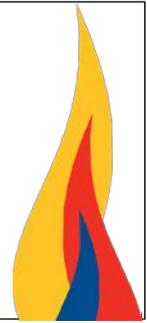


ICN TB/MDR-TB Project celebrates its

Leading Lights

Nurses bringing light to where there is no light



December 2017

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:



**Esther Chisenga
Lupanda**

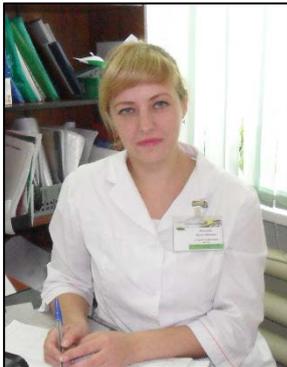
Enrolled Nurse, Buschi
Small clinic, Kitwe,
Zambia

Following the ICN TFT course in 2016, Esther provided training to 51 healthcare workers (HCWs) and six volunteers in her clinic and district. She trained on TB management, sputum follow up, anti-TB medication adherence, TB/HIV and admission of MDR-TB patients. Esther also identified that there was a challenge with the correct documentation of names, addresses and phone numbers of patients in the registers making it difficult to track patients. As a result, when registering patients, she now calls the telephone number the patients give her immediately to test that the number is correct and working.

Esther also recognised that patients were failing to submit follow-up sputum claiming they were not producing sputum. She started giving patients continuous health education and demonstrations on sputum production. She encouraged patients to do sputum follow-ups to monitor treatment progress and to be able identify patients failing treatment who might have MDR-TB. She demonstrated sputum production for patients' relatives and also included TB

The ICN TB/ MDR-TB Project is supported by a United Way Worldwide grant made possible by the Lilly Foundation on behalf of the Lilly MDR-TB Partnership.

supporters. As a result of her efforts, there has been an increase in case detection and cure rates in her clinic. In addition, through her education efforts the lost to follow-up rate has decreased and the accuracy of full addresses and phone numbers of patients has improved.



Olga Kritskaya
Head nurse of TB day-time treatment department, Tomsk Pulmonary Medical Center, Tomsk, Russian Federation

Olga Kritskaya graduated from nursing school in 1999 and earned a university degree in psychology in 2007. She entered TB nursing in 2004 at a daytime clinic where she was responsible for treatment interventions and DOT for patients on the continuation treatment phase. She learned all the specifics of TB medications and the patients' responses to medication and treatment regimens. Having a degree in psychology, Olga actively used her knowledge to support long-term treatment adherence in patients, was able to recognise early symptoms of depression and other side-effects and effectively counsel patients.

For several years, Olga worked part-time as a psychologist for a Partners in Health project where she gained greater understanding of the psychological issues patients face during TB treatment and learned how to better communicate with different groups of patients.

From 2013, Olga has served as the Head Nurse of the daytime TB clinic department

at the Tomsk Pulmonary Medical Center where she helps other nurses and encourages them in their professional development. Olga often speaks at hospital and regional conferences.

The Tomsk TB Pulmonary Medical Centre is a leading TB treatment facility and has initiated video observed TB treatment (VOT) for patients on continuation phase of treatment. Olga was responsible for preparing for the introduction of this new technology, and developed the instructions and trainings for nurses and patients. When the project started there were eight patients on VOT; today that number has risen to 80 patients undergoing therapy via Skype, saving time and money, and making it easier for the patients who no longer need to travel to the TB clinic daily. Patients connect with a nurse using Skype, take their pills, answer questions and receive needed answers and continue with their treatment.

The Russian Nurses Association is proud that the nurses trained by the ICN TB Project today play a leading role in providing patient-centred care for people affected with TB, and Olga is a bright example of such a nurse!



Zhang Cuiling
Director of Nursing, Jilin Province Tuberculosis Hospital, Changchun (China)

Zhang Cuiling has been engaged in tuberculosis clinical care for 21 years (11 years in nursing management). She attended the ICN TB/MDR-TB training programmes in 2011 and 2014, after which she focused her efforts on health education for TB patients

and their families and continuing education for nurses in Jilin province. She conducted 12 national and 67 provincial continuing education programmes which involved 8,011 medical staff. Zhang created a strong learning and academic atmosphere, and enhanced nurses' awareness of TB and related knowledge. As a result, health education was updated frequently, linkage to care following discharge from hospital was guaranteed, and treatment adherence as well as patients' autonomy and self-efficacy were strengthened.

Through her consistent efforts, infection control in her hospital has been improved and her suggestions were adopted and applied to the construction of new wards. Following a cost effectiveness analysis Zhang conducted in 2016, all medical staff now have access to N95 respirators.

With the support from the president of her hospital, Ms. Zhang received 3 million Chinese Yuan (USD 455,000) from Jilin province to establish a training base for TB diagnosis, treatment, and medical care skills. Five training programmes have been conducted successfully, and 1,310 medical staff have been trained at all levels in Jilin province.

The competency of the medical staff related to TB diagnosis, treatment, nursing care and occupational protection and safety has improved. Ms. Zhang is also working as the principal investigator of a project titled "Training of occupational protection for TB nurses and research on practice of nursing patient-centred care", which is supported by the Jilin provincial Health and Family Planning Commission.

	<p>ICN TB/MDR-TB Project Facts:</p> <ul style="list-style-type: none">• 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 2,224 nurse trainers trained to date• An additional 166,000 nurses and allied health workers trained through cascade• Impact includes improved case detection and treatment
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