

Post exposure tuberculosis screening results in a high school in Turkey/Ankara

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Tuberculosis (TB) is a bacterial infectious disease caused by *Mycobacterium tuberculosis*. It is transmitted from people with active TB to healthy people via droplet of pulmoner or throat origin. It is in the form of asymptomatic latent infection in more than 90% subjects with *Mycobacterium tuberculosis*. Latent TB infection develops in people who have contact with smear positive pulmoner tuberculosis patients. In the diagnosis of latent TB, Tuberculin Skin Test (TST) and Interferon Gamma secretion tests may be used. In Turkey, at primary level tuberculosis control program, tuberculosis dispensaries, each of which serves a population of 500 000, evaluates TST results with its experienced staff. In addition, they screen individuals and groups who have contact with active tuberculosis patients. Ankara 4th Tuberculosis Dispensary directly observes and follow the treatment of all patients in its area, carries out their control till the end of treatment and examines the contacts. In the present study, screening results of overall 375 people, who are the students and teachers in a school where a teacher was diagnosed with active TB and isolated are outlined. TCT results were 15mm or over in 32 people. In control TST carried out 6 weeks later, further 14 people were found to have results at 15mm or over. There results were evaluated as seroconversion and Isoniazid chemoprophylaxis at the dose of 300 mg/day was commenced. In chest XRay graphies taken for screening, sequels due to previous pulmoner disease were detected. Pulmoner TB diagnosis was made in one subject and conventional anti TB treatment was initiated. It was not recommended to three people as they received isoniazid previoulsy. Of 43 subjects starting chemoprophylaxis, mild side effects of drug were observed in six and in one, treatment was interrupted when liver enzyme levels increased three fold. Overall 8 people discontinued Isoniazid chemoprophylaxis.

Discussion: Smear positive pulmoner TB cases, screening of the family, work place and school is one of the most important steps of tuberculosis control program. In tuberculosis control, screening of contacts is one of the most important steps. For each smear positive patient, people who should be screened, have to be determined with the evaluation of family, work place, school and social circles without waiting for the emergence of symptoms.

Conclusion: Screening of the contacts in accordance with the recommendations of World Health Organization (WHO) and Turkish Ministry of Health will prevent consequences, which will arise in the long terms, but if neglected, it will not be possible to compensated. For eradication of TB, tuberculosis control programs should be implemented rigorously not only for the treatment of individuals with illness but also for screening of contacts.

Biography

C. Oztug Onal graduated from Gazi University Medical Faculty and completed his Ph.D at the age of 33 years from Department of Immunology at the same university. He worked at the Refik Saydam National Health Agency for 8 years. From 2012 to present he is working at 4th Tuberculosis Dispensary/Ankara.

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