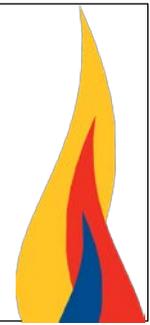


ICN TB/MDR-TB Project celebrates its

# Leading Lights

Nurses bringing light to where there is no light



## March 2018

While most nurses prefer to avoid the limelight, the ICN TB/MDR-TB project wants to recognise the work of some outstanding TB nurses who are role models and leaders in their field.

The ICN TB/MDR-TB Leading Lights initiative aims to showcase the work of exceptional nurses trained by the ICN TB/MDR-TB project who are making an outstanding contribution to TB prevention, care and management in their local facility and/or community.

The Leading Lights Award highlights the contribution of those involved with caring for people affected by any form of TB and shows the world what an impact effective training and resources can have on this global disease.

ICN invites all the ICN TB project partners to nominate nurses and allied health workers who have demonstrated excellence in their efforts to teach their colleagues about TB, improve patient care or make changes to reduce transmission of TB. The winners will be highlighted on the ICN's TB Project webpages, [www.icn.ch/tbproject.html](http://www.icn.ch/tbproject.html), and will be presented with a certificate and a special pin by their national nurses association.

Calls for nominations will be sent quarterly and people will be able to access the form on the ICN TB web pages at: [http://www.icn.ch/tb-mdr-tb-project/leading\\_lights.html](http://www.icn.ch/tb-mdr-tb-project/leading_lights.html)

**Inspiration for this award came from exceptional nurses like these:**



**Sheng Li**

Chief Nurse, Department of Tuberculosis, PLA Tuberculosis Research Institute, 309 PLA Hospital, Beijing (China)

Sheng Li, has worked in TB care for 24 years. In 2009, she participated in the ICN TB/MDR-TB training. Following the training she gained a better understanding of TB, patient care, nursing plans and training methods which helped her improve her practice. Since then she has devoted herself to the education of TB patients and healthcare providers in the nursing care for TB patients. To improve the effects of health education on TB patients, she developed and implemented standard health education materials for TB patients. Following health education, the TB patients' knowledge and understanding of TB increased from 89% to 99.5%. To strengthen the management of TB patients after discharge from the hospital, she led the team to develop a mobile app to follow and guide patients through treatment; to date 1,000 patients have been followed on this system. The follow-up rate of discharged patients increased from 78% to 90%. To ensure the safety of the patients treated with bronchoscopy and interventional therapy, she developed the

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Airway Endoscopy and Interventional Treatment of Holistic Nursing Model. With video playback simulation, the anxiety scores of TB patients decreased from  $40.67 \pm 0.16$  to  $31.45 \pm 5.65$  and this improved the patient's level of cooperation. The early symptoms and treatment methods of the common complications of bronchoscopy patients were summarized and the nurses were required to observe, record and address issues in the records. Following this, the rate of complications decreased from 9.48% to 1.42%. To popularize TB prevention knowledge and to improve TB healthcare providers' ability, Sheng Li trains infectious ward nurses and trainees every year. To date she has trained 121 respiratory infectious specialist nurses, 1,000 nurses, 1,000 interns and 500 healthcare workers on TB prevention and control. Sheng Li actively improves her training and ability to solve problems and participates in research studies. She has published 15 first-authored papers, developed four handbooks, and edited three monographs. She also completed two research studies about TB sponsored by PLA 309 hospital and won third prize in the military medical achievement award.



