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SHORT REVIEW ON TUBERCULOSIS

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ABSTRACT

Tuberculosis is a communicable bacterial infection, which is caused by Mycobacterium. Tuberculosis, which starts affecting the lungs (pulmonary TB) and later on spreads to other organs (extra pulmonary TB). It spreads from an infected person to another person by Sneezing, coughing, etc. TB is curable but can cause death if left untreated. The germs Spread through the air and can infect your lungs when you breathe them in. Sometimes, They also infect other parts of your body.

KEYWORDS

Mycobacterium tuberculosis Infectious disease, Airborne infection, Bacterial disease

INTRODUCTION

How does tuberculosis spread?

Tuberculosis primarily spreads through the air when a person with active TB disease Releases respiratory droplets containing the bacteria Mycobacterium tuberculosis into the Air.

The key modes of TB transmission include:

1) Airborne transmission:

It usually occurs by inhaling the infected air, which includes infectious bacteria.

2) Close and prolonged contact:

It separates from the long contact with the TB patients. It's particularly related to crowded or overcrowded places.

3: Weakened immune system: Individuals with weakened immune systems are more susceptible to TB infection and are at a higher risk of developing active TB disease. Conditions such as HIV/AIDS, malnutrition, and certain medical treatments that suppress the immune system increase the high risk of

TB is mainly having two types :

- Types: TB infection (LTBI) and active TB disease.

Some of the general symptoms of TB are :

- Persistent Cough: A bad cough that lasts 3 weeks or longer.
- Hemoptysis: Coughing up blood or phlegm.
- Chest Pain: Pain with breathing or coughing.
- General Symptoms: Fatigue, fever, chills, and loss of appetite.
- Night Sweats: Profuse sweating during night

Treatment of TB

(TB) treatment involves a long-term course of specialized antibiotics to ensure all bacteria including dormant ones are eliminated. Standard treatment for drug-susceptible TB typically lasts 6 months and is divided into two distinct parts.

Standard Treatment Phases

- Intensive Phase (First 2 Months): A combination of four drugs is used to quickly kill the majority of active bacteria and make the patient non-infectious.
- Continuation Phase (Next 4 Months): Only two drugs are continued to eliminate any remaining or slow-growing bacteria and prevent a relapse.

Commonly used TB drugs are

- Isoniazid: (action) Primary drug; kills actively growing bacteria.
- Rifampin (RIF): Helps kill the bacteria. It is known for turning body fluids (urine, sweat, tears, saliva) an orange-red color, which is harmless.
- Pyrazinamide (PZA): Particularly effective during the early stages of treatment

CONCLUSION

Compliance with standard precautions is important to prevent the spread of TB in the clinical area. Even though student nurses are taught about its importance in class and in the clinical area does not mean that they will always comply. Among

the participants, 51.4% reported that they always use PPE depending on the patient's condition. The mean score for compliance was 2.29, which shows that students do not comply well. A study on Knowledge and practice of universal precautions among student nurses in school Nursing revealed that 52.6% of the student nurses reported using gloves and face masks. When caring for patients [12]. However, in another study when asking student nurses about their compliance, only a very few (2.5%) said they wore protective gear/aprons [13]. Gloves Are also supposed to be worn by health workers when doing procedures where they Anticipate contact with patients' blood or body fluids.

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