 

# https://lh5.googleusercontent.com/Lis0vLhT31LWcb59TzeflqoO0676AjB3WPUK01Kq6_itiFucSnUdjGt8Lk4xD3aevj1K8nHk1h_McuVhii5byQ-G7PjfdBF-apTZmLvjd_urMaVO5Z7aV0zEs4BgVx7tgwVUAL0Nepal Way Forward Workshop

4th October 2019

HERDInternational Offices, Kathmandu  
  
Background

After the successful piloting of the behavioural support materials that were developed for use by health workers to counsel TB patients who smoke to quit smoking, as a next step towards the wider scale-up of the intervention, a way forward meeting was planned and organized by HERD International in coordination with National Tuberculosis Control Centre (NTCC).

## Objectives:

* Share the implementation strategies and lessons learned of the behavioral support interventions of TB Tobacco Project
* Discuss on the ways for its integration into regular NTP program and scale-up.

The meeting was organized on 4 October 2019, at HERD International Training Hall, Thapathali, Kathmandu.

## Participants

The meeting was attended by a total of 15 participants from NTCC (4), NHEICC (National Health Education, Information and Communication Centre)- 1, NHTC (National Health Training Centre)- 1, Kathmandu Metropolitan City (KMC)- 1, Lalitpur Metropolitan City (LMC), Health Office Kathmandu (1), Health Office Lalitpur (2) and partners of the National TB programme (NTP) including World Health Organisation (1), Birat Nepal Medical Trust (1), National Anti-TB Association (1), German Nepal Tb Project (GENETUP)-1 and Japan Nepal Tuberculosis Research Association (JANTRA).

## Summary of meeting modality and key discussion points

As planned the meeting started at 10am and was participated by representatives from all invited organizations. HERD International, Dr. Sushil Baral initiated the event by welcoming participants and clarifying objectives of the meeting. He then presented about background of the project, detailing about different phases, implementation strategies, focusing more on lessons learned from research and facilitating way forward discussion. His presentation was followed by display of the behavioural support materials and video.

The meeting was observed to be very interactive and the observations from the participants were centred around TB Tobacco video, TB Tobacco data, components of 3A's in the behavioural support package and materials and the way forward plan.  During the discussions, the following major issues were raised and discussed:

## Materials

### Comments on the Video:

* Participants appreciated the use of video as a training tool in health workers’ training and suggested to incorporate into the routine training programme conducted by NHTC and NTCC. The use of video will facilitate greater scale-up of training programme in federal context.
* Advise was also given to take care of the counselling principles such as provider’s posture, appearance and the setting should look realistic. Participants also suggested to make video focusing on positive side of quieting tobacco with display of successful stories which can be used for awareness raising.
* Participants also suggested to include a few minute clips on component of Peer counselling and Family support for quieting. Second hand smoking factor was also suggested to be considered (if possible).
* Likewise, participant also said that the video does not seem to focus patient – portraying success stories of patient quitting after counselling could be more effective.
* However, purpose of training video should retain its focus on quit advice along with key information to help patient completing TB treatment.

### Components of 3As

* The intervention of HERD Int focused on 3A's (Ask, Advise and Act) but the NTP training manual has incorporated ABC model (Ask, Brief Advise and Cessation Support). Hence, it was suggested that message should be standard and further discussions are required to incorporate the components for smoking cessation.

### Implementation strategy

* The intervention can be scaled up, however there is a need to consider the capacity building component of health workers with appropriate behavioural support training using the materials developed including video.
* Scale up interventions should be considered in high TB burden centres and gradually moving towards remaining centres. The pilot and scale-up was done in Kathmandu valley which provides understanding and feasibility to scale up in urban settings. Considering diversity – geography and socioeconomic and other aspects of community and health systems - interventions should also be tested and implemented outside Kathmandu valley so feasibility to scale up will be well informed.

## Actions points/Way Forward

* All participants were positive about the behavioural support materials and felt video could be more effective and hence advised to revise the video as per the feedback received so that the video could be included in NTCC training packages.
* A strong commitment from NHTC was made to incorporate video in PEN package training which is planned in 7 districts in 2019 and also to include the video in other trainings from NHTC i.e. indiction trainings.
* NTCC is planning to revise the National Strategic Plan (NSP) and it is an opportunity to incorporate tobacco cessation in the NSP. Hence, NTCC has proposed next round of meeting between HERD International, Technical Working Group (TWG) of NTCC, NHTC and NHEICC including key partners to discuss further on incorporating tobacco cessation and materials in NTCC NSP, manuals, guidelines and training materials. The NSP development workshop is planned for November 8-18, 2019 and HERD International has been invited in the workshop.
* Commitment from partner organizations was shown to incorporate BS materials and tobacco components in their training programmes.

## Agenda

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| **Time** | **Activities** | **Responsibility** |
| 10:00 – 10:15 | Registration | HERD International |
| 10:15 – 10:30 | Welcome and Objectives | HERD International |
| 10:30 – 11:00 | Tobacco cessation in TB control programme: Behavioural support model, implementation approach, challenges and lessons learned | HERD International |
| 11:00 – 11:20 | Display of IEC and Video Materials | HERD International |
| 11:20 – 11:50 | Discussions on way forward | All Participants |
| 11:50 – 12:00 | Closing Remarks | Director NTCC  Director NHEICC |
| 12:00 – 1:00 | Lunch | All Participants |

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