270 DOSES: A PATIENT PERSPECTIVE

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I’VE GOT WHAAAAAT???

- 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
  - Guilt
  - Stress
  - Depression
  - Change in physical appearance
  - 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
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
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

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