**Natalia Lyalina**  
Chief Nurse,  
Kirov Regional TB  
Dispensary,  
Kirov  
(Russian Federation)

Natalia Lyalina graduated from nursing school in 1991 and received an advanced post-graduate education in 2012 and a higher nursing education in 2016. From 1991 through 2008 she practiced as a ward and

procedure nurse in various units of Kirov TB Dispensary. In 2008, Natalia was promoted to the post of chief nurse with a new role and new responsibilities. Natalia put forward a goal of developing care and participated in ICN TB trainings organized by the Russian Nurses Association (RNA) and workshops on nursing research in TB. In 2011, Natalia established a TB network in Kirov region, united nurses working in multiple TB settings around the region and annually organizes trainings for nurses and different activities for World TB Day, with more than 150 professionals taking part to inform the public about the risks and prevention, healthy lifestyles and options to check their health. Infection control is a major priority for Natalia who has played a leading role in implementing the proper use of respirators, developed guidelines on the use of respirators, organized training for the staff, and implemented the use of individual sterilized packages of instruments for patients. Under Natalia's guidance a patient school has been established. As Natalia took part in the ICN training on nursing research in TB, she implemented a research project on improving the knowledge of TB among nursing assistants. With a team of head nurses of different units, she tested a group of nursing assistants on their level of knowledge about TB and infection control before training. Nurses also observed how nursing assistants followed specific infection control procedures. Based on the outcomes of testing and observation Natalia developed a training course and head nurses helped her to train the assistants. After the training, she did the retested and found the training had improved both knowledge and skills of nursing assistants as well as their adherence to infection control measures. The training programme has become a standard for each newly appointed

assistant and is used as part of the orientation for new staff. Natalia reported the results of this project at the TB national congress and RNA congress in 2017.



**‘Mabahlakoana Molapo**  
Registered Nurse  
Midwife,  
Nts’ekhe Government  
Hospital, Mohale’s  
Hoek (Lesotho)

‘Mabahlakoana Molapo is a nurse working at Nts'ekhe Hospital in Mohale's Hoek district, situated in the southern part of Lesotho. She participated in the ICN TB/MDR-TB Project Training for Transformation (TFT) in 2016. Following the training, she made several improvements in her facility by working with other nurses to ensure that TB screening is done for all patients at all access points within the facility. “I know how to screen for TB, if there is any patient with two or more signs I immediately give him/her education and ensure that the first sputum for Genexpert is taken. I found the TFT very much important because I work in accident and emergency department and mostly after hours, weekends and holidays. I screen all patients who come for consultation,” says Molapo referring to the impact made by the ICN TB training. She provided training to 154 nurses and other allied health workers and she manage to screen them all for TB. Explaining further Molapo says “I trained Inmates (prisoners) about signs and symptoms of TB and did screening for 350 high school students from Mohale's Hoek as well as 23 members of the Lesotho Mounted Police Service (LMPS); six of the LMPS were presumptive cases and all

confirmed to be negative after investigations.” She did not stop there but continued to screen 62 members of the Lesotho Evangelical Church of Southern Africa, which identified one active case of TB. “I am therefore grateful to ICN and Lesotho Nurses Association for giving us such training; it has changed lives for our fellow health care workers.”



**Paul Gondwe**  
Nurse Midwife  
Technician & District  
TB Officer,  
Neno District  
Hospital,  
Neno (Malawi)

Following the ICN TB/MDR-TB training workshop in February 2017, Paul was appointed to District TB Officer (DTO) and currently the only DTO in Malawi who is a nurse. He trained a total of 170 others including nurses, doctors, nursing students, cleaners, community health workers, community leaders, members of the public, miners and traditional healers. He educated nurses and staff in several departments of his hospital, such as antenatal and maternity wards, about how to collect good quality sputum samples, how to properly complete the sputum and treatment registers and on contact tracing. He also briefed his colleagues on changes in the national TB programme (NTP) guidelines. Paul also provided training on infection prevention and control (IPC), developed IPC plans and established an IPC committee in his facility. After the training, he met with lab personnel in his facility to discuss sample turnaround times from the lab and now results are returned within one to two days. In addition, he identified a NGO partner to help train 24

microscopists to do microscopy in eight health centers. This resulted in a 56% increase in case detection in the third quarter of 2017. He described his greatest achievements to be: being appointed as DTO, being called by NTP to participate in the National TB Supervision efforts and carrying out supervision in two districts.



