

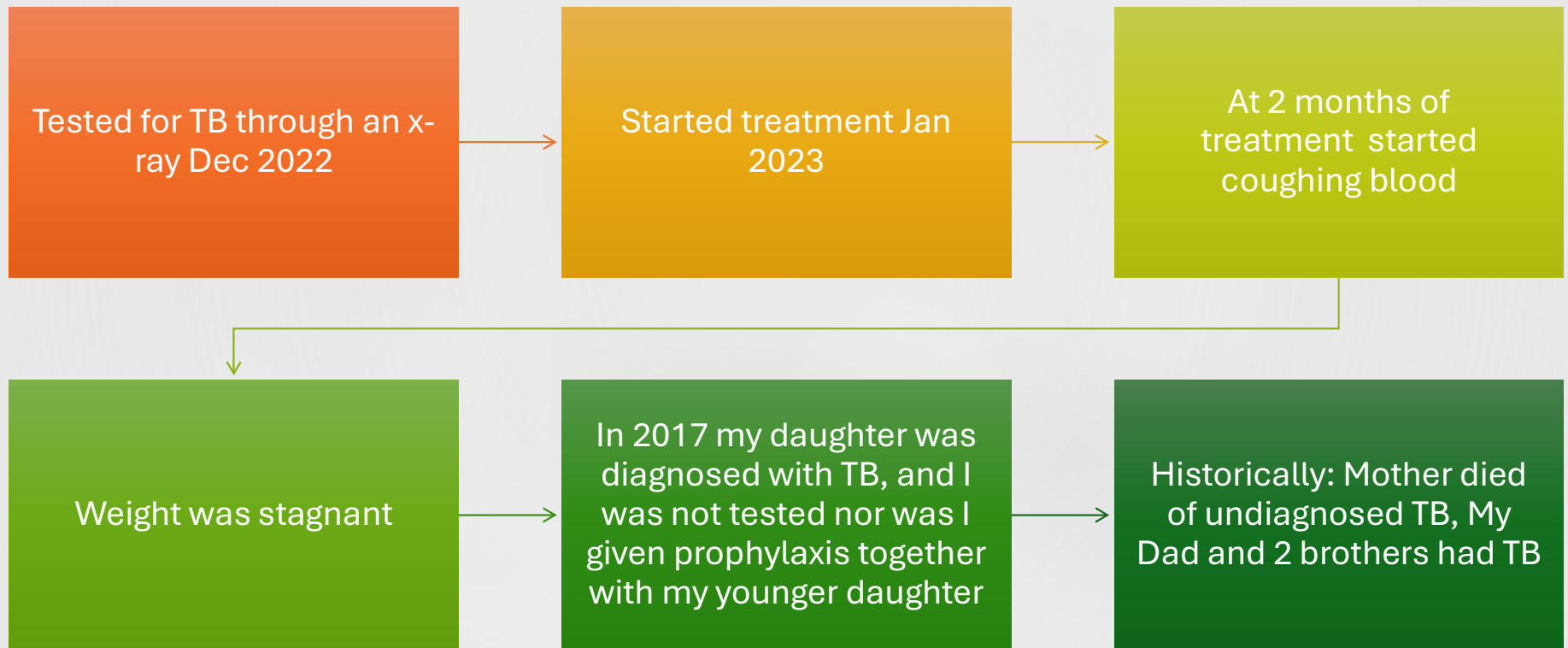


MY TB STORY

Nokwanele Mbewu



TB HISTORY



WHAT WORKED WELL

Once on treatment I recovered quickly

Clinic nurses were incredibly supportive, respectful and caring

Waiting period was less compared to when my daughter was on treatment

I eventually got well.

I had an incredible supportive employer(flexibility for leave and understanding when I was not coping)

MY EXPERIENCE WITH TPT

My older daughter got TB again in 2025

We moved to a different facility where we(me & younger daughter) were offered sputum testing and prophylaxis

This was comforting to know that we were TB free and protected

Medication was manageable as we took it once a week



CHALLENGES

Time constraints with the doc and not getting a better explanation of what was happening increased anxiety

My family not offered TB tests and told that they did not have symptoms, had to fight for my younger daughter's sputum test and she did not get prophylaxis (during 2023)

Long waiting period for the scan (eventually scanned at six months)

Stigma was another big challenge- lack of knowledge

I observed a lot of gaps in the health system that could contribute to high default rate

Care and service differed from facility to facility

Shortage of medication in the facilities leading to weekly treatment rationing

CONCLUSION

- TB is a prevalent disease in family.
- I think it is important to trace all the family members from all provinces once the case is found as we travel back and forth home.
- TB patients should not be treated as one size fit all
- TB robbed my children a time with their amazing grandmother
- Let's all combat TB!!

