

TBeat

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Treatment of Drug-Resistant Tuberculosis. An Official ATS/CDC/ERS/IDSA Clinical Practice Guideline

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THIS OFFICIAL CLINICAL PRACTICE GUIDELINE WAS APPROVED BY THE AMERICAN THORACIC SOCIETY, THE EUROPEAN RESPIRATORY SOCIETY, AND THE INFECTIOUS DISEASES SOCIETY OF AMERICA SEPTEMBER 2019, AND WAS CLEARED BY THE U.S. CENTERS FOR DISEASE CONTROL AND PREVENTION SEPTEMBER 2019

Background: The American Thoracic Society, U.S. Centers for Disease Control and Prevention, European Respiratory Society, and Infectious Diseases Society of America jointly sponsored this new practice guideline on the treatment of drug-resistant tuberculosis (DR-TB). The document includes recommendations on the treatment of multidrug-resistant TB (MDR-TB) as well as isoniazid-resistant but rifampin-susceptible TB.

Methods: Published systematic reviews, meta-analyses, and a new individual patient data meta-analysis from 12,030 patients, in 50 studies, across 25 countries with confirmed pulmonary rifampin-resistant TB were used for this guideline. Meta-analytic approaches included propensity score matching to reduce confounding. Each recommendation was discussed by an expert committee, screened for conflicts of interest, according to the Grading of Recommendations, Assessment, Development, and Evaluation (GRADE) methodology.

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Continued: Treatment of Drug-Resistant Tuberculosis. An Official ATS/CDC/ERS/IDSA Clinical Practice Guideline

Results: Twenty-one Population, Intervention, Comparator, and Outcomes questions were addressed, generating 25 GRADE-based recommendations. Certainty in the evidence was judged to be very low, because the data came from observational studies with significant loss to follow-up and imbalance in background regimens between comparator groups. Good practices in the management of MDR-TB are described. On the basis of the evidence review, a clinical strategy tool for building a treatment regimen for MDR-TB is also provided.

Conclusions: New recommendations are made for the choice and number of drugs in a regimen, the duration of intensive and continuation phases, and the role of injectable drugs for MDR-TB. On the basis of these recommendations, an effective all-oral regimen for MDR-TB can be assembled. Recommendations are also provided on the role of surgery in treatment of MDR-TB and for treatment of contacts exposed to MDR-TB and treatment of isoniazid-resistant TB.

For more information see: https://www.cdc.gov/tb/publications/guidelines/pdf/Nahid_et_al-2019-American_Journal_of_Respiratory_and_Critical_Care_Medicine.pdf

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Research in India Ensure No Tuberculosis Outbreak in the United States

UT Health Science Center awarded \$1.4 million grant for tuberculosis research



Rama Vankayalapati, PhD

The University of Texas Health Science Center at Tyler has been awarded a grant renewal in the amount of nearly \$1.4 million (\$1,397,390) to continue tuberculosis (TB) research in their biomedical research center. The grant is an award from the National Institutes of Health (NIH) and CRDF Global. Serving as the principal investigator, Rama (Krishna) Vankayalapati, PhD, will continue to explore the human immune responses to the disease. Simplistically, the research aims to find novel biomarkers that will identify persons at increased risk of developing active TB.

While less common in the United States, TB is still considered by the Centers for Disease Control and Prevention (CDC) as one of the world's deadliest diseases. The United States TB incidence rate in 2018 was the lowest ever reported at 2.8 cases per 100,000 persons. Approximately 66% of these cases were attributed to non-U.S.-born persons. While the United States is experiencing low rates, the rest of world is not. The CDC cites that one quarter of the world's population is infected with TB. In 2017, 10 million people around the world were diagnosed with the disease. Additionally, the CDC cites 1.3 million TB-related deaths worldwide for 2017. Given these statistics, Dr. Vankayalapati stresses the importance of TB research and the study of international disease to make certain the U.S. doesn't experience the same issues.

