

# Contents

Preface	ix
Acknowledgements	xii
Foreword	xiii
Chapter 1 General Background to Clinical Tuberculosis	1
1: Introduction	1
1.1 About this book	1
1.2 Some of the things you should know	1
1.3 The world problem of tuberculosis	2
1.4 The outlook	2
1.5 Tuberculin surveys and annual numbers of new cases	2
1.6 Treatment	3
2: General Guidelines on the Treatment of Tuberculosis	3
2.1 DOs and DON'Ts for doctors	3
2.2 Guidelines on tuberculosis for non-medical health staff	5
3: The Battle Between the Tubercle Bacilli and the Patient	7
3.1 Causes of tuberculosis: the bacillus	7
3.2 Infection and disease	8
3.3 Where infection comes from (sources of infection)	9
3.4 Lessons for prevention	10
3.5 How a person resists infection (host defences)	11
3.6 Lessons for prevention	13
3.7 BCG	14
4: Tuberculosis Control Programmes	15
4.1 Introduction	15
4.2 Components of a National Tuberculosis Control Programme	17
<i>How to manage family contacts</i>	23
4.3 Conclusions	24
4.4 Integration of control programme into primary health care	25
Chapter 2 Tuberculosis in Children	29
1: Infection with Tuberculosis	29
1.1 How children are infected	29
1.2 The changes after infection	31
<i>Some stories about primary tuberculosis and its complications</i>	37
1.3 The timetable and risks of primary infection	41
1.4 The effect of age at infection, nutrition and other infections and infestations	43
2: Meeting the Child who might have Tuberculosis	44
2.1 When to think of tuberculosis	44
2.2 Important points to remember	45
2.3 How to plan action	45
2.4 Plan of action	47
3: How Tuberculosis Shows in Children	50
3.1 In the lungs	50
<i>Three stories about miliary tuberculosis</i>	52
3.2 Infection in the mouth or ear	55
3.3 Abdominal tuberculosis	55
<i>A patient with abdominal tuberculosis</i>	56

3.4 Tuberculosis of the lymph nodes	56
3.5 Tuberculosis of brain and spinal cord	58
<i>Three patients with tuberculous meningitis</i>	59
3.6 Tuberculosis of bones and joints	62
<i>An adult patient with spinal tuberculosis complicated by paraplegia</i>	66
<i>A patient with tuberculosis of the hip following a fall</i>	67
<i>A patient with tuberculosis of the elbow joint</i>	68
3.7 Tuberculosis of the eye	69
3.8 Tuberculosis of the skin	72
3.9 Unusual places for children's tuberculosis	73
3.10 Infection before or during birth or in the newborn period	75
4: How You can Help and Treat Tuberculous Children	76
4.1 Anti-tuberculosis medicines	76
4.2 Other medicines	79
4.3 Food and nutrition	80
4.4 Immunisation and protection	82
4.5 Always remember	82
5: HIV Infection, AIDS (Acquired ImmunoDeficiency Syndrome) and Tuberculosis in Children	83
5.1 Where infection comes from	83
5.2 Diagnosis	83
5.3 Age when children become ill	84
5.4 Ways in which HIV infection shows in children	84
5.5 Diagnosing it from other diseases	85
5.6 Prognosis	85
5.7 Tuberculosis in HIV infected children	85
5.8 Counselling	86
5.9 HIV infection and BCG	87
<b>Chapter 3 Pulmonary Tuberculosis in Adults</b>	<b>89</b>
1: Lung Tuberculosis in Adults	89
1.1 How pulmonary tuberculosis develops in adults	89
1.2 Meeting the adult who might have pulmonary tuberculosis (symptoms and physical signs)	92
1.3 Investigations	94
1.4 X-ray (radiological) examination	97
1.5 Tuberculin test	98
1.6 Blood examination	99
1.7 Distinguishing tuberculosis from other conditions	100
<i>Some stories about diagnosis</i>	101
1.8 Complications	105
2: Tuberculous Pleural Effusion and Empyema	106
2.1 How the pleura is affected	106
2.2 How it shows clinically	106
2.3 How to investigate it	107
2.4 Other conditions which have to be distinguished	108
2.5 Management	108
2.6 End result	108
3: Miliary Tuberculosis in Adults	109
3.1 How it arises	109
3.2 Why diagnosing it is particularly important	109
3.3 How it shows clinically in adults	109
3.4 How to diagnose miliary tuberculosis	111
3.5 How to treat it	112
<i>Two stories about miliary tuberculosis</i>	113
<b>Chapter 4 Non-pulmonary Tuberculosis in Adults</b>	<b>117</b>
1: Tuberculosis of Upper Respiratory Tract: Epiglottis, Larynx, Pharynx	117
1.1 How it shows clinically	117

