



Striving Towards A TB Mukht Himachal Pradesh

BEST PRACTICES



1. Sunday Active Case Finding: - ASHA workers across Himachal Pradesh conduct an Active Case Finding (ACF) campaign every Sunday in their respective areas. They ensure the screening of key populations, as well as anyone showing TB symptoms, within these groups. During this Sunday ACF, at least two high-quality samples are collected for upfront NAAT testing. Symptomatic individuals are also referred for X-rays at the nearest health facility. Supervising this activity is carried out by the NTEP team, which includes the DTO, DPC, DRTB Coordinator, and STS. In the year 2023, 23,46,580 individuals have been screened for TB, 72056 samples have been sent for testing, and 219 people have been

diagnosed with TB. This initiative is part of the state government's effort, with the costs covered under the Mukshya Mantri Kshay Rog Nivaran Yojana in Himachal Pradesh.

2. Multisectoral Engagement: - In 2023, a community-based, multisectoral engagement approach was implemented in Himachal Pradesh to accelerate TB elimination efforts. Under the leadership of the Honourable Governor, 27 line departments were sensitized to support NTEP in generating TB awareness and dedicated themselves to ending TB in the state. The Postal Department printed TB IEC on 100,000 postal passbooks and screened its staff, the Industry Department conducted regular TB screenings for employees, the Ayurveda Department established 11 DMCs in Ayurveda hospitals, the Education Department raised TB awareness in schools, the Food and Civil Supply Department printed TB IEC on food bags, and SJVN adopted Shimla district as a Nikshay Mitra and tourism department install 200 hoarding for TB awareness and





regular organized the health camps for TB Screening in collaboration with NTEP. A total of 522 camps were conducted, screening 200,000 individuals, with 25,000 (12.5%) reporting TB symptoms, and 25 confirmed cases. As a result, 723 out of 3615 panchayats were declared TB-free, and the sputum examination rate increased from 3,800 per 100,000 in 2022 to 4,799 per 100,000 in 2023. This initiative demonstrates the significant impact of multisectoral collaboration in advancing TB elimination.

3. Chemist Engagement: - The Chemist Association in Himachal Pradesh has implemented a Cough Sale Surveillance initiative, encouraging chemists to identify and refer presumptive TB cases to diagnostic centres. More than 1500 chemists have printed TB awareness messages on carry bags and posters, independently funding the materials. A state-level workshop was conducted to strengthen H-1 drug monitoring and cough syrup surveillance. Through these efforts, 7000 presumptive TB cases were referred by chemists, resulting in 63 TB diagnoses. The Chemist Association also supports the Nikshaya Mitra initiative and regularly recognizes chemists for their contributions to TB awareness and referrals.

4. Engagement With Central University Himachal Pradesh: - The Central University of Himachal Pradesh, in collaboration with the State TB Cell, launched a "World Tuberculosis Campaign" on April 7, 2023, to engage youth in TB awareness and the TB Mukta Panchayat initiative. Department of Social Work students actively participated in Gram Sabha meetings and Panchayat TB forums in 77 panchayats of Kangra's Dhera Block. They organized TB screening camps, counseled 132 TB patients, and raised awareness through community activities. The campaign has identified 821 presumptive TB cases and 122 local youths dedicated to making their panchayats TB-free. Seven panchayats have successfully met the criteria for TB-free status in 2023.

5. Social Media Campaign for Engaging Elected Representatives, Celebrities, and Influencers Engagement for TB awareness: - The State TB Cell Himachal Pradesh launched a social media campaign to raise TB awareness by engaging elected representatives, influencers, and celebrities. Over 50 video messages were recorded, featuring prominent figures such as the Chief Minister, Governor, Health Minister, and local influencers. These videos promoted TB awareness, reduced stigma, and

highlighted government healthcare services. The videos were shared through official State TB Cell handles and personal accounts, reaching an estimated 10,000 viewers per video and achieving a cumulative reach of millions, significantly amplifying TB awareness in the state.

6. NTEP Review Mechanism: - The State TB Cell Himachal Pradesh established a robust review mechanism at Block, District, and State levels to monitor and strengthen NTEP indicators. Monthly meetings chaired by respective authorities focused on NTEP performance, addressing gaps, and strategizing solutions. A standard PowerPoint presentation covering 20 key indicators was used for assessment, with meetings scheduled and attended by key personnel from the State TB Cell, WHO, and NTEP partners. This structured approach led to Himachal Pradesh achieving 100% of its NTEP indicators over the past four years, significantly enhancing the state's TB program performance.

7. Indoor Ward Screening: - In 2022, Himachal Pradesh implemented an intensified case finding (ICF) initiative across 132 public sector hospitals using a "6S-TB symptom stamp" to screen all admitted patients for TB symptoms. Of the 4,68,220 patients admitted, 78% were screened, identifying 22,652 presumptive TB cases, contributing to 8% of the state's presumptive TB examinations. From these, 1,468 patients were diagnosed with TB, accounting for 9.1% of the state's total case notifications. This intervention resulted in a 10.4% increase in TB case notifications compared to 2021, demonstrating the effectiveness of early diagnosis through ICF and its scalability across healthcare settings.

8. 360° Campaign for TB awareness: - The 360° Campaign for TB Awareness in Himachal Pradesh is a comprehensive initiative aimed at raising awareness about tuberculosis across the state. The campaign spreads key TB messages

through various platforms, including radio, television, social media, and public spaces, to reach a wide audience. With over 500 awareness hoardings installed at public and tourist locations, and TB IEC materials displayed on 250 HRTC buses, the campaign emphasizes early diagnosis and aims to reduce stigma associated with TB. Additionally, miking, wall painting, and community engagement activities are conducted in all 12 districts, with structured support from 27 government departments. Three radio platforms broadcast TB awareness daily, and more than 900 official social media handle regularly disseminate information. This wide-reaching initiative, funded by the state under the Mukshya Mantri Kshay Rog Nivaran Yojana, plays a crucial role in ensuring timely diagnosis and public education about TB.

9. Meri TB Ki Kahaani: - The "Meri TB Ki Kahaani" initiative, launched on March 22, 2024, has significantly expanded TB awareness efforts in Himachal Pradesh,



primarily through social media platforms. The campaign has reached over 70 lakh people, fostering greater understanding of TB. The State TB Cell plans to introduce an offline version of the “Meri TB Ki Kahaani” platform, to be inaugurated by the Hon’ble Chief Minister of Himachal Pradesh. Initially, there were only 250 TB Champions involved in the National TB Elimination Program (NTEP), but following this initiative, the number has grown to over 700. These champions actively engage in experience-sharing, counselling, and supporting NTEP activities across the state.

Differentiated TB Care (DTBC) services for all drug-sensitive TB patients. All TB patients undergo clinical, radiological, and haematological assessments, after which they are assigned a risk score by the diagnosing Medical Officer. Based on their risk level, patients are referred to and admitted at the appropriate facility. Continuous monthly follow-up is conducted at the treatment facility, evaluating 18 key parameters, including 11 clinical, 6 blood examination, and 1 radiological parameter. This risk-based assessment has contributed to a significant reduction in the TB patient death compared to the previous year.

10. ‘Differentiated Care Model: – The state has implemented comprehensive