**Wu Ping**  
Chief Nurse,  
TB Outpatient  
Department,  
Beijing Chest Hospital,  
Beijing (China)

Wu Ping has worked in the TB Outpatient Department for 20 years and has been honoured as an outstanding nurse many times. In the past two years, she participated in the ICN TB/MDR-TB Project with colleagues who had attended the ICN course on “Training for Transformation of Care, Management and Prevention of Tuberculosis”. After the training, she implemented the new knowledge and skills to improve the infection control in her hospital and has been very active in mobilizing funds to provide free surgical masks and sputum bags to TB patients. This has ensured the successful implementation of the policy requiring TB patients to wear surgical masks when they are in public places or in other areas of the hospital. Moreover, through her efforts, the clinic installed a vending machine for N95 respirators, so that TB patients and their families are able to get them easily when in need. To reduce the risk of cross infection between TB patients, she successfully lobbied to get financial support from the leadership of the hospital to prevent the spread of MDR-TB; drug-sensitive TB patients are now

separated from drug-resistant patients. To improve the knowledge of TB among patients, Wu Ping and her colleagues organize regular lectures for them, distribute educational brochures and leaflets and update health education posters in the facility. She has used a mobile TV in the outpatient waiting area to broadcast short films covering TB prevention and treatment, professional advice, disinfection and isolation, nutrition and other aspects about TB care. She has organized many lectures by TB experts on the "3.24" World TB Day, playing a key role in the production of TB-related short videos and online teaching. As a result, more than 4,000 people have been reached. In addition, she organized TB nurse academic sessions in the hospital training more than 1,000 nurses on the front line against TB and caring for TB patients. Wu Ping actively participates in many research studies and to date has published five papers. She developed 20 handbooks and simplified health education materials on TB and has assisted in the writing of three books related to TB nursing. Furthermore, as a member of the respiratory professional committee of the Beijing Nursing Association, she has been actively aiding the committees to carry out activities in the field of nursing for TB.



**Florida Ngwenya**  
TB Nurse  
Nurse Midwife  
Technician,  
Mchinji District  
Hospital,  
Mchinji (Malawi)

Following the ICN TB/MDR-TB TFT training in February 2017, Florida provided continuing professional development

training on IPC to more than 40 staff (nurses, doctors, and nursing students). She visited the laboratory in her facility and met with the lab personnel regarding the turnaround time for sputum samples and to check the lab register. Lab results are now returned in less time than before. She recognized that there was poor knowledge on IPC among her colleagues, so she provided training on personal protective equipment (PPE) and educated nurses on how to properly wear N95 respirators, especially when collecting sputum samples. She provided two trainings on IPC to decrease the stigma against TB patients. Florida also went to the community to raise awareness about TB and used local radio stations to sensitise the community. In total, she trained 147 others including 80 nurses, doctors, nurse lecturers, nursing students, cleaners, lab personnel, radiographers, pharmacists, CHWs, community leaders, church leaders, traditional healers and shop owners. She reports that, since the training, they now collect on the spot sputum in her facility and carry out contact tracing, complete a patient assessment and provide health education to patients and family members on cough etiquette.

Florida also reported that nurses in the hospital and volunteers at the sputum collection points are now checking the quality of sputum samples before sending them to the lab to prevent samples being rejected.



**ICN TB/MDR-TB Project Facts:**

- Builds skills, knowledge and capacity at all levels of nursing
- Member of Lilly MDR-TB Partnership since 2005
- Transformational training methodology developed & implemented
- Currently working with 8 national nurses associations in China, Russia, Ethiopia, Lesotho, Malawi, Swaziland, Uganda and Zambia
- More than 2,224 nurse trainers trained to date
- An additional 169,000 nurses and allied health workers trained through cascade
- Impact includes improved case detection and treatment

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