications if not treated promptly.

**Community Effects:** The prevalence of TB in communities can strain healthcare systems and hinder overall community well-being.

Recognizing the broader impacts of TB emphasizes the need for comprehensive support and care strategies to address the multifaceted challenges faced by individuals and communities.

# Supportive Care Approach

## Comprehensive Care for Holistic Healing

- **Holistic Care:** Supporting individuals with TB involves more than just medical treatment. It encompasses physical, emotional, and social well-being.
- **Medical Support:** Administering appropriate medication, monitoring treatment progress, and managing potential side effects.
- **Psychosocial Support:** Addressing mental health needs, reducing stigma, and promoting a positive mindset for effective recovery.
- **Community Engagement:** Involving communities in creating a supportive environment, encouraging empathy, and fostering a sense of belonging.

A supportive care approach recognizes that addressing the multi-faceted aspects of TB enhances overall treatment outcomes and quality of life.

# Insights from Global Best Practices

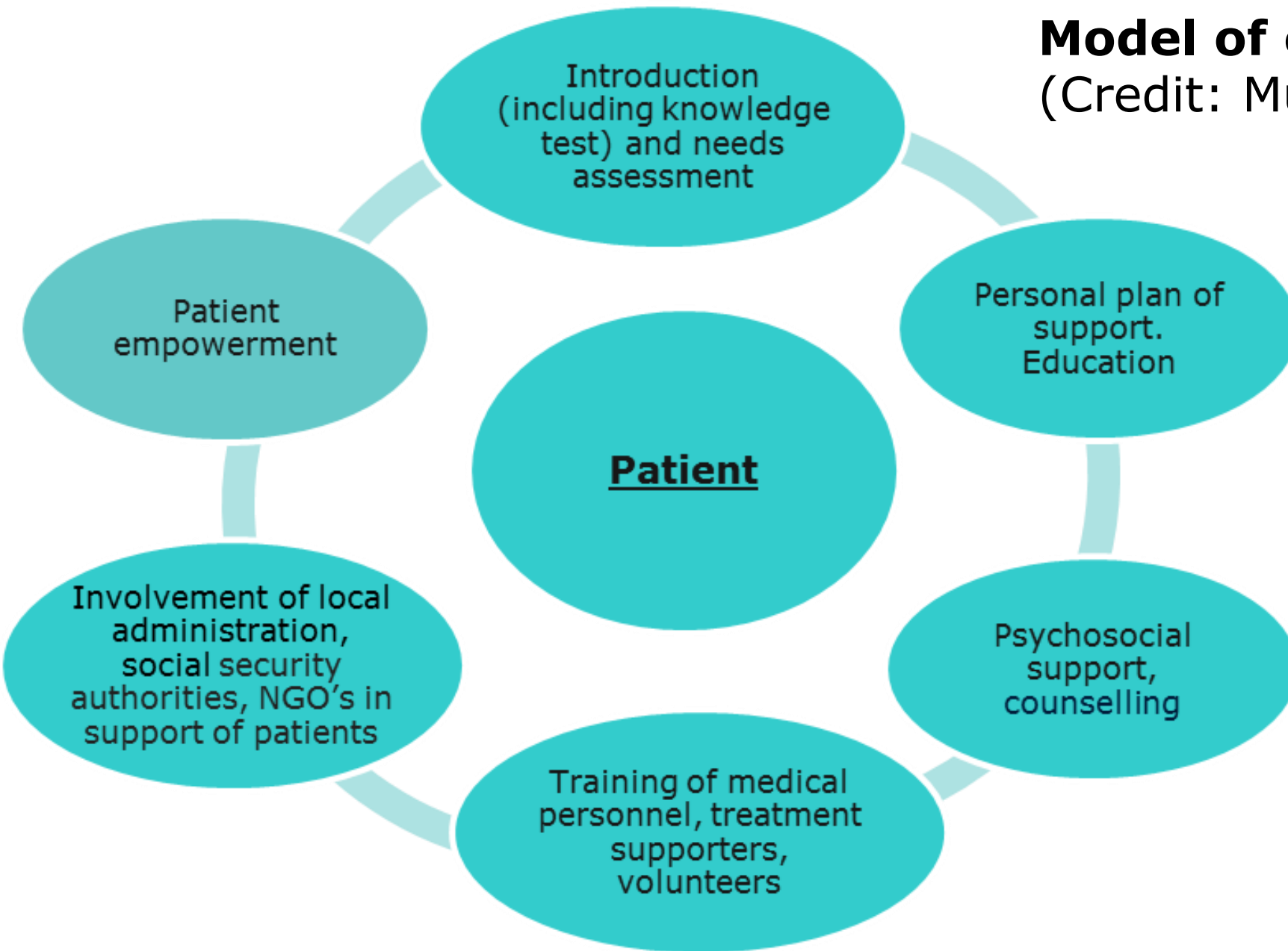
## Global Best Practices in TB Support and Care

