

GUIDANCE DOCUMENT ON NUTRITIONAL CARE AND SUPPORT FOR PATIENTS WITH TUBERCULOSIS IN INDIA

REPORT

Undernutrition and TB are closely linked. Undernutrition in TB patients is associated with adverse outcomes such as increased severity of disease, drug malabsorption, relapse and higher risk of mortality. Nutritional support initiatives have been launched in some parts of India such as Kerala and Chhattisgarh. World Health Organization released a guideline in 2013 which stated as a guiding principle that nutritional screening, assessment and management be integral parts of TB care. This needed to be incorporated and contextualized for India and the National TB program in India. To evolve a national level technical and operational guidance for the long felt unmet need for nutrition care and support for patients with TB in India, a two day national level workshop was organized by Yenepoya Medical College on 24-25th February 2016 to discuss the technical and operational issues around provision of nutritional support of TB patients in India to evolve guidelines in a generic nutritional support package. It discussed following issues:

There was a detailed and brainstorming discussion on energy, protein, micronutrients requirements, different forms of nutritional support (food rations, locally made foods, ready to use therapeutic food), sites of care(hospital or community based), and options for delivery.



PARTICIPANTS:

1. Central TB Division: Dr RaghuramRao, Dr.LalitMehandaru, Dr. Amar Shah
2. WHO country office: Dr Malik Parmar, New Delhi

ATTESTED
[Signature]

Dr. Gangadhara Somayaji K S
Registrar
Yenepoya (Deemed to be University)
University Road, Deralakatte
Mangalore 575 018, Karnataka.

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3. Dr Anura Kurpad, Professor Physiology, St. John's Research Institute
4. Ms Anuja Agarwal, Pediatric Dietician, AIIMS, New Delhi
5. Dr Aditi Krishnamurthy, Karnataka Health Promotion Trust, Begaluru
6. Dr Bharati Kulkarni, Deputy Director NIN, Hyderabad
7. Dr Geeta Ramachandran, Senior Scientist National Institute of Research in TB, Chennai
8. Ms Lavena Fernandes and Dr Prachi Karnik, LTM medical College, Sion Hospital, Mumbai
9. Dr Narendra Sutar, DTO Mumbai
10. Dr Padmapriya Darsini, Senior Scientist, National Institute of Research in TB, Chennai
11. Dr Prabir Chatterjee, Director, SHRC, Chhattisgarh
12. Dr Radhakrishna, Senior Scientist, NIN, Hyderabad
13. Dr Radha Munje, Professor, TB and Chest IGMC, Nagpur
14. Dr Ravikar Ralph, Assistant Professor CMC Vellore
15. Dr Shariqua Yunus, World food programme, New Delhi
16. Dr Shazia Anjum, WHO RNTCP, Karnataka
17. Mr Shiva Shrestha, The International Union against TB and Lung Disease, New Delhi
18. Dr VG Rao, Senior Scientist, National Institute for Research in Tribal Health, Japbalpur
19. Dr Shibu Balakrishnan, RNTCP, Kerala
20. Dr Veena Shatrughana, Former Director NIN, Hyderabad

As a follow-up to this workshop, a guidance document was developed through an effort coordinated at Yenepoya under the leadership of Dr Anurag Bhargava, Professor, Department of Medicine along with Dr Madhavi Bhargava, Assistant Professor, Department of Community Medicine and other national experts in TB and Nutrition. On the occasion of World TB day events in India, this "Guidance Document on Nutritional Care and Support for Patients with Tuberculosis in India" is being released by the Minister of Health and Family Welfare on 24th March in New Delhi. The document has formally acknowledged the contribution of Yenepoya (deemed to be) University, with the University logo on the cover page. It is now part of the Central TB Division Website. Moreover, India is the only country that has contextualized the WHO guidelines for nutrition care and support of patients with TB across the globe.

ATTESTED


Dr. Gangadhara Somayaji K S
Registrar
Yenepoya (Deemed to be University)
University Road, Deralakatte
Mangalore 575 016, Karnataka.