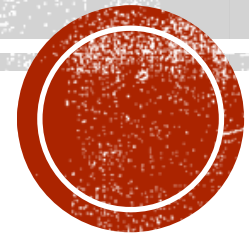


# **270 DOSES: A PATIENT PERSPECTIVE**

**Charet Wynn**



# I'VE GOT WHAAAAT???

## ■ Detection

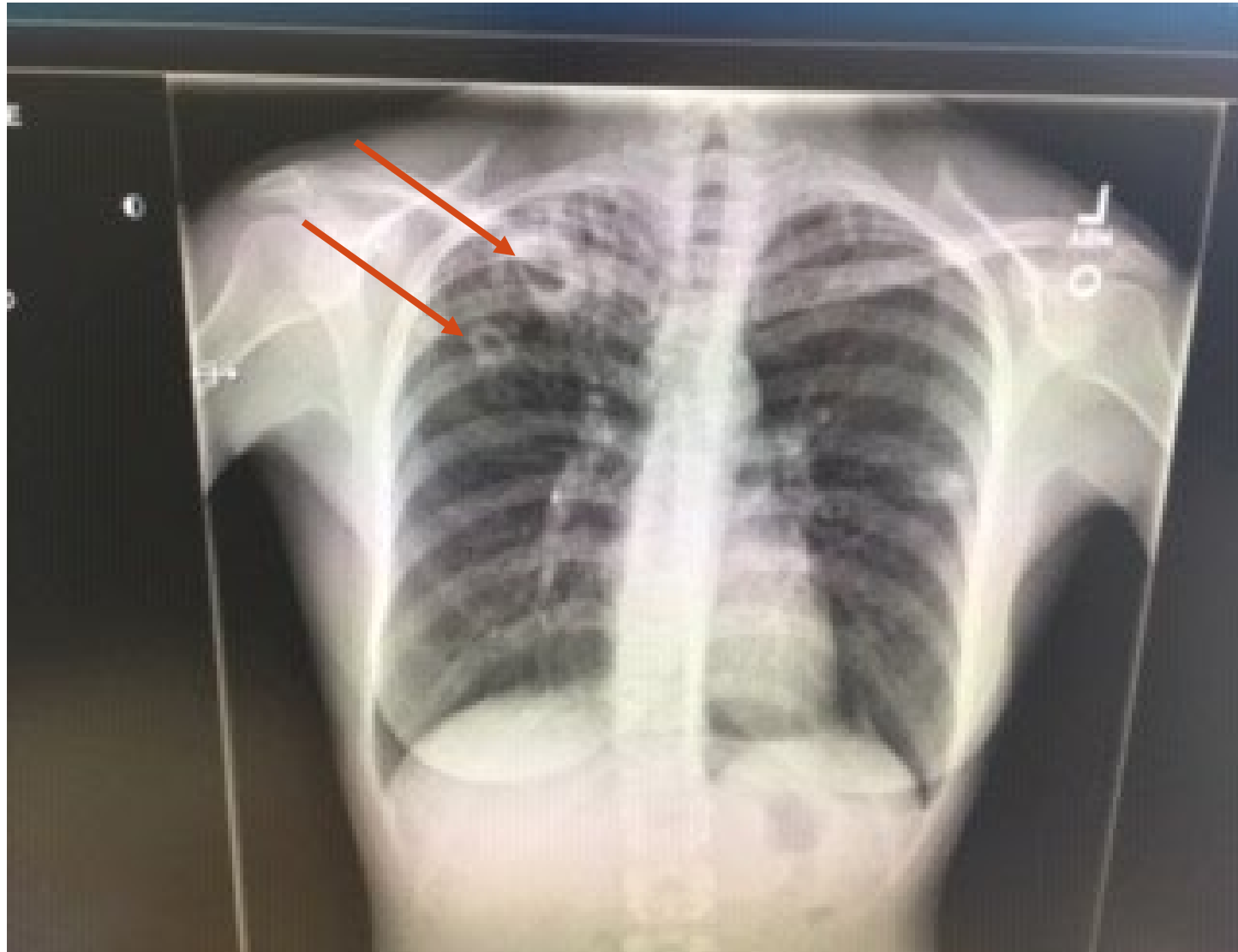
- How did I contract TB?
- Informed doctor of travel plans yet received no warning

## ■ Diagnosis

- Multiple attempts to confirm
- Lack of education/information about TB
- No vaccine?



# INITIAL X-RAY



# WHAT DO YOU MEAN... *QUARANTINE* ???

## Challenges:

- **Impacted livelihood**
  - Isolation
  - Depression
  - Guilt
  - Change in physical appearance
  - Stress
  - Decline in spiritual well-being
- **Social stigmatization**
  - Lack of support, understanding
- **11 months of treatment**
- **Inconvenient quality care**
- **Ever-changing treatment staff**



**WHEN CAN I GO OUTSIDE???!!!**



**“WE’RE WATCHING YOU . . . .”**



■ **Initially**

- Visited daily (on weekdays) by a TB nurse
- Included ingesting meds in-person

■ **Once cleared**

- Had to go to the TB clinic weekly to retrieve meds
- Included ingesting one day’s dose in-person

■ **Towards the end**

- Eligible to use the video app and record ingestion of meds
- So convenient for traveling!



# SO...WHAT CAN BE DONE BETTER?

- **Encourage outreach from former patients (buddy system)**
  - Aids in comprehension of the treatment process
  - Lessens the impact of isolation
- **Mental health options (i.e., wellness checks)**
  - Helps patients cope with having a serious illness
- **Maintain same treatment team**
  - Offers consistency and trust
  - Increases quality of care
- **Provide better communication to at-risk staff (active TB)**
  - Reduces panic mode



# SO...WHAT CAN BE DONE BETTER? (CONTINUED)

- **Make TB services more patient-oriented**
  - Provides an individualized (less standardized) approach
- **Offer a drug delivery system and/or extended clinic hours**
  - Gives patients more flexibility
  - Increases likelihood of taking meds on schedule
- **Shorten the treatment time**
  - Transition from \*RIPE meds (reduce the # of doses needed)
    - Lessens impact on duration-based pressures patients face (lack of income, transportation, inability to travel, etc.)

\*Rifampin, Isoniazid, Pyrazinamide, Ethambutol





# **BENEFITS OF THIS EXPERIENCE**

- **Now advocating TB eradication**
- **Increased sensitivity to others who unexpectedly face serious illness**
- **Heightened level of self-empowerment**
- **Improved gratitude for and perspective on life**
- **Maintained relationships with staff from the \*ZSFG TB Clinic**
  - **Special thanks to Candy Box, Van Portlock, Rocio Agraz-Lara, Talibah Miller, Lien Bang, and of course Dr. Adithya Cattamanchi**

**\*Zuckerberg San Francisco General Hospital Trauma Center**

