

Mental Health in Patients with TB

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Has the following disclosures to make:

- No conflict of interests
- No relevant financial relationships with any commercial companies pertaining to this activity



TEXAS Health and Human Services

Texas Department of State Health Services

Mental Health in Patients with TB

Considerations and **Resources**

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Definitions

Back to basics



Texas Department of State Health Services

What is Mental Health?

- Emotional, Psychological, Social
 - How we think, act, and feel
- How we handle stress
- Relate to others
- Make choices
- Just as important as physical health
 - Probably tied very tightly together
 - Important to all age groups

What is Mental Illness

- Any disorder that causes a person to:
 - Experience different behaviors that are not the societal norm
 - Altered moods
 - Altered pattern of thinking
- Caused by:
 - Biological factors
 - Life experiences
 - Family history

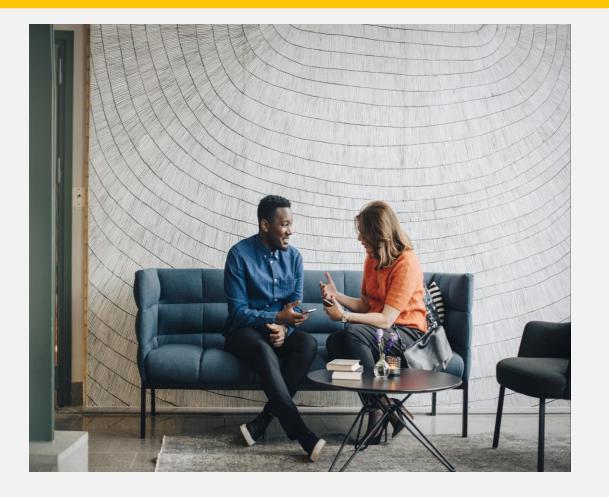
Information and Consents

- Social Workers/Volunteers at homeless shelters
- Hospital records (Discharge Summaries)
- Make sure consents have release for Mental Health included
- Court Records



Texas Department of State Health Services

Interview Techniques



COLLABORATION NOT COHERSION

- Active Listening
- Empathy
- Concern

Meaningful questions inquired positively will reduce defensiveness from the patient

Motivational Interviewing:

- Express and show empathy through reflective listening
- Amplify discrepancies between the patient's goals and their current behavior
- Support self-efficacy and optimism
- Roll with resistance

Slade S, Sergent SR. Interview Techniques. [Updated 2023 Apr 24]. In: StatPearls
[Internet]. Treasure Island (FL): StatPearls Publishing; 2023 Jan-. Available from:
https://www.ncbi.nlm.nih.gov/books/NBK526083/

Assessment Tools

Your toolbox

- Interviews vs Observations vs recording physiologic functions
- PHQ-9
- Beck Anxiety Inventory
- Mini Mental Status
- Social Assessments Mental Health Form

Is it me???



Harm Reduction and Goal Setting

This is an Evidenced Based Approach.

The goal is not cessation but reduction of harm to the patient and community.

Resources for Training:

https://www.samhsa.gov/find-help/harm-reduction

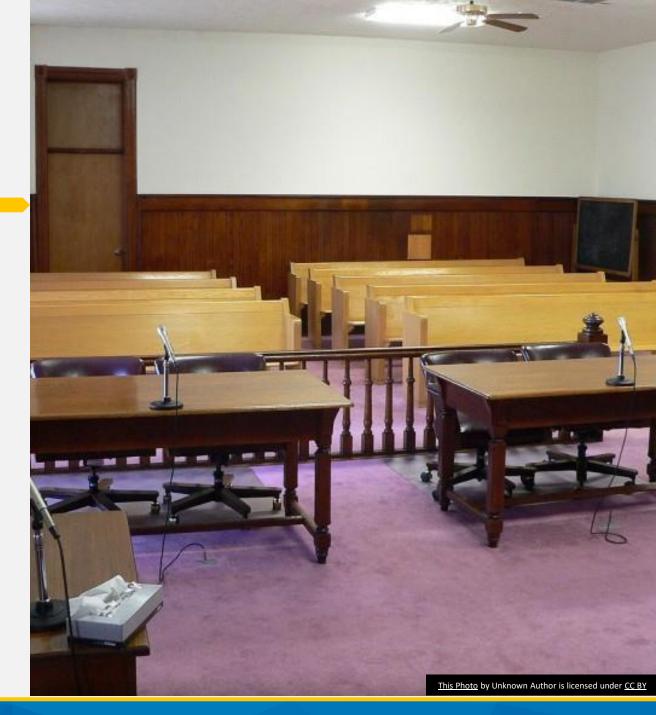
https://txoti.org/



Texas Department of State Health Services The goal is to complete treatment.

Court Orders as a last resort

- Not a carrot and stick method
- Actively build relationships with local law enforcement
- Takes a long time
- Not to be addressed by treating staff
- Can be viewed as a protective measure



Common Medication Interactions

Serotonin Syndrome – Linezolid and Isoniazid

Trazodone (serotonin modulator) for insomnia Escitalopram & Fluoxetine for depression (SSRIs)

Treatment

- Fluids, benzodiazepams
- Cyproheptadine, an antihistamine that blocks serotonin production

INH Interactions

- Anticonvulsants
 - Decreases seizure threshold

Doherty AM, Kelly J, McDonald C, O'Dywer AM, Keane J, Cooney J. A review of the interplay between tuberculosis and mental health. Gen Hosp Psychiatry. 2013 Jul-Aug;35(4):398-406. doi: 10.1016/j.genhosppsych.2013.03.018. Epub 2013 May 6. PMID: 23660587.

Rifamyacins

Complex interactions with: HIV protease inhibitors & nonnucleoside

reverse transcriptase inhibitors



Common Medication Interactions

Rifamyacins

- Decreases levels of:
 - Narcotics (methadone)
 - Azole antifungal agents (can be complex interactions, e.g. ketoconazole)
 - Corticosteroids
 - Warfarin (coumadin)
 - Factor Xa inhibitors
 - Phenytoin, lamotrigine
 - **Hormonal Contraceptives**
 - Tadalafil, Sildenafil (ED & pulmonary artery hypertension)

Interferes with Beta Blocker and Calcium Channel Blockers

Not All Medications need to be stopped

- Flushing, itching, involving face / scalp; watering & reddening eyes Rifampin or PZA, self-limited
- Nausea, vomiting, anorexia that don't persist; diarrhea, metallic taste Multiple drugs
- Skin rash (maculopapular), itching

Multiple drugs

Photosensitivity, skin discoloration that reverses when drug is stopped

PZA, Clofazimine, or fluoroquinolones

- Clofazimine causes skin color changes pink->red/blue->brown
- Reversible CNS symptoms
- Bone & joint symptoms

PZA and less often EMB, INH

• Endocrine effects (less common)

In Summary

- Mental Health covers an wide range of issues including physical causes.
- Include the ENTIRE team in treatment to gather information and create a comprehensive treatment plan.
- Learn and add a variety of interview techniques and assessment tools to your toolkit. One size does not fit all.
- Drug interactions will happen not all medicatons need to be stopped, use adjunctive medications to treat side effects and give patient relief and some control.
- Court orders are a last resort. Make friends with the local DA's and invite LEOs/Courts for Lunch and Learns. CM should not be the one to address this, if possible.

Thank you!

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