



**Mini Review**

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# Book Review 'Panduan Pengurusan Pesakit Yang Dirawat Dengan Anti TB' (Malay Version)



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**Abbreviations:** TB: Tuberculosis; WHO: World Health Organization; MDR TB: Multidrug-Resistant TB; PPE: Protective Equipment

## Mini Review

Written by Bahagian Perkhidmatan Farmasi Kementerian Kesihatan Malaysia, Tuberculosis (TB) disease is a disease caused by the bacteria 'Mycobacterium tuberculosis' which usually affects the lungs. It is the world's oldest infectious disease spread through respiratory droplets. The World Health Organization (WHO) estimated that 9 million new cases of TB worldwide and 1.5 million deaths were caused by the disease in 2014. In that year it was also estimated that new cases of TB disease among children were 550,000 cases and total mortality. It is 80,000 cases. In Malaysia, the reported cases of TB in 2014 were 24,711 cases, an increase of 2.7% compared to 24,071 cases reported in the previous year 2013. When a person has an active TB disease, signs such as cough, fever, sweating at night, weight loss and so on are not always considered serious problems. Therefore, most patients will delay treatment and will spread the bacteria unconsciously. TB patients can spread infection to 10 to 15 other people who are close to them within a year. Without proper treatment, 2/3 of TB patients will die from the disease.

Since 2000, it is estimated that more than 43 million lives can be saved as a result of proper diagnosis and treatment. Active TB disease sensitive to treatments treated with standard treatment for 6 months using 4 types of anti-TB drugs. Most TB illnesses can be treated with medication if the right recruitment rules are followed. The issue of patient complaints in adherence to the treatment of TB patients is an issue that cannot be

underestimated. Treatment failure due to non-compliance with treatment will increase the risk of Multidrug-resistant TB (MDR TB) that will make it difficult for healing and increasing the complications of the disease. As such, pharmacists are seen to contribute to avoiding non-compliance with the treatment. Each patient should be counseled by a pharmacist at least once during treatment.

The purpose of providing this manual is to assist Pharmacy Officers in conducting TB counseling sessions at hospitals and KKM health clinics. The TB patient counseling department should be handled by applying the counseling procedures set out in the Medicines Counseling Guidelines by the Pharmacy Services Division, Ministry of Health Malaysia. Counseling activities can be done in counseling rooms or locations that are perceived according to the facility's ability. To protect the duty and other patients, the following infection control measures should be taken: patients need to be exposed to the knowledge and skills of cough and hand hygiene ethics, patients present should be given a 3-ply face mask to be used at all times while in the clinic, it is necessary to use Protective Equipment (PPE) such as 3-ply face mask or N95 mask, avoid doing counseling at outpatient pharmacy counter. Counseling activities should be recorded using individual counseling forms. The form should be filed separately from other individual counseling forms to facilitate the stats of activities to be obtained if necessary.



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