- **Successful Models:** Kyrgyzstan inspired with experience of other partners MSF, ICRC in patient support and care. UK and USA models of nurse care develop own approach in support of people with TB.
- **Innovative Approaches:** Kyrgyzstan developed innovative model of care started from assessment of people diagnosed with TB, provision of informational/education and psychological support with collaborative partnerships.
- **Patient-Centered Care:** Piloting of this approach show as the importance of tailoring support to individual needs and preferences for a more personalized and effective approach.
- **Lessons Learned:** We extracted valuable lessons from global best practices like a video supported treatment and consultation and adapt it to enhance TB support in Kyrgyzstan.

By drawing inspiration from successful global initiatives, we can refine our approach to TB support, ensuring it aligns with the unique needs of Kyrgyzstan.

## Model of case management (Credit: Muratbek Ahmatov)

LTFU was significantly reduced for patients on the new treatments. From 23% for the 2016 cohort, the rate dropped to 15% on the STR 2017 cohort, and to just 3% in the January – March 2017 ITR cohort.



Patient-centered care was one of the key focuses of the project, to ensure patients completed treatment and avoid the development of resistance to additional drugs, including the new drugs.



Project case managers visited patients throughout the country to help them complete their treatment. *Photos: Kairat Murzakimov, Marion Biremon*









The project effectively created a digital platform for case managers, streamlining patient registration and treatment monitoring, incorporating MoH-approved Video Observed Therapy (VOT), and enhancing the satisfaction and daily productivity of over 200 tuberculosis patients by enabling convenient at-home

treatment. RIGHT DIAGNOSIS RIGHT TREATMENT

Challenge TB developed an application for case managers to follow patients throughout treatment. *Photo: Kairat Murzakimov*



-  Add new patient
-  Record visit
-  Edit patient
-  Add contact
-  Show patients
-  Contact

After 3 months in the pediatric hospital of Archaly,  
Daniyar and Nursultan continued treatment at home



Nursultan and Danyar were saved from XDR-TB thanks to new drugs. *Photos: Marion Biremon*

The phone they got from Challenge TB made it a lot easier: instead of going to the hospital every day to take their pills, they just video-called their nurse from home in the morning. Zarina was able to work full days, “we couldn’t have made it otherwise,” she says.

Aidana and her cousin had a form of XDR-TB that was resistant to all but one of the drugs previously used to treat it: they wouldn't have made it without the new drugs.

*Photo: Marion Biremon*



Thanks to Challenge TB, they were able to continue their treatment via video call. This meant that instead of taking time and spending money going to the health facility every day to ensure that they didn't miss any doses, Marat and Jazgul could take their pills at home when it suited them best. All they had to do was to send a video of the process to their nurse every day.

Challenge TB  
created a guide  
for patients with  
M/XDR-TB.  
*Photos: Kairat  
Murzakimov*

