

### 3rd Baltic Symposium

## STRENGTHENING THE PEOPLE-CENTRED MODEL OF TUBERCULOSIS CARE FOR BETTER DIAGNOSIS AND TREATMENT OUTCOMES

**November 23-24, 2018**

*AVALON Hotel & Conferences, 13.Janvara str. 19, Riga, Latvia*

**Background:** During last ten years the substantial decreasing of tuberculosis (TB) and drug resistant (DR)-TB notification rates and mortality observed in the three Baltic countries. According to the latest WHO Global TB Report (2017) Estonia, Latvia, and Lithuania have been excluded from the list of countries with high DR-TB burden. However, there are still serious challenges for TB control in the three Baltic countries. As per ECDC/WHO Europe Tuberculosis Surveillance and Monitoring report 2018, all three Baltic states are still among the 18 high priority countries for TB control. In addition, Latvia and Lithuania are among six EU/EEA countries with highest TB notification rates, DR-TB and TB/HIV co-infection continues to be a significant problem in the three Baltic States.

During the last decade several crucial innovations have become available for the diagnosis and treatment of TB and DR-TB: rapid molecular tests, new drugs bedaquiline, delamanid, pretomanid, shorter treatment regimens among others.

Curing TB entails adhering to a multidrug regimen for  $\geq 6$  months. The public health consequences of nonadherence to TB treatment led to directly observed therapy (DOT) becoming the universal standard of care. While DOT is a best practice model for TB treatment, it is labor intensive and can itself be a barrier to effective therapy because of authoritarian treatment supervisions, inconvenience for patients etc. Daily visits to the DOT facility to be observed can be seen as a lack of trust to increase patients' stigmatization and discrimination.

Countries and partner organizations via different study consortia are exploring options for the most efficient use of innovations in diagnosis and treatment of DR-TB. There are multiple examples available thorough out the world on DOT alternatives using patient friendly treatment adherence technologies. What will be the way forward in Baltic states?

### **Objectives:**

To share the latest evidence on how to deliver people-oriented care in TB management;

To discuss successes and challenges on the implementation of the people centered model of TB and DR-TB care in the Baltic States.

**Expected outcome:** to develop a memorandum of understanding on how to achieve the best adapted model of care for all three Baltic countries and agree on the priority action points to achieve this goal.

**Target group:** clinicians in the field of TB, public health personnel, National TB program managers, policy makers, scientists, donors and patient representatives.

**Location:** AVALON Hotel & Conferences, 13.Janvara str. 19, Riga, Latvia.

**Language:** English with simultaneous translation to Russian.

Symposium is organized by WHO Collaborating Centre (WHO CC) for Research and Training in Management of MDR-TB of Latvia, Centre for TB and Lung Disease of Riga East University Hospital (REUH), in collaboration with Latvian Society against Tuberculosis, Tartu University Hospital and Hospital of Lithuanian University of Health Sciences.

General sponsor of the symposium is Otsuka; co-sponsor of the symposium Johnson & Johnson.

## Day I, 23<sup>rd</sup> of November, 2018

### 11:00-11:30 Registration of participants and coffee

**11:30-12:30** Opening ceremony. Chair: Dr. Andra Cirule, Dr. Richard Zaleskis, MoH, countries representatives, Patient empowerment/patient stories

#### Session I

### What has happened and where do we stand in Baltics on TB control?

Chairs: Dr. Liga Kuksa, Prof. Skaidrius Miliauskas

<b>12:30-13:00</b>	Epidemiological situation of TB in three Baltic countries; successes and challenges.	Dr. Richard Zaleskis, Chair of the Latvian Society Against TB
<b>13:00-13:30</b>	People centered model of TB care. How to strengthen it in the Baltic states.	Dr. Masoud Dara, WHO Europe office
<b>13:30-14:00</b>	Evidence and WHO policy recommendations on TB patient adherence support measures.	Ms. Anna Maria Coccozza, WHO/GTB consultant

