

Targeted Nutrition Education for TB Patients in the Aral Sea Disaster Zone

Health Education (Poster Presentation)

Targeted, Non-traditional, Health

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ABSTRACT

PROJECT GOAL:

Contribute to the improvement of the overall TB cure rate among the population of the Aral Sea Disaster Zone.

PROJECT OBJECTIVES:

- Increase calorie intake of target TB patients in the completion phase of TB treatment
- Increase the knowledge of TB patients about DOTS, nutrition and hygiene (as it concerns TB)
- Increase TB patients ability for “self efficacy” in their treatment management

PROJECT TIMEFRAME:

Initial pilot phase 1 July 2002 – 1 January 2003

PROJECT LOCATION:

Aral Sea Disaster Zone -

Uzbekistan: Karakalpakstan Autonomous Oblast, Khorezm Oblast, Bukhara Oblast and Navoi Oblast

Kazakhstan: KyzylOrda Oblast

PROJECT BACKGROUND

In 1998 American Red Cross with support of USDA responded to the emergency food needs of people in the Aral Sea Zone, due to several years of heavy drought and severe ecological problems caused by misuse of water resources in the area. From this initial response a long-term food supplement was developed targeting the most vulnerable segment of the population – persons with TB. While this continued improvement of the food distribution and record management of the target population has reaped some success in slowing down the TB pandemic in the region, it still was not sufficient enough to reach the WHO DOTS cure rates of 85%. From a base line study it was determined that there was a low level of knowledge about TB, nutrition and methods for improving their health among the TB patients and their families. The result of this survey was the introduction of an educational program aimed at TB patients who could take the disseminated information and better adapt existing resources for increased control of their disease management.

PROJECT DESCRIPTION:

To improve the effectiveness of the food supplement as well as allow patients to have more control in their disease management an additional component has been added to the current food distribution program. This is an educational component that utilizes Nutrition Education Teams (NETS) composed of three persons; a person with a medical background, a person with a pedagogical background and a third person who is the team driver/assistant. Trained in a specially developed curricula that utilizes both adult teaching methods and non-traditional teaching methods, the NETS train other potential trainers who come in regular contact with the TB patient (TB Doctors, Nurses and family members) as well as direct educational interaction of the TB patient themselves. Additionally NETS seek to identify, develop and support community oriented mechanisms such as support groups that will assist in the long-term community health needs in address the TB pandemic occurring in the region.