



# **NURSING & MIDWIFERY COUNCIL OF NIGERIA**

(Established By Decree 89, 1979)

## **CURRICULUM FOR NURSING AND MIDWIFERY SCHOOLS ON TUBERCULOSIS AND LEPROSY.**

### **INTRODUCTION:**

Tuberculosis and Leprosy are among the major causes of mortality and morbidity in Nigeria. According to the World Health Organization (WHO) an estimated 120,000 smear positive cases of pulmonary tuberculosis exist in our communities, however only 66,848 cases were detected in 2005. The annual leprosy case detection (5,348 in 2005) has remained stable in the last three years with high visible deformity among new cases. The social stigma associated with Tuberculosis and Leprosy has further compounded the problem of control and prevention of these diseases.

The study of existing curricula of Medical and Para Medical Schools vis-à-vis the current concepts of Tuberculosis and Leprosy control and management in the field, indicated large gaps in the existing curricula in meeting the challenges of the current control strategies of Multi Drug Therapy (MDT) and STOP TB STRATEGY -Directly Observed Treatment Short Course (DOTS) endorsed by WHO and adopted by the National TB & Leprosy Control Programme, hence the need for curricula review.

In view of the above, a three day meeting to review the curricula of the Nursing and Midwifery Schools to reflect the current Tuberculosis and Leprosy (TBL) treatment and control strategies was organized by the National Tuberculosis and Leprosy Control Programme (NTBLCP) in collaboration with the Netherlands Leprosy Relief Organisation and the Nursing and Midwifery Council of Nigeria. The meeting took place at Parkview Hotel, Abuja on 21<sup>st</sup> to 24<sup>th</sup> November 2006. Below are highlights of the goals and objectives of the curriculum content of TBL as well as the tasks expectations, course contents/topics, training methodology to be employed, teaching aids to be used and placement of TBL in the existing curricula for the training of nurses and midwives.

### **GOAL**

To produce competent nurses and midwives who will effectively contribute to the prevention, control and management of Tuberculosis and Leprosy in Nigeria.

## **OBJECTIVES:**

At the end of the Unit students will be able to:

- a. Establish diagnosis of TB and Leprosy
- b. Administer appropriate treatment and care for TBL
- c. Provide health education on TBL to patient, family and community
- d. Monitor, follow up patient and take appropriate action
- e. Document and keep accurate records using the NTBLCP formats

## **TASKS TO BE PERFORMED BY A NURSE AND A MIDWIFE**

The nurse should be able to:

1. Assess patient or client through:
  - History taking
  - Physical Examination
2. Establish diagnosis
3. Administer appropriate treatment
4. Identify complications and take appropriate actions
5. Give health education on TBL to patients, family, and community and provide HIV Counselling and Testing for TB patient
6. Document and keep records accurately
7. Apply universal precautions
8. Managed TBL contacts and defaulters
9. Carry out advocacy and community mobilization
10. Ensure TB/HIV programme linkages.
11. Identify rehabilitation needs of patients and take appropriate actions.
12. Ensure availability of logistics at the treatment facility
13. Monitor, follow up and evaluate of patients

## **COURSE CONTENTS/TOPICS**

1. Epidemiology of Tuberculosis and Leprosy (causes, spread, prevalence, distribution, prevention and control, etc).

2. Disease Process- pathophysiology, signs and symptoms of Tuberculosis and leprosy.
3. Assessment:
  - Tuberculosis (history taking, physical examination, sputum collection and handling, and use of sputum request form).
  - Leprosy (history taking and physical examination e.g. cotton wool test, eye and nerve examinations).
4. Diagnosis:
  - Tuberculosis (interpretation of sputum results/management of suspects)
  - Leprosy (cardinal signs of leprosy).
5. Classification of Tuberculosis and Leprosy
6. Drug regimens: Type (Multi Drug Therapy/DOTS), dosage, duration of treatment, side effects and nursing responsibilities
7. Recording and Reporting (National Tuberculosis and Leprosy Control Programme formats)
8. Universal Precautions
9. Contact and Defaulter Management.
10. Patients monitoring, follow up and evaluation
11. Stock management (drugs and logistics)
12. Tuberculosis/HIV activities and HIV counselling and testing
13. Complications of Tuberculosis and Leprosy
14. Rehabilitation in Leprosy
15. Advocacy and community mobilization

#### **TRAINING METHODOLOGY:**

The training methods are a combination of theoretical and practical/work experience.

