



Dr. K S SACHDEVA
Dy. Director General
Head, Central TB Division
Project Director, RNTCP



Tel 011-2306 3226
011-2306 2980
E-mail ddgtb@mtcp.org

भारत सरकार
Government of India
स्वास्थ्य एवं परिवार कल्याण मंत्रालय
Ministry of Health & Family Welfare
निर्माण भवन, नई दिल्ली - 110108
Nirman Bhavan, New Delhi- 110 108

Date: 31.10.2018

Dear

Sub: Utilization of N-TB mobile application for implementation of Guidance document on nutritional care & support for patients with TB in India – Reg.

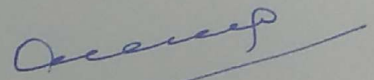
Gol is committed to ending TB by 2025, five years ahead of the Global Sustainable Development goals. In order to achieve this, it is important to address the social determinants of Health. Undernutrition is an established risk factor for progression of latent TB infection to active TB, increases the risk of severe disease, death, drug toxicity, drug malabsorption & relapse after cure and at the population level contributes to an estimated 55% of annual TB incidence in India. Moreover, TB leads to weight loss, wasting and worsening of nutritional status. Therefore, Undernutrition and tuberculosis (TB) have a bidirectional relationship.

Addressing undernutrition and providing nutritional support to households with TB patients would be key to achieving the Government of India's ambitious goal. In order to address this significant risk factor, the "Guidance document on nutritional care & support for patients with TB in India" was developed by Central TB Division and released on the occasion of World TB Day 2017.

In order to facilitate implementation of the technical aspects of the nutritional assessment and appropriate supplementation, the N-TB app has been developed by CTD with support of Center for Nutrition Studies, Yenepoya (Deemed to be University), WHO and McGill International TB centre. It is a tool for health care workers to calculate BMI of TB patients, know how to counsel patients and choose the food items as per their BMI to improve BMI while on treatment and later. It is available for download on Android devices - <https://play.google.com/store/apps/details?id=com.nexa.ntb> and iOS device (<https://itunes.apple.com/in/app/n-tb/id1402523153?mt=8>). The training materials which may be used for sensitizing the staff on this app are attached for reference.

You are requested to widely disseminate the information on this app and ensure that all the program staff install the application on their Android tablets and utilize the same in counselling of the patients.

Yours sincerely


(Dr K S Sachdeva)

Annexures: As mentioned above

To

State TB Officers (All States/UTs)

Copy to

PPS to AS & DG (RNTCP & NACP), MoHFW

PPS to JS (TB), MoHFW

District TB officers (All Districts of all States/UTs)