"Our research helps to ensure that the United States continues to maintain a low incidence rate," explained Dr. Vankayalapati. "As we come to understand more about TB, we are able to take preventive actions to ensure that we do not have a mass tuberculosis outbreak."

Dr. Vankayalapati's team consists of Drs. Julie Philley, Buka Samten, Deepak Tripathi, Karan Singh and Richard Idell. Dr. Richard Idell, son of renowned researcher Dr. Steven Idell, is a psychiatrist with UT Health Science Center at Tyler and offers a different research approach for the team. Dr. Idell is examining the psychological effects taking place to understand often-developed depression with TB patients and those surrounding them.

For more information see: <https://www.uthct.edu/article/116>

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Staff Announcement

We have exciting news to share!



Dr. Armitige is expanding her role at Heartland and is now Heartland's Assistant Medical Director! Dr. Armitige began her career with Heartland in April 2010 as Medical Consultant and has proved to be an invaluable asset to the Heartland team, the Heartland region and beyond! Dr. Armitige is board certified in infectious disease, internal medicine and pediatrics.

Many of you may know Delphina Sanchez from her role with Heartland on the training team. Delphina joined Heartland in 2005 and has served in many capacities over the years, however, we are most excited to announce that she is now the Director of Education and Training! Delphina has a Bachelor of Arts in Spanish and a Master of Arts in Adult Learning and Teaching and is looking forward to meeting your training and education needs!



RoShonda Booker is new to Heartland but has quickly found a role to supplement her BS in Graphic Design! RoShonda has joined Delphina on the training team and looks forward to working with you to plan trainings, provide technical assistance and meet any other training needs you might have!

Please join us in welcoming Dr. Armitige, Delphina and RoShonda to their new roles. Contact information for Dr. Armitige, Delphina and RoShonda can be found on the HNTC website: www.heartlandntbc.org.

Upcoming Events and Courses

Course: TB Skin Testing: A Practical Approach

Date: January 22, 2020

Location: San Antonio, Texas

This course is designed for the TB professional who is responsible for training staff and other healthcare workers on the proper placement and reading of the tuberculin skin test (TST).

Course: National Webinar: Let's Hash Out the Drug Rash—Part 2

Date: January 30, 2020

Location: Online

This webcast is intended for healthcare professionals who care for persons diagnosed with tuberculosis infection or disease and will provide them with knowledge to identify and apply appropriate interventions to manage patients with drug rash related to anti-TB medications

Course: Hot Topics in TB! The Elderly and TB

Date: March 12, 2020

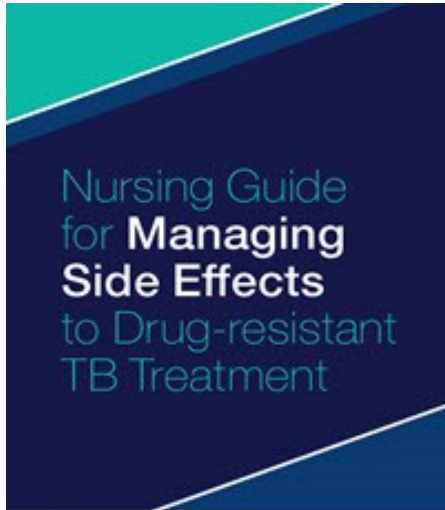
Location: Online

This webcast is intended for healthcare professionals who are actively engaged in the identification, case management, and treatment of patients with latent TB infection or active TB disease.

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TB.BIT



Nursing Guide for Managing Side Effects to Drug-resistant TB Treatment

Nursing Guide for Managing Side Effects to Drug-resistant TB Treatment is a collaborative project between CITC and the International Council of Nurses (ICN). The guide was developed by nurses with experience in the clinical care and programmatic management of tuberculosis (TB) and drug-resistant tuberculosis (DR-TB) in both high- and low-resource settings.

Patients on treatment for DR-TB face many challenges, most notably difficult side effects such as nausea, hearing loss, and fatigue. These side effects impact the patient's quality of life, capacity to work, and ability to continue activities of daily living. Medication side effects have been cited as a major factor linked to patients stopping treatment.

