



Diane Welch, MS, RN (Clark County Public Health) shares the TB patient experience at a World TB Day event at The Seattle Public Library. Panel members Erika Arthun (Bill & Melinda Gates Foundation) and Scott Lindquist, MD, MPH (Washington State Department of Health) look on and later share the global and state perspective of the TB problem and strategies to eliminate the disease.



World TB Day: Rates Increase, Champions Recognized

Health officials released somber news on World TB Day (WTBD), March 24; the number of reported tuberculosis (TB) cases has increased for the *first* time in 23 years. All 50 states reported at least one case; 29 states, including the District of Columbia, reported an increase in cases in 2015. Washington was one of those states, reporting 208 cases in 2015; a 7.2% increase from the previous year.

Is this the beginning of a TB resurgence?

It is unclear if the recent uptake in cases is the start of a trend or an anomaly, but after several years of slowing declines, expanded approaches to TB elimination appears necessary in order to eliminate TB in the U.S.

The Centers for Disease Control and Prevention (CDC) recommends:

- Increased attention to the diagnosis and treatment of TB infection, especially in persons from countries where TB is common.
- More emphasis on interrupting persistent areas of TB transmission in the U.S. (such as prisons and homeless shelters).

- Accelerating reductions in TB globally; particularly in the countries of origin for most U.S. cases.

Addressing TB infection in Washington

State TB partners are leading the effort to increase testing and treatment of TB infection among high-risk individuals. [TB Project ECHO®](#) started in 2015, as a resource to educate and mentor healthcare professionals about how to identify, treat, and manage patients with TB infection.

Recently a state workgroup was formed to explore having TB infection be reportable, in order to encourage early detection and treatment of high risk individuals, before progression to disease. Read more about the [TB Infection Reporting Workgroup](#) on page 3.

CDC recognizes U.S. TB Elimination Champions

On WTBD, the CDC announced its U.S. TB Elimination Champions; people who are making a significant contribution to preventing and controlling TB.



SheAnne Allen was selected in the 'Focus on Prevention' category for her leadership in starting the TB ECHO®

telementoring project, support of local programs, and exploration of TB infection reporting in Washington.



Teresa Rugg was selected in the 'Building Partnerships' category for her ability to connect with individuals, families, health departments, media, community organizations, schools, churches, and others to raise awareness and support for TB elimination by empowering TB survivors to share their stories.

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Get to Know: Diana T. Yu

What is your degree?

MD, MSPH

treated with the least disruption to their lives.

What is your job title?

Mason County Health Officer

What are your hobbies?

Puzzles, chess, dance, gardening

How long have you worked in TB?

Since I became a local health officer in 1990.

Where do you see yourself in 5 years?

Happily fully retired but still involved in national TB elimination advocacy. Enjoying more grandkids, traveling.

What do you like best about your job?

Disease investigation and figuring out where and how a person contracts a disease. Developing individualized treatment plans so that patients can be successfully

What is your favorite TB topic?

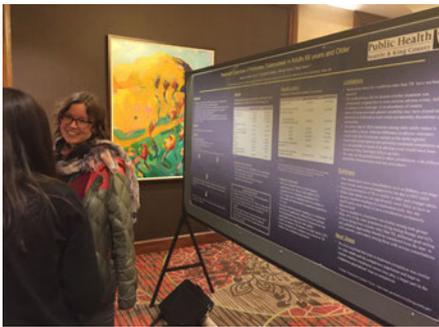
Elimination of tuberculosis. I sincerely believe that TB can be eliminated but it will take concerted effort by TB controllers, researchers,



Dr. Yu "Spreads TB Knowledge, Not TB Disease" presenting at a Department of Health World TB Day Event. Pictured here with State TB Program staff.

and advocates worldwide. We need research and development of newer TB medications, creation of an effective TB vaccine, and development of a more specific screening test. Everyone involved in the TB field needs to take elimination efforts more seriously.

TB Programs Shine at The Union/NTCA Conference



Katelynne Gardner Toren answers questions about her poster during the Joint Union/NTCA Conference.

TB Programs from Public Health Seattle & King County (PHSKC) and Washington State Department of Health (DOH) were featured at The Joint International Union Against Tuberculosis and Lung Disease and National Tuberculosis Controllers Association Conference.

PHSKC Epidemiologist, Katelynne Gardner Toren submitted a poster examining TB treatment outcomes among older adults compared to

those <65 years of age.

Adults 65 and older have the highest rate of TB in King County and have more co-morbidities such as diabetes that can complicate treatment.

While adverse reactions resulting in a medication hold were similar in both groups, older adults were more likely to have a medication permanently discontinued and had a higher mortality risk while on treatment.

Pyrazinamide was significantly more likely to be withheld from the initial regimen in older adults. Time to treatment completion was similar in both groups.

DOH Nurse Consultant, Lana Kay Tyer submitted a poster on initiating the ECHO model to build capacity among healthcare providers

who manage patients with TB infection. TB ECHO aims to positively impact TB knowledge, skills, and self-efficacy among participating providers.

In the first 4 months, 76 providers engaged in didactics and case consultations from a variety of health care settings. Twelve providers presented cases and 1/3 of participants attended 3 or more sessions.



Pictured from left to right: Lana Kay Tyer, SheAnne Allen, and Jessica Matthews pose with the TB ECHO poster.

Dear Lana...Get Answers to Your TB Questions!

Question:

Is there a recommended time frame to give a follow-up Interferon Gamma Release Assay (IGRA) test after a Tuberculin Skin Test (TST)?

