



**Patients and TB: Improving treatment outcomes
through a patient centred approach and
access to new treatments**

**5th TB Symposium – Eastern Europe and Central Asia
Ministry of Labour, Health and Social Affairs of Georgia
and Médecins Sans Frontières**

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**5th Tuberculosis Symposium - Eastern
Europe and Central Asia**

**Patients and TB:
Improving treatment outcomes through a patient
centred approach and access to new drugs
22/23 March 2016 Tbilisi, Georgia**



**Holdaraly Zakbarov,
57 years-old
MDR cured**



**Zamirbek Boronbaev,
47 years-old
PDR cured**

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Holdaraly: I got infected in 2007 and used to be hospitalized every year for 2-3 months, but the disease was intensive. After I got blood spitting I was transferred to Kara-Suu TB hospital in December 2012 where MSF runs project on DR TB treatment. My treatment lasted for 26 months, including injections for first 8 months while I was hospitalized. Remaining 18 months I was on an outpatient treatment, visiting primary healthcare centre every day to have my drugs.

Zamirbek: I got infected in 2013. After one month of treatment I was transferred from Osh TB hospital to Kara-Suu TB hospital where I was diagnosed PDR. The drugs I took caused some problems in hearing and vision that stopped during the 4-5 months but the aches in joints of legs and hands went on and stopped in 3 months after I completed the treatment. These side effects from drugs were the main difficulties of my treatment.

Holdaraly: It was not that easy to have injections every day, but with my doctors' support and explanations about every step of the treatment I could tolerate pains I had.

Additionally I used to have diabetes which was also cured within TB treatment.

Zamirbek: I had a huge amount of drugs at one time, MSF doctors and social workers that took care of me suggested me a few ways to make it easier. For example, we found out that if I have a walk and drink warm water with honey every early morning before having drugs I could tolerate them better. The same approach was used for every patient, together with doctors they found out better ways of taking drugs.

Zamirbek: Sometimes my mind was full of negative thoughts because I couldn't work during the treatment, the reason was my weakness and pains I had in legs and hands joints. And then I thought that it would be great to know what kind of problems other patients are facing or how cured patients handled emotional sides of the treatment. So at the moment I am one of active members of peer group. We initiated it based on the experience we had during our own treatment.

Holdaraly: The information and support I got from MSF doctors helped me not to be stigmatized by my family. Because the home visits of MSF social workers and information they shared let me and my environment know disease better and find the ways of keeping fighting spirit.

I think that real examples of cured people give more inspiration and reasons to stay adherent and keep on treatment. At the moment we visit on a voluntary basis Kara-Suu TB hospital and other patients on ambulatory treatment.

Zamirbek: I think that it is important to educate and share our stories and experience also with patients' families and community we live in from the day one if possible. In order to break the myths related to disease and provide the support to TB patients from all sides like doctors, nurses, their families, communities and successfully cured ex-patients.