Class session/teaching - six hours on mostly knowledge component and forty hours (one week) clinical experience to cover the following skills:

- History taking from patient
- Cotton wool test, eye and nerve examination
- Voluntary Muscles Testing and Sensory Test
- Collection and management of sputum
- Administering treatment

- Filling of record cards
- Health education
- Contact Tracing and defaulter management
- Providing counselling and testing for HIV client, etc.

### TEACHING AIDS

1. NTBLCP Workers manual
2. NTBLCP Tuberculosis (TB) and Leprosy training modules
3. Leprosy in Africans (Atlas)

**NB:** Institutions should liaise with Tuberculosis and Leprosy (TBL) programme officers in the States/LGA to ensure availability of patients for practical experience.

### PLACEMENT IN THE EXISTING CURRICULA:

- (a) General Nursing - Tuberculosis and leprosy will be taught in 2<sup>nd</sup> semester of year two under medical/surgical Nursing II as Unit V. This Unit should be linked to the appropriate sections of the curriculum e.g. Primary Health Care, Microbiology, Pharmacology, etc.
- (b) Basic Midwifery - TB and Leprosy will be taught in 1<sup>st</sup> year 2<sup>nd</sup> semester under medical/surgical nursing as Unit V for Schools of Midwifery.

### ASSESSMENT:

Assessment of learners should be task based.

### Recommendations

The recommendations made during the meeting, included the following:

1. The draft TBL curriculum content should be presented to the Nursing and Midwifery Council of Nigeria for dissemination to all schools.
2. A National TOT for Nurse/Midwife Educators should be organized to be followed by step-down training.
3. Provision of all TBL related learning aids by NTBLCP to schools via the Nursing and Midwifery Council of Nigeria.
4. Evaluation of the effectiveness of the incorporated TBL component on the

performance of nurses and midwives

## **A TIMELY RESPONSE BY THE NURSING AND MIDWIFERY COUNCIL OF NIGERIA.**

As a follow up, the Nursing and Midwifery Council of Nigeria in collaboration with the NTBLCP and the Netherlands Leprosy Relief Organisation promptly organised a National Master Trainers' Workshop on the management of these two diseases. The training was held in Zaria, Kaduna State from 28<sup>th</sup> January to 2<sup>nd</sup> February 2007.

A total of twenty-eight (28) Nurses/Midwife Tutors and two (2) officers from the Nursing and Midwifery Council of Nigeria attended the workshop.

The objectives of this workshop were:

To equip the participants with the knowledge and skills of the current management of Tuberculosis and Leprosy for effective teaching of these diseases in Schools of Nursing and Midwifery.

To equip them with the knowledge and skills required for effective replication of the workshop for all Nurse/Midwife Tutors and Clinicians in their various zones.

### **ACTIVITIES:**

→ Presentation on Facilitation Techniques as a method of teaching, showing its advantages and importance was done by Dr. Gidado Mansu

→ Introduction to the Training Modules and Guidelines:

The TBL training modules and guidelines were introduced to the participants. The modules and guidelines will serve as the tools for use in training health workers on the TBL management. An overview of the modules was done.

→ Group Work:

The participants were divided into five (5) groups and the topics in the modules were shared and presented by each group. Each participant had an opportunity to present a topic using the training module as a guide. At the end of each presentation the presenter was evaluated by other participants.

On the 4<sup>th</sup> day, the participants were divided in two (2) groups for field trips to the Tuberculosis Annex, Ahmadu Bello University Teaching Hospital (ABUTH) and Babandodo. On the 5<sup>th</sup> day,

the participants visited the Leprosy wards at the Tuberculosis and Leprosy Training Centre, Zaria, Kaduna State.

The objectives of the field trip were:

- To see whether the correct drug regime is being prescribed, administered and recorded accordingly.
- To educate the patients about their illness and treatment.

A plan of action was also developed for step down workshops in all the six geopolitical zones of the country.

Details will be seen in subsequent N&MCN News.