Answer:

According to a review in the journal *Tuberculosis*, "The current consensus is that tuberculin-induced boosting of IFN- γ production is rare and first noted three days after the TST. Most cases of post-TST IGRA boosting recorded a quantitative increment in response that was insufficient to cause conversion to positivity and

was therefore unlikely to affect decisions regarding provision of preventive therapy to those diagnosed with LTBI. The boosting effect diminishes after the first month and is considered insignificant after three months."

Reference:

Salgame et al., "Latent tuberculosis infection-Revisiting and revising concepts," *Tuberculosis*, Vol. 95, Issue 4, July 2015, pp. 373-384.

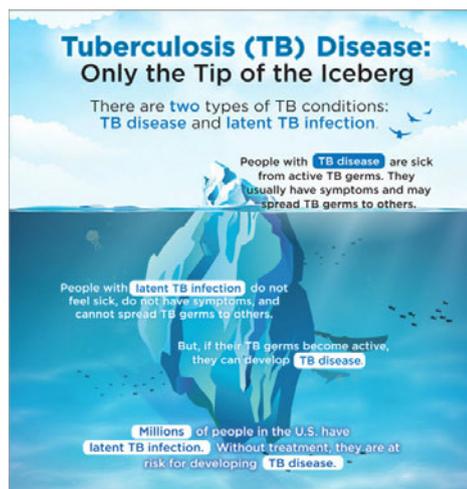
Got a TB Question?

TB Nurse Consultant, Lana Kay Tyer, and other Department of Health TB Program staff are available to answer your TB questions.

Simply email your questions to: TBServices@doh.wa.gov We may feature your question in a future edition of *Dear Lana!*



TB Infection Reporting Workgroup



The 'TB Infection Reporting Workgroup' launched in February 2016 with the purpose of reviewing the current state of TB Infection in Washington and looking at the possibility of adding it to the list of notifiable conditions.

The intention is to align with the direction of work being done at the national level. The workgroup is comprised of 25 members, including physicians, health officers, nurses, epidemiologists, outreach workers, health educators and managers from state and local public health departments.

In order to cover a wide variety of topics that address questions and concerns regarding TB Infection reporting, sub-groups have been identified and include:

- Implementation of Pilot Projects;
- Policy (notifiable conditions reporting);
- Outreach (other states best practices);

- Data Collection; and
- Developing a New Provider Toolkit for TB Infection.

The goals of the sub-groups are to help identify whether TB Infection should be made a reportable condition in Washington State and if so, how this would be achieved.

If you have questions about the TB Infection Reporting Workgroup, or if you would like to participate, please contact Sherry Carlson, sherry.carlson@doh.wa.gov, 360-236-3528.

Helpful Resources

[2015 TB Data Available for Washington](#)

The 2015 TB data for Washington are now available on our [Data & Reports page](#) including the: [TB Fact Sheet](#), [TB Infographic](#), and [TB Cases by County](#).

[Leveling of TB Incidence - US, 2013-2015](#)

After two decades of progress, TB incidence in the U.S. appears to have stalled. This [MMWR](#) discusses recent trends in TB cases and recommends a more comprehensive approach to resume further declines.

[Drug-Resistant TB Survival Guide, 3rd Ed.](#)

The latest edition of this popular publication is [available online](#) and [to order](#). The major topics include epidemiology, diagnosis, lab issues, treatment, medications, pediatrics, co-morbidities and special situations, monitoring and case management, adverse reactions, and treatment of contacts.

[NIH Study is Landmark in TB Research](#)

An international team of researchers has identified biological markers in the blood of latently infected people that may give doctors a tool they have long sought: a way to predict who is at high risk of developing active TB. [Learn more about this study](#).

[Upcoming TB Webinars](#)

5/11/16, 10:00-11:00 AM PST

TB in the Federal Corrections System

Review epidemiology, identify challenges and opportunities, discuss advantages to 12-week isoniazid-rifapentine TB infection treatment.

[Register for this webinar](#).

Washington State Department of Health TB Program

Mail: PO BOX 47837 Olympia, WA 98504

Phone: (360) 236-3443

Fax: (360) 236-3405

Email: tbservices@doh.wa.gov

Website: <http://www.doh.wa.gov/tb>

Upcoming Events

[Curry Workshops Coming to Seattle](#)

Curry International Tuberculosis Center and WA State Department of Health are co-sponsoring [TB training intensives](#) on the following topics:

- 6/14 [Tuberculosis Nursing Workshop](#) (1-day)
- 6/15 [Focus on LTBI](#) (1-day)
- 6/16-6/17 [Tuberculosis Clinical Intensive](#) (2-day)

[TB ETN and PEN Conference in Atlanta](#)

This year's TB Education and Training Network (ETN) and Program and Evaluation Network (PEN) Conference theme is: *Education and Evaluation: Driving Towards TB Elimination*. The conference will be held September 20-22 in Atlanta, GA.

Abstracts are being accepted for health education and program evaluation topics. The submission deadline is June 24.

Please contact Peri Hopkins, phopkins@cdc.gov, or Rachel Yelk Woodruff, zex5@cdc.gov, to register for the conference or request an abstract submission form.

[Save the Date! State TB Educational Conference is on October 19](#)

This free conference offers continuing education credit on a variety of TB topics. The conference will be held at the [Puget Sound ESD Blackriver Conference Center](#) in Renton, WA from 7:30-3:00, with a Local Health Jurisdiction (LHJ) business meeting to follow. More details will be posted soon on the Department of Health [TB Program website](#).

