



### Why are IOM's tuberculosis (TB) programs important in Myanmar?

TB is a major health problem in Myanmar. Myanmar belongs to a global list of 22 countries with the highest incidence of TB, is among 27 countries with high cases of Multi-Drug Resistant TB (MDR-TB) and is one of 41 countries with a high combined HIV and TB problem. Migrants are especially vulnerable to TB infection and most are beyond the reach of health services, living and travelling in basic conditions. Migrants and mobile populations are priority groups for TB prevention and intervention.



### IOM Myanmar's TB activities:

- Improving diagnosis and case detection
- Ensuring treatment success and patient support
- Treatment for TB and HIV co-infection
- Effective referral mechanisms
- Multi-drug Resistant TB (MDR-TB)
- Health systems strengthening
- Empowering Community and people with TB
- Active Case Finding

### How does IOM control the spread of TB?

Using community structures and village-based mobility working groups (VMWG), IOM identifies, recruits and trains Outreach Health Workers (OHWs) to:

- Conduct health education in the community and in migrant specific settings (e.g. worksites such as rubber plantations);
- Refer symptomatic patients for testing and diagnosis;
- Undertake contact tracing;
- Encourage and refer TB patients for HIV testing and treatment if needed; and
- Support patients with TB to stay on treatment through directly observed therapy, with counselling to migrant patients especially on the importance of continuing on medication while travelling.



### Treatment for those in need

*“Ma Nge Lay was bed bound before I met her. Her neighbors thought that she was going to die. When I saw Ma Nge Lay, I believed that she had TB symptoms. With the support of her neighbors, I went to her house to test for TB, however, she refused. A month later, her condition was worse and I provided further advice and she accepted testing. She was diagnosed Sputum Smear Positive TB and treated with Anti-TB treatment Initial Regime. Counseling for HIV testing was provided to her and unfortunately, she was found to be sero-positive. After a few days, I counseled*

*her husband who was tested and diagnosed as HIV positive. Through repeated counseling sessions the couple was educated about TB drugs, prophylaxis drugs for opportunistic Infections, ART (Anti Retro Viral Therapy) and the importance of a healthy balanced diet. With continuous counseling and IOM’s medical and monetary support, the couple now enjoys a peaceful family life.” - IOM Outreach Health Worker.*

## TB Programme in South-East Myanmar

IOM is the lead organization implementing Community Based TB Program for *migrants and migration affected communities* since 2006 in Mon and Kayin States targeting Mawlamyine, Kyikemayaw, Mudon, Thanbyuzayut, Bilin, Ye and Myawaddy Townships in partnership with Regional National Tuberculosis Program, funded by the Global Funds. With IOM’s technical and financial support, VMWG members supports OHW in reaching migrant workers for comprehensive packages with prevention, testing, diagnosis, care & support and appropriate referral services.



## TB Programme in Yangon Region

IOM and the NTP jointly conduct Active case finding for TB, with data collected by OHWs and township level Basic Health Staff (BHS) used to target efforts to locations where there may be “hidden” TB, including where migrants live and work. Active case finding has started in August 2015 with the establishment of a mobile TB clinic in three townships (Shwepyithar, Mingalardon, North Okkalapa) of Yangon, with focus on migrants including, inter alia, construction sites, factories and migrant clusters.

**IOM’s key partners for TB control activities include Department of Public Health, National Tuberculosis Programme, National AIDS Programme, Mon, Kayin States and Yangon Region authorities, employer and managers, community based organizations and UN, INGO and LNGO partners.**

### International Organization for Migration (IOM)

#### Mission in Myanmar

318 (A), Ahlone Road, Dagon Township,  
Yangon, Myanmar

Phone: +95 1 210 588, +95 1 230 1960~2

Mobile: +95 97 323 6679, +95 97 323 6680

e-mail: [iomyangon@iom.int](mailto:iomyangon@iom.int)

Web: [www.iom.int](http://www.iom.int)



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