Revised National Tuberculosis Control Programme (RNTCP)

Objective

The objective of Revised National Tuberculosis Control Programme (RNTCP) is to provide free and domiciliary treatment to the patients detected through “Universal Access” under passive case finding method. Directly Observed Treatment Short Course Chemotherapy (DOTS) is the strategy of RNTCP.

About Us

The RNTCP in the State is headed by the State TB Officer and implemented through 31 implementing districts, (including Bhubaneswar) 108 TB Units and 549 Designated Microscopy Centers. In addition, 43,335 DOT Centres are identified and DOT Provider trained and working under the programme. Partners like Lepra, Catholic Bishop Conference of India (CBCI) and Indian Medical Association (IMA) are involved in the programme. The Medical Consultants of World Health Organization provide technical assistance to the programme. The Anti TB Demonstration & Training Centre (ATD&TC), Cuttack, is functioning as a training and supervision center of RNTCP. It also houses the Intermediate Reference Laboratory for Culture & Drug Susceptibility Test (DST) to diagnose Multi Drug Resistant TB Patients (MDR-TB) under DOTS Plus programme.

Organogram

State TB Officer at Health Directorate, Orissa.
  ↓
District TB Officer at all District Head Quarters & Capital Hospital, Bhubaneswar.
  ↓
Designated Medical Officer at Sub-district level TB Unit
  ↓
Medical Officer at Designated Microscopy Centre
  ↓
DOTS Centre

Who is Who

The Joint Director of Health Services (TB) Orissa and the Deputy Director of Health Services (TB) Orissa are the State level Programme Officers responsible for overall implementation of RNTCP in the State. The Superintendent, Anti TB Demonstration & Training Centre (ATD&TC), Cuttack conduct State level training programmes, supervision of districts, External Quality Assessment (EQA) & On Site Evaluation and Culture & Drug Susceptibility Test for diagnosis of Multi Drug Resistant TB patients. The District TB Officers of all 30 district Headquarters and Capital Hospital, Bhubaneswar are responsible for implementation of the RNTCP in their district / area. The designated Medical Officers, STS and STLS at TB Units supervise the activities of designated microscopy centres including retrieval of default patients. At the Designated Microscopy Centre level, the Laboratory Technician conducts sputum examination as per RNTCP guidelines. The DOT Provider at the DOTS centre supervises the drug intake by the TB patient for the specified period of treatment.
**Disease FAQs**

1. **What is tuberculosis?**
   Tuberculosis (TB) is an infectious disease caused by a bacterium, Mycobacterium tuberculosis.

2. **How is tuberculosis caused?**
   TB is spread through the air by a person suffering from TB. A single patient can infect 10 – 15 persons in a year.

3. **What are the symptoms of tuberculosis?**
   Common symptoms of tuberculosis are:
   - Cough for two weeks or more, sometimes with blood-streaked sputum
   - Fever, especially at night
   - Weight loss
   - Loss of appetite

4. **What is DOTS and what are the benefits of DOTS?**
   DOTS is Directly Observed Treatment Short Course. The most important component of DOTS is DOT. Under this, the medicines are administered to the TB patient under direct observation of a trained DOT Provider thus ensuring successful treatment completion. The DOT Provider may be health workers, community volunteers, ASHA, Anganwadi Workers etc who is acceptable and accessible to the patient and accountable to the health system.
   
   1. More than doubles the accuracy of TB diagnosis.
   2. Its success rate is up to 95%.
   3. It prevents the spread of tuberculosis by prioritizing sputum positive patients for diagnosis and treatment, thus reducing the incidence and prevalence of TB.
   4. It helps in alleviating poverty by saving lives, reducing the duration of illness and preventing new infectious cases.
   5. It improves the quality of care and removes stigma.
   6. It prevents treatment failure and the emergence of MDR-TB by ensuring patient adherence to treatment and uninterrupted supply of anti -TB drugs.
   7. It lends credence to TB control efforts and the health system.

5. **Where is DOTS being implemented?**
   The DOTS strategy is in practice in more than 180 countries. By March 2006, India has extended DOTS to the entire country.

6. **What is the RNTCP?**
   RNTCP is Revised National Tuberculosis Control Programme (RNTCP) applying the principles of DOTS to the Indian context.