The guide's authors reviewed nursing and DR-TB literature to establish best practice nursing assessment and intervention guidance. More than 200 nurses who care for patients with DR-TB in 11 countries field tested the guide; their valuable feedback informed the final content and format of the guide.

www.currytbcenter.ucsf.edu/products/nursing-guide-managing-side-effects-drug-resistant-tb-treatment

Resources

TB Education and Training Network

<http://www.cdc.gov/tb/education/Tbetn/default.htm>

National TB Controllers Association

<http://www.tbcontrollers.org>

Find TB Resources

<https://findtbresources.cdc.gov/>

Tuberculosis Epidemiologic Studies Consortium (TBESC)

<http://www.cdc.gov/tb/topic/research/TBESC/default.htm>

Centers of Excellence (COE) TB Training and Education Products

<https://sntc.medicine.ufl.edu/rtmccproducts.aspx>

Program Collaboration and Service Integration (PCSI)

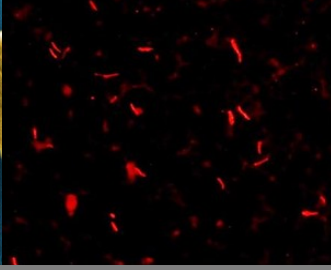
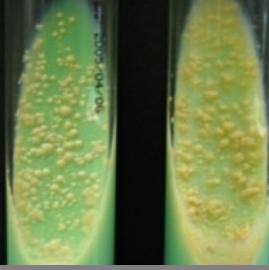
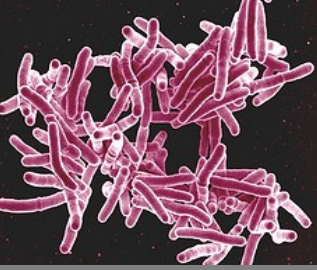
<http://www.cdc.gov/nchstp/programintegration/Default.htm>

Centers for Disease Control and Prevention, Division of Tuberculosis Elimination

<http://cdc.gov/tb/>

If your organization has any additional links for TB resources that you would like published, please send them to Alysia.Wayne@uthct.edu

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Trainings

2020 HNTC Training Calendar

Date(s)	Course	Location
January 22	TB Skin Testing: A Practical Approach	San Antonio, Texas
January 30	National Webinar: Let's Hash Out the Drug Rash—Part 2	Online
February 4, 11, 18, 25	Introduction to TB Nurse Case Management	Online
February 27—29	24th Conference of The Union North America Region **conducted by International Union Against Tuberculosis and Lung Disease www.theunion.org	Chicago, Illinois
March 12	Hot Topics in TB! The Elderly and TB	Online
March 17—19	TB Nurse Case Management	San Antonio, Texas
March 24	Screening and Treating TB Infection	Bryan, Texas
June 8—10	Clinical TB Intensive	San Antonio, Texas
May 21—22	Foundation for Conducting a TB Contact Investigation	San Antonio, Texas
May 27—29	National TB Controllers Association Conference **conducted by National TB Controllers Association www.tbcontrollers.org	Minneapolis, Minnesota

This calendar is not inclusive of all available courses. Please refer to the website for any future trainings and detailed information. Courses listed are still open for registration.

Please visit our website: <http://www.heartlandntbc.org/training/calendar.php>

Proposed topics are subject to change; check website for the latest updates.

TRAININGS ARE POSTED TO THE WEBSITE AS THEY ARE CONFIRMED



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The **MISSION** of the Heartland National TB Center is to build capacity with our partners. We will share expertise in the treatment and prevention of tuberculosis by: developing and implementing cutting-edge trainings, delivering expert medical consultation, providing technical assistance, and designing innovative educational and consultative products.

The **VISION** of Heartland National TB Center is to provide *excellence, expertise, innovation* in training, medical consultation, and product development to reduce the impact of tuberculosis in our region.

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