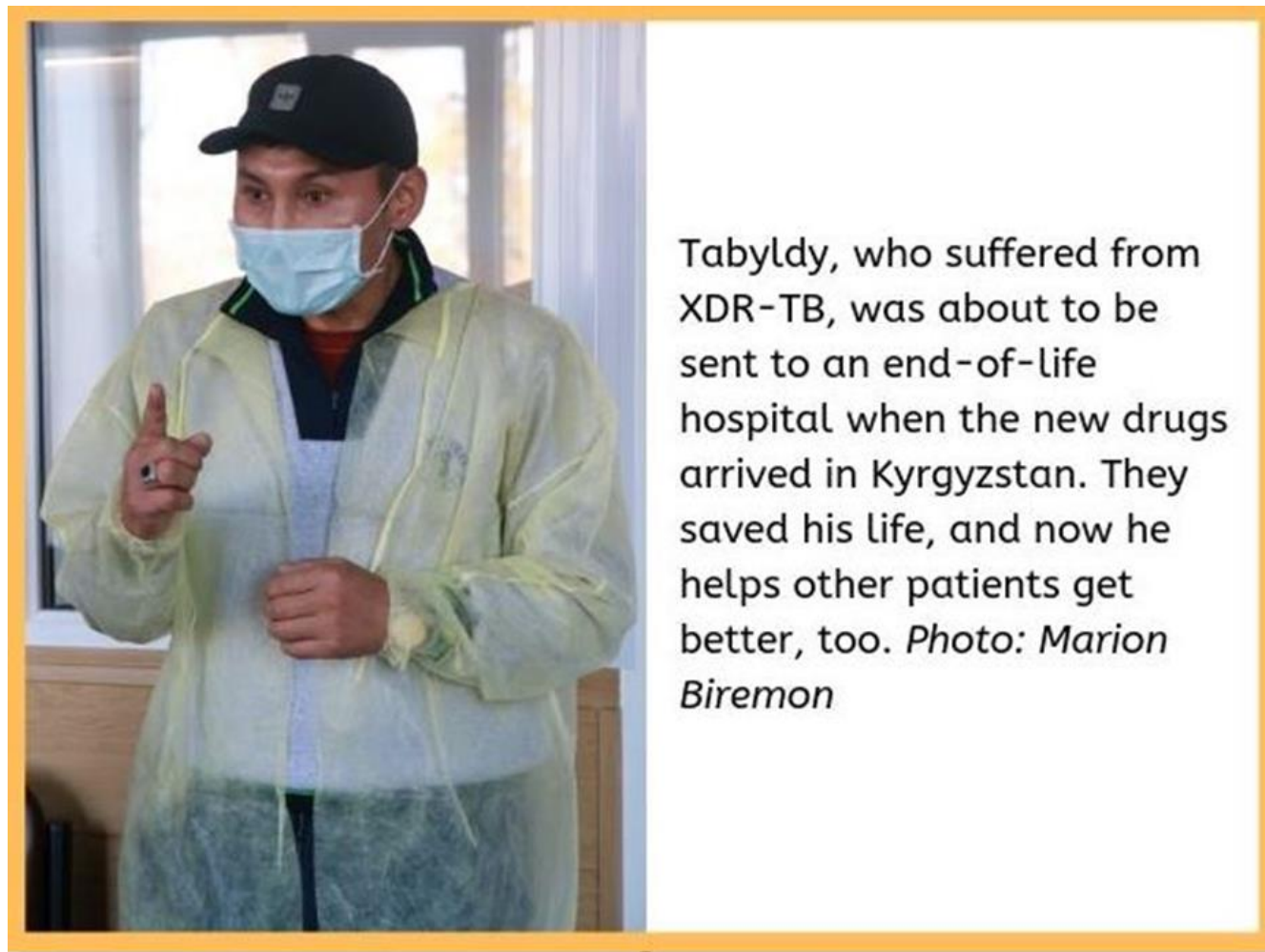


Thanks to video observed treatment, Kydyrma, a shepherd, can now take his pills from his farm instead of going to the far-away village every day. *Photos: Kairat Murzakimov*



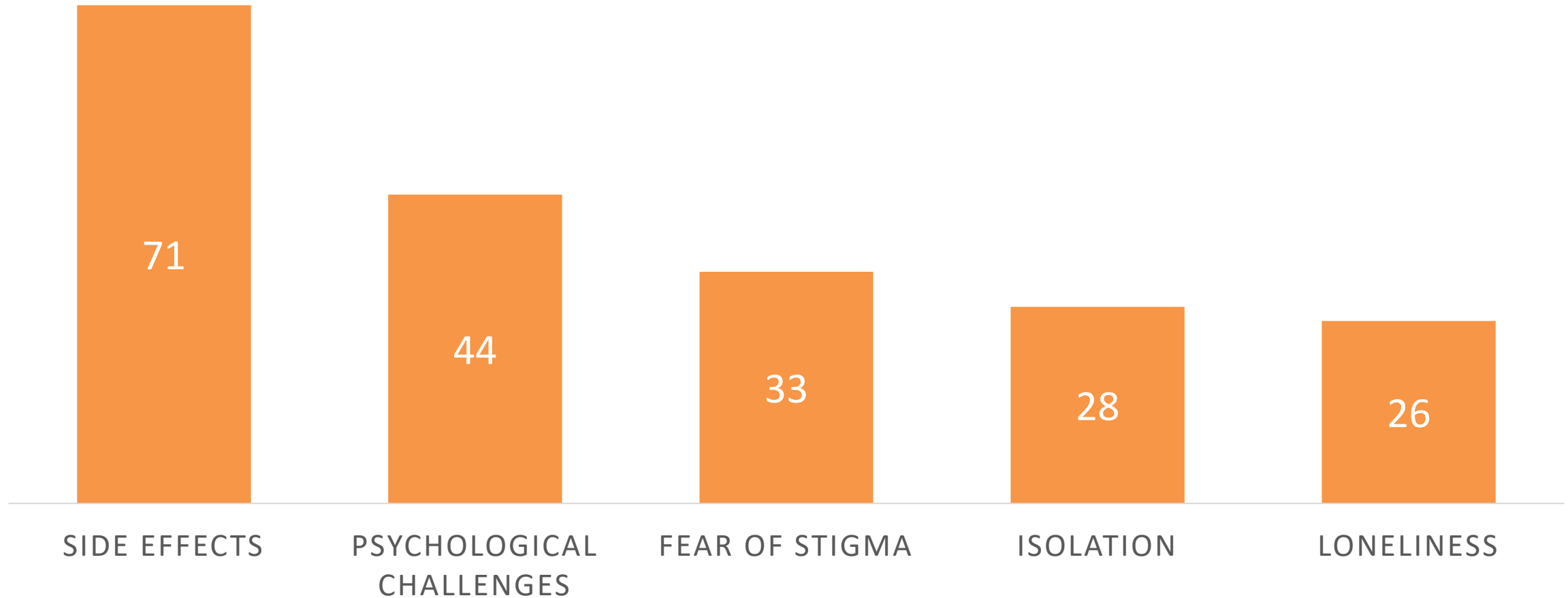
## 88 patients were returned to treatment with support and care