7. **How many people die from TB in India every year?**
   TB is one of the leading causes of mortality in India. It kills around than 280,000 people in India every year.

8. **Which is the strongest risk factor for tuberculosis among adults and how does it affects the spread of TB?**
The Human Immunodeficiency Virus (HIV, the virus that causes AIDS) is the strongest risk factor for tuberculosis among adults. Tuberculosis is one of the earliest opportunistic diseases to develop amongst persons infected with HIV. HIV debilitates the immune system increasing the vulnerability to TB and increasing the risk of progression from TB infection to TB disease. An HIV positive person is six times (50-60% life time risk) more likely of developing TB disease once infected with TB bacilli, as compared to an HIV negative person, who has a 10% life-time risk.

9. Can tuberculosis be cured in HIV coinfection?

Tuberculosis can be cured, even among HIV-infected persons. TB treatment with DOTs reduces the morbidity and mortality among people living with HIV.

10. For how long must tuberculosis treatment be taken?

Tuberculosis treatment requires at least 6-8 months of treatment.

11. What is Multi-drug-resistant tuberculosis?

Multi-drug-resistant tuberculosis (MDR TB) is caused by strains of the tuberculosis bacteria resistant to the two most effective anti-tuberculosis drugs available - isoniazid and rifampicin. MDR TB can only be diagnosed in a specialized laboratory. In Orissa the accredited Laboratory for diagnosing MDR TB patients is located in the Anti TB Demonstration and Training Center Cuttack.

12. What is the duration of treatment of Multi-drug-resistant tuberculosis and what is DOTS Plus?

Multi-drug-resistant Tuberculosis requires at least 24 months of treatment with medicines which are 100 times more expensive and often highly toxic. The programmatic management of MDR TB patients under RNTCP is called DOTS Plus. Currently DOTS Plus is being implemented in the four RNTCP districts – Cuttack, Bhubaneswar, Khurda and Ganjam – on a pilot basis. It is being expanded further to 11 districts adjacent to Cuttack. Once the DOTS Plus wards at VSS and MKCG Medical Colleges are operational, the DOTS Plus programme would be expanded to all the remaining districts of the State.

Latest Vital Statistics Data

As per the available reports at the State TB Cell, Orissa, Bhubaneswar during the year 2010 the performance of RNTCP was as under.
The Acts & Rules of the programme are per the guidelines of Central TB Division, New Delhi, which can be downloaded from the National website [www.tbcingdia.org](http://www.tbcingdia.org).

**Plans & Policy**

To achieve universal access of TB care as per RNTCP guidelines, the following plans would be executed.

1. Implementation of DOTS plus programme in all the districts.
2. Establishment of Line Probe Assay (LPA) and Liquid Culture laboratory at ATD&TC, Cuttack.
3. Involvement of other sector hospitals/ NGOs/ private practitioners in RNTCP.
4. Involvement of all PHC (N)/ Sub Centres/ to increase referrals of TB chest symptomatics to the nearest microscopy centre for diagnosis & treatment.

**Publications**

1. Quarterly and Annual status report of RNTCP prepared by the Anti TB Demonstration & Training Centre, Cuttack.
2. Module for Soft Skill Training to Health Staff prepared by LEPRa – Axshya India project.
3. A Booklet in Odia language for the community DOT Provider prepared by the State TB Cell.
Photographs

A new infectious TB patient named Brahma Naik, (NSP 3+), son of Painbudu Naik, At- Khadalpada, Binka in Subarnapur district started DOTS on 29th February 20018 and was cured on 31st August 2008. This photograph shows his health condition before DOTS and after being declared cured under DOTS.

The Anti TB Demonstration & Training Centre, Cuttack got accreditation of Govt. of India as Intermediate Reference Laboratory for conducting Culture and Drug Susceptibility Test for diagnosing Multi Drug Resistant TB Cases.

The Commissioner-cum-Secretary administering DOTS Plus medication to a Multi Drug Resistant TB patient of Cuttack district in the indoor DOTS Plus ward of SCB Medical College, Cuttack.

Contact us
Joint Director of Health Services (TB) Orissa,
Directorate of Health Services, Orissa,
State TB Cell,
2nd Floor, Heads of the Department Building,
Bhubaneswar – 751001.
Phone/Fax – 91-674-2390395, E-mail – stoor@rntcp.org