Approaches to Patient Education

Objectives

- Explain why we educate clients
- Discuss what the client should know about tuberculosis
- Discuss things to remember when educating clients
- List resources to assist with patient education
Recommendation 1: We suggest using case management interventions during treatment of patients with tuberculosis (Case Management is defined as patient education/counseling, field/home visits, integration/coordination of care with specialists and medical home, patient reminders, and incentives/enablers). (Conditional recommendation: very low certainty in the evidence)
Why do we educate?

Patient involvement in a meaningful way in decisions concerning treatment supervision and overall care
Balance the rights of the patient and public safety

Adherence to treatment in the least restrictive way
What should the client know about tuberculosis?

TB 101

What is TB?
Where did they get TB?

How did they get TB?
How is TB spread?

Difference between latent TB infection vs active TB disease
How is TB treated?
Name of TB medications. What they look like and the number of pills to take

Side effects
Importance of follow up

TB is curable
Things to remember when we educate

We set the tone
Confidentiality, respect and trust

We are a guest in their life

Be Prepared

- Age
- Birth place
- Primary language
- History of previous treatment
- Current medical evaluation
- Supplies
  - Educational information
  - Masks
  - Sputum collection tubes
Meet the client where they are

- Find out what they know
- Assess basic needs

Educational information must be appropriate to culture, language, age and reading level of the client
Make each encounter count
Pace yourself
Assess, assess, and reassess
Use all your resources

Summarize

Have the client summarize what was discussed
Leave written information
Contact number client can call if questions or concerns

Remember: Education is ongoing
Resources to assist with patient education

- [http://globaltb.njms.rutgers.edu/](http://globaltb.njms.rutgers.edu/)
- [www.tbcontrollers.org/](http://www.tbcontrollers.org/)

Educational Resources

![Books and Resources](images)
“I did then what I knew best, when I knew better, I did better.” --- Maya Angelou