584 patients on new treatments regimens (STR and ITR with Bdq/Dlm and repurposed drugs) received individual support throughout their treatment, with regular consultations, visits, and phone calls from project case managers. The case managers checked patients for side-effects, provided TB education, and helped patients solve any obstacle to their treatment, be it psychological, financial, social or administrative.



Tabyldy, who suffered from XDR-TB, was about to be sent to an end-of-life hospital when the new drugs arrived in Kyrgyzstan. They saved his life, and now he helps other patients get better, too. *Photo: Marion Biremon*

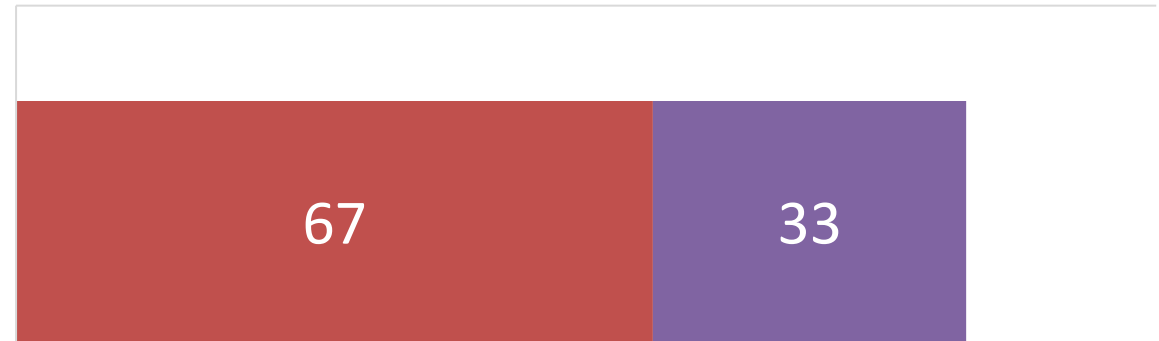
# Answers (in % of respondents) to "What makes treatment difficult?", CTB survey?



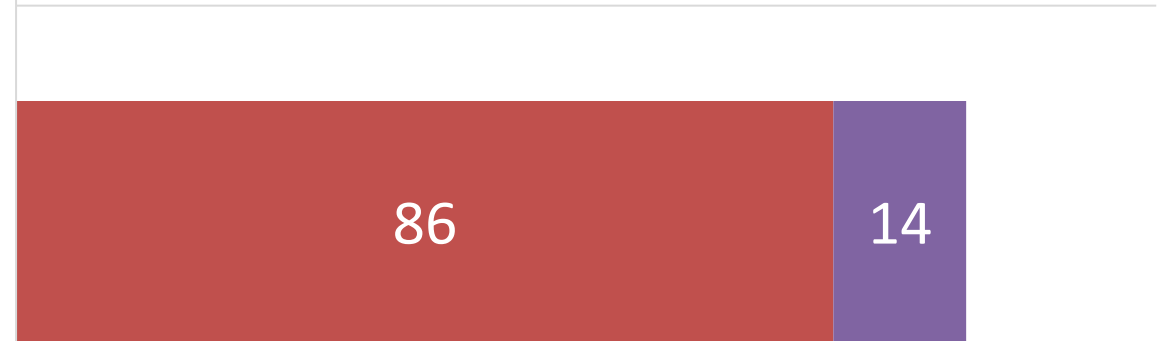
# Answers (in percentage of respondents) to “Do you agree with the following statement...?” CTB survey