1.2 Distinguishing it from other diseases	117
1.3 Management	118
2: Tuberculosis of Mouth, Tonsils and Tongue	118
3: Tuberculous Meningitis	118
3.1 How it arises	119
3.2 How it shows in the patient	119
3.3 Diagnosis	120
4: Tuberculosis of the Pericardium	120
4.1 How it arises	121
4.2 How it shows in the patient (clinical features)	122
4.3 Diagnosis	123
4.4 Treatment	123
<i>A case of tuberculous pericarditis in a boy aged 9½ years</i>	124
5: Lymph Node Tuberculosis	124
5.1 General comments	124
5.2 Treatment	125
6: Tuberculosis of Bones and Joints (see page 162)	125
7: Renal and Urinary Tract Tuberculosis	125
7.1 How it arises	125
7.2 How it may show in the patient (clinical features)	126
7.3 How to diagnose it	127
<i>A case of genito-urinary tuberculosis</i>	128
8: Tuberculosis of Female Genital Tract	128
8.1 How it arises	128
8.2 How it shows in the patient	129
8.3 Investigations	129
8.4 Treatment	129
9: Tuberculosis of Male Genital Tract	129
9.1 How it arises	129
9.2 How it shows in the patient (clinical features)	130
9.3 Investigations	130
9.4 Diagnosis	130
9.5 Treatment	130
10: Intestinal/Peritoneal Tuberculosis	130
10.1 How it arises	131
10.2 How it shows in the patient (clinical features)	131
10.3 Diagnosis	132
10.4 Treatment	132
10.5 Fistula-in-ano	132
11: Tuberculosis of the Eye (see page 132)	132
12: Adrenal Tuberculosis	132
12.1 General comments	133
12.2 Treatment	133
13: Cutaneous (skin) and Subcutaneous (abscesses) Tuberculosis	
13.1 Primary lesions (see page 72)	133
13.2 Erythema nodosum	134
13.3 Miliary lesions	134
13.4 Verrucous tuberculosis	134
13.5 Ulcers of mouth, nose and anus	134
13.6 Scrofuloderma	135
13.7 Lupus vulgaris	135
13.8 Tuberculides	135
13.9 Treatment	135
 Chapter 5 Tuberculosis, HIV (Human Immunodeficiency Virus), Infection and Aids (Acquired ImmunoDeficiency Syndrome)	 137
1: Background	137
2: How Tuberculosis with HIV Infection Shows Clinically	139

3: Treatment	140
4: Preventive Treatment with Isoniazid	140
5: BCG Vaccination	140
<b>Chapter 6 Treatment of Tuberculosis</b>	<b>141</b>
1: General Guide to Treatment	141
1.1 Introduction	141
1.2 When to treat (criteria for treatment)	141
1.3 Non-pulmonary tuberculosis	144
1.4 Supervision of treatment	144
1.5 Management of patients who fail to attend (defaulters)	146
1.6 Preventing the patient stopping treatment too early (preventing default)	147
1.7 Where to arrange the treatment centre which the patient will attend for continuation phase of treatment	148
1.8 Choosing staff	149
1.9 Patients' personal problems	149
1.10 Drug resistance	149
1.11 Follow-up	150
1.12 Sputum testing	150
1.13 Outpatient or hospital treatment	150
1.14 Isolation	151
1.15 Contact examination (see page 23)	
1.16 Work	152
1.17 Lifestyle	152
1.18 Pregnancy	152
1.19 The newborn child	152
2: Chemotherapy	153
2.1 National Tuberculosis Programmes	153
2.2 When there is no National Tuberculosis Programme	153
2.3 Four-drug regimen	154
2.4 Recommendations	155
2.5 Supervision	155
2.6 Eight-month regimen	155
2.7 Apparent failure of chemotherapy <i>Stories about treatment</i>	156
3: Other Drug Regimens	158
3.1 Introduction	158
3.2 Short course chemotherapy	158
3.3 National Tuberculosis Control Programmes	159
3.4 Other short course regimens	159
3.5 Three intermittent, or partly intermittent, short course regimens	159
3.6 Two 12-month regimens (no rifampicin)	161
4: Treatment of Non-pulmonary Tuberculosis: Medical Treatment	162
4.1 Pleural effusion	162
4.2 Pericardial effusion	162
4.3 Spinal tuberculosis	162
4.4 Genito-urinary disease	163
4.5 Tuberculous meningitis	164
<b>Reference section</b>	<b>165</b>
<b>Appendix A: Details of Drug Use</b>	<b>167</b>
1: Drugs Used in Chemotherapy	167
1.1 General	167
1.2 Isoniazid	168
1.3 Rifampicin	169
1.4 Streptomycin	170

1.5 Ethambutol	171
1.6 Pyrazinamide	172
1.7 Thiacetazone	173
1.8 Summary of toxic reactions to the main anti-tuberculosis drugs	173
1.9 'Second-line' drugs	175
2: Management of Reactions to Anti-tuberculosis Drugs	175
2.1 Hypersensitivity (allergic) reactions	177
2.2 Hepatitis	177
3: Corticosteroids in the Management of Tuberculosis	177
3.1 Possible indications for corticosteroid drugs in tuberculosis	178
3.2 Precautions	178
3.3 Dosage	178
4: Management of Patients whose Chemotherapy has Apparently Failed	178
4.1 Suspecting treatment failure	179
4.2 Investigations	179
4.3 Too short treatment	179
4.4 Probable drug resistance	180
4.5 Managing the patient with relapse	181
4.6 Probable multiple drug resistance	181
Appendix B: Surgery in Tuberculosis	182
1: Pleuro-pulmonary Disease	182
2: Lymph Node Disease	183
3: Bone and Joint Disease	183
4: Genito-urinary Disease	183
5: Abdominal Tuberculosis	183
6: Tuberculosis of the Thyroid and Breast	183
7: Tuberculosis of the pericardium	183
Appendix C: Chemoprophylaxis	184
1: Drugs for Chemoprophylaxis	184
2: Use of Chemoprophylaxis	185
3: Doubtfully Active Tuberculosis	185
Appendix D: Infections with Opportunistic Mycobacteria	186
Appendix E: Tuberculin Testing	187
1: Tuberculins	188
2: Mantoux Test	188
2.1 Method	188
2.2 Reading and interpreting the result	190
3: Heaf Test	190
3.1 Method	190
3.2 Reading the test	191
4: Interpreting a Tuberculin Test	192
4.1 Epidemiology	192
4.2 Diagnosis	192
Appendix F: Gastric Suction and Laryngeal Swabbing in Children	193
1: Gastric Suction	193
2: Laryngeal Swab	194
Glossary	195
References	203
Index	206