



# 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





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**Texas Department of State  
Health Services**

# Mental Health in Patients with TB

## Considerations and Resources

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# Definitions

Back to basics



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# 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



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# 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/>

The goal is to complete treatment.



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# 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'Dwyer 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.

## Rifamycins

**Complex interactions with:**  
HIV protease inhibitors & nonnucleoside

reverse transcriptase inhibitors



# Common Medication Interactions



## Rifamycins

- 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 a 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 medications 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!

## Mental Illness in Patients with TB

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