■ Agree ■ Disagree

SOME PEOPLE MAY NOT WANT TO EAT OR DRINK WITH FRIENDS WHO HAVE TB



SOME PEOPLE ARE AFRAID OF PATIENTS WITH TB







To promote people-centered care and support, initiated a lively charity race in Bishkek in conjunction with World TB Day, coupled with informative sessions aimed at heightening public awareness.

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## Expert Insights: Voices Shaping TB Care

**MSF, KNCV, AFEW, TB People, IRCS, Partners network** and many other national organizations, TB survivors and activists bring a wealth of experience in the field of TB support and care, with a focus on patient-centered approaches

**Notable Contributions:** HIF Ais supporting the health care workers in provision of patient centered care. The main donors USAID, Global Fund and Stop TB Partnership supported case management in Kyrgyzstan in the projects: Challenge TB, Cure TB, LON, Global Fund cycle 2021-2023 support the community workers and organizations

**Collaborative Efforts:** Illustrative collaboration of governmental health care system, donors and local community - organization which is instrumental in provision of the people centered care and support

Through the experiences and support of these organization, Kyrgyzstan gain valuable insights into effective strategies and the transformative power of dedicated individuals in the realm of TB support and care

## ВЫЗОВЫ И ВОЗМОЖНОСТИ В СОПРОВОЖДЕНИИ ЛИЦ С ТБ В КР

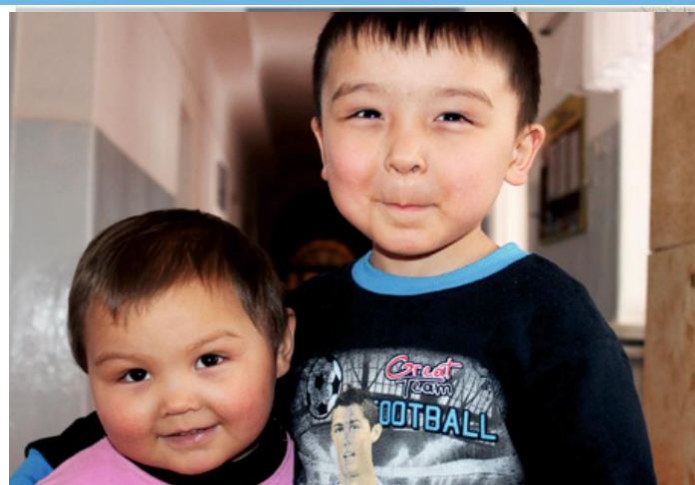
- **Current Challenges:** the existing challenges in TB support is a limited resources, stigma, and gaps in healthcare infrastructure.
- **Opportunities for Improvement:** Increase the funding for the State social procurements, Investigate public private mix services, Enhance awareness campaigns and Strengthen collaboration between stakeholders
- **Impact on Communities:** Collaboration with communities is crucial in conditions with limited recourses, help to overcome the stigma and solve the infrastructure issues
- **Global Perspectives:** Kyrgyzstan looking for the global developments and best practices on support and care of people with TB to get insights, adopt and implement it

By acknowledging challenges and leveraging opportunities, we can tailor interventions to address the specific needs of Kyrgyzstan in support and care of people with TB leading to more effective and sustainable TB support

# Recommendations for Enhancing TB Support in Kyrgyzstan

- **Integrated Awareness Campaigns:** Develop comprehensive public awareness campaigns to reduce stigma, building the friendly environment, increase early detection, and promote understanding of TB within communities.
- **Capacity Building:** Invest in training programs for healthcare professionals to enhance their skills in TB diagnosis, treatment, and holistic patient care.
- **Community-Centric Programs:** Establish community-driven initiatives that empower local residents to actively participate in TB prevention, care, and support efforts.
- **Public-Private Partnerships:** Foster collaborations between the government, private sector, and non-profit organizations to maximize resources and reach a broader audience.

Implementing these recommendations can pave the way for a more effective and inclusive TB support system in Kyrgyzstan, ultimately contributing to better health outcomes and reduced TB prevalence.



Many thanks for attention!

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