### 14:00-15:00 Lunch

#### Session II

### TB diagnosis, treatment and prevention

Chairs: Dr. Gunta Dravniece, Dr. Manfred Danilovits

<b>15:00-15:30</b>	Better TB Diagnosis– improved care for patients.	Dr. Girts Skenders, scientist of the Latvian University
<b>15:30-16:00</b>	Management of LTBI in specific risk groups. Highlights in the new WHO guidelines (2018).	Dr. Manfred Danilovits, TB consultant, Tartu University hospital, Estonia

### 16:00-16:30 Coffee break

<b>16:30-17:00</b>	Clinical DR-TB patient management; how to adapt the new WHO recommendations in the Baltic countries; challenges and obstacles.	Dr. Liga Kuksa, Head of WHO CC on MDR-TB research and management, Latvia
<b>17:00-17:30</b>	Shorter DR-TB treatment regimens – experience in the WHO Euro countries; way forward in the Baltic states.	Dr. Gunta Dravniece, TB consultant, KNCV, The Netherlands

**19:00 Dinner at *Gutenbergs Rooftop Restaurant, Doma laukums 1, Riga***

## Day II, 24th of November, 2018

### Session III

#### Towards "Patients centred care"

Chairs: Dr. Andra Cirule, Prof. Skaidrius Miliauskas

<b>8:30-8:50</b>	Moving from hospital to outpatient care. Experience from Lithuania.	Prof. Skaidrius Miliauskas, Hospital of Lithuanian University of Health Sciences, Lithuania
<b>8:50-9:10</b>	Providing stigma reduction and health care workers wellbeing in people centred model of TB care.	Mrs. Ieva Leimane, Human Resources for Health Consultant, KNCV, The Netherlands
<b>9:10-9:30</b>	Nursing approach to a people-centred model of TB care.	Mrs. Evita Biraua, Head nurse of the Outpatient Department of the TB and Lung Disease centre, Latvia
<b>9:30-10:00</b>	Digital health solutions for treatment adherence and patient empowerment.	Mr. Kristian van Kalmthout, Digital health consultant, KNCV, The Netherlands
<b>10:00-10:30</b>	Non-adherence to treatment of TB: a quantitative, multi-methods, approach.	Dr. Helen Stagg, University of Edinburgh, UK

### 10:30-11:00 Coffee break

### 11:00-12:00

Panel discussion

#### Adapting the latest evidence of patient centred approach in TB patient care - Way forward in the Baltic countries

Moderator: Dr. Richard Zaleskis Panelists: Ms. Anna Maria Coccozza, Dr. Liga Kuksa, Dr. Girts Skenders, Dr. Manfred Danilovits, Prof. Skaidrius Miliauskas, Dr. Gunta Dravniece, Mrs. Evita Biraua, Dr. Helen Stagg, Mrs. Ieva Leimane, Patients' representative.

Working in 3 groups:

Streamline the “people-centred model of TB care” in country models of care.

Action points for implementation on:

1) adoption of rapid tests and changes in the treatment guidelines (which regimens we take, what should be changed, which tests we will use in which sequence....);

2) patient empowerment, and education (involving patients in decision making, monitoring process, improving communication with patients to gain trust);

3) digital health solutions for adherence and patient empowerment (e.g. apps, 99 DOTs, self-monitoring tools).

**12:00-13:30**

Prof. Skaidrius Miliauskas,  
Dr. Liga Kuksa,  
Dr. Manfred Danilovits

### 13:30-14:30 Lunch

#### Plenary debates:

**14:30-16:00**

#### **presentations of groups work and accepting Memorandum of Understanding**

Moderators: Dr. Richard Zaleskis, Dr. Gunta Dravniece

Presenters:  
Estonia: Dr. Manfred Danilovits  
Lithuania: prof. Skaidrius Miliauskas  
Latvia: Dr. Liga Kuksa

**16:00-16:30 Closing  
Coffee and Departure**