

# IMPACT 2 TB: PILOT IMPLEMENTATION OF 3HP REGIMEN FOR TB PREVENTATIVE THERAPY IN NEPALI ADULTS

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## INTRODUCTION

IMPACT 2 TB project, funded by Nick Simons Foundation, piloted the 3HP treatment for TB prevention which is recommended by World Health Organization (WHO) for the first time in Nepal, in Chitwan and Pyuthan districts.

This short 3HP regimen requires just 12 doses and is easier for individuals to complete compared to older, longer treatment regimens and has fewer side effects.

Preventative therapy prevents TB disease and reduces disease transmission by eradicating the bacteria before it can cause illness and spread to others.

The WHO algorithm was followed to identify individuals infected with TB bacteria who are not yet sick with active TB disease and are therefore eligible for preventative therapy.



## PROBLEM STATEMENT

The World Health Organization (WHO) and the global health community have set ambitious targets for ending TB in the END TB strategy. Nepal has committed to these targets, including reducing the incidence of TB by 90% and deaths by 95%, in comparison with the baseline data of 2015, by the year 2035. However, it is universally acknowledged that these targets are not achievable unless there is a dramatic escalation in TB control efforts and significant paradigm shifts in our approach, including scale-up of prevention strategies

## KEY FINDINGS

1. **1121** contacts of TB cases were tested by TST.
2. **48% of contacts** (n=538/1121) tested positive by TST
3. **532** underwent Chest X-ray and **507** were diagnosed with latent TB.
4. **98% of** eligible contacts with latent TB accepted 3HP therapy (n=500/507)
5. **95% (n=475/500) completed 3HP therapy**





## LIVED EXPERIENCE FROM PYUTHAN

During a visit to a 72-year-old woman with TB Maya (name changed), BNMT Field Supervisor Sita GC recognized that Maya's son, who had been caring for his mother, was at high risk. However, he was working in Libang, 90kms away. Sita urgently contacted Bishnu, advising him to undergo testing for TB.

Bishnu was negative for active TB but tested positive for latent TB, and he started the 3HP preventative regimen. Unfortunately, Bishnu faced challenges through his work that could hinder his treatment. Sita coordinated with his nearest health center to ensure he could complete the treatment course.

Devastatingly, Maya died from her TB during Bishnu's treatment. Sita, understanding his grief, delivered the medication at his home during the mourning rituals. Bishnu was able to complete the full duration of his latent TB treatment despite his grief.

**→ Together, we can PREVENT TB to END TB.**

## RECOMMENDATIONS

- IMPACT 2 TB project has developed and validated the tools and modalities to implement the 3HP regimen in Nepal.
- The 3HP regimen is safe and effective for latent TB treatment in Nepal
- The 3HP regimen was shown to be feasible and acceptable, with high demand among communities affected by TB.
- The high acceptance and completion rates of the 3HP regimen show its suitability for scaling up under the National Tuberculosis Program
- Scaling up of TB preventative therapy is essential to achieve the goals of the END TB strategy for TB elimination in Nepal.

## COLLABORATION

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**Partners:**

Ministry of Health and Population, National Tuberculosis Control Center, Liverpool School of Tropical Medicine, UK, Karolinska Institutet, Sweden, Nick Simons Institute, Provincial Health Directorates, Health Offices, Major Hospital, Municipalities and TB partners.

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