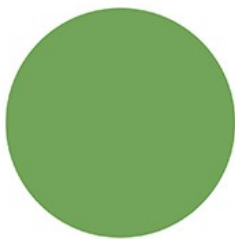


Guidance for designing a Latent TB Champions Programme



Clear



Latent TB



Active TB





Designing a TB Champions Programme: Overview

A Champions Programme is a way of implementing a community based cascade of information. The broad objective of this TB Champions Programme is to increase awareness around TB and latent TB testing. The programme uses a network of volunteers from community organisations, who have links to new entrant communities. Ideally, for the champions programme to be effective, these volunteers will represent the range of communities who are eligible for the NHSE new entrant latent TB testing programme and will speak their languages.

A TB champions programme may be coordinated by leads at community organisations, local authority public health teams, engagement and outreach officers at Clinical Commissioning Groups - or any statutory and third sector professionals from organisations with an interest in TB.

The champions training should be delivered by an individual with public health knowledge and a deep understanding of TB, to ensure that messages about this complex and often misunderstood illness are delivered correctly and fully understood. This could include a local nurse who is leading on TB, or public health professionals. Please feel free to contact TB Alert about us supporting the training.

TB champions programmes have been established in Leeds and Redbridge, and TB Alert has supported a TB champions programme in Tri-borough (Westminster, Kensington and Chelsea, and Hammersmith and Fulham). All areas have taken a slightly different approach. Below are some different options to think about when approaching your TB champions programme:

Recruitment: Champions could be identified from the third sector (particularly people who have already had experience in volunteering within their community). Champions should have positions in the community whereby they have the capacity to reach and speak with a lot of people. In Redbridge, the role was actually advertised to around 600 local contacts and groups, and residents who applied were employed as casual workers and paid by Redbridge CVS.

Remuneration: Options include making a contribution to the organisation that the volunteer is connected to or directly to the champion. Amounts used in previous TB Champions programmes have been £10 for every 3 eligible contacts (Leeds), or £10 per contact in London (with the idea being that this money can be used to pay for some of the champions' costs and travel etc.). Some money can also be given to coordinators/coordinating institutions for the time in organising the champions and collecting data etc. Champions in Redbridge were directly paid for their work as they were employed as casual workers.

Training: All areas gave a minimum of 2 hours for initial training in order to get across key messages (Tri-borough allocated a total of 6 hours). Local TB service involvement at these initial sessions is recommended in order to have a clinical specialist who is able to answer any clinical questions. In Redbridge, training continued on a monthly basis, and in both Leeds and Tri-Borough, refresher sessions were offered in order to check the champions were still feeling confident in TB messaging.

Ongoing support: Feedback sessions offer an opportunity for champions to feed back issues and ideas. WhatsApp groups and messages provide a means to communicate with

the champions and ensure they feel supported and motivated. FAQs and other resources were provided in all settings.

Monitoring: Information sheets can be distributed to champions for them to record their contacts; these can serve different purposes, depending on the goals of the local TB champion programme. In Redbridge, TB champions also filled out monthly monitoring forms, describing the work they had done and what they were planning to do the following month (though bear in mind that this was a paid position, so it is possible to ask a little more of champions under this arrangement). Feedback sessions provide a way to monitor the successes and barriers of the project. Finally, focus groups within the community can reveal the *community's experience* of the TB Champions' outreach and how their understanding of TB changed as a result.

About the TB Champions Toolkit

This toolkit includes resources which you can use to:

- a) Train community members to become TB Champions
- b) Distribute to TB Champions to assist them in their work, spreading health awareness about TB and latent TB in their communities

These tools and resources are designed to support the implementation of NHSE programmatic guidelines for testing and treatment of latent TB in new entrants. If you are screening to NICE guidelines, or other specifications, contact Helen Clegg at TB Alert to request adjustments to the materials: helen.clegg@tbalert.org, 01273 234030.

The documents in the pack are designed to act as a guide. Naturally, there will also be local variations in how the programme is organised, what data needs to be collected, and how models of patient care are designed.

Timeline for training TB Champions

A suggested amount of initial training for the TB Champions is 6 hours, split over two 3-hour sessions (see draft programmes in pack for more detail).

Session 1: Introduction to being a TB Champion, training on TB and latent TB, discussion around the NHSE latent TB testing and treatment programme for new entrants, eligibility criteria, some practice of conversations around TB, questions.

Session 2: A more interactive session involving role play, discussion around barriers and challenges in engaging community members, creation of work plans for the TB Champions (i.e. how are they planning on reaching target numbers of people in their communities), distribution of resources, time to explain how to fill in information forms/use the flipcharts/use the patient pathway flowchart etc.

Support after initial training

There are various ways you can ensure that your TB Champions remain engaged and feel supported:

- 1) Create a forum or group through which you can deliver messages to champions and ensure that no one is experiencing any difficulties. This could be through a channel such as WhatsApp if everybody has a smart phone, or it could be through group

www.thetruthabouttb.org/latent-TB

email messages or Facebook groups. It is important TB Champions are not sent away and left feeling alone to deliver this health message; they need to feel that there is a channel through which they can ask questions and express any concerns.

- 2) Refresher training – it is useful to organise a refresher session for the TB Champions approximately 6 weeks after they have completed training. This should have given the TB Champions enough time to start speaking to community members, and to get a feel for what is and what is not working. A refresher session can boost their confidence and give them the opportunity to ask more questions. This session also provides coordinators with the opportunity to gain some feedback on how the programme is working, and if anything needs adjusting.
- 3) Ideally, champions should be given the contact details for
 - a) The project coordinator(s)
 - b) The local TB nurses/nurses responsible for TB

This means that TB Champions will be able to access project coordinators to ask questions related to the TB champions programme, and to liaise on logistical issues. The nurse numbers are also important for when there are community members that are concerned about their health with regards to TB. TB Champions will not be in a position to provide clinical advice, and so it is critical that they are able to refer community members to clinical specialists in this instance.

- 4) TB Champions' responsibilities - If you choose to do so, you could set out a list of the Champions' responsibilities, so that everyone is on the same page and has a framework to work within. Here is an example that you can work with:

TB Champions' responsibilities

As well as emphasising the support that is available for you as a TB Champion, it is also important that we emphasise what we expect from you and your responsibilities as a TB Champion:

- We expect you to treat community members with respect and understanding, no matter where they are from, what ethnic group they are, what gender they are, what religion they are, whether they have any disability or not
- Always conduct yourself professionally as a TB Champion
- You are a TB Champion and so we expect you to speak up against stigma and discrimination faced by people affected by TB – always remember this and speak up against myths, stigma, discrimination and false information about TB
- If you do not know the answer to a question from a community member, then get in touch with the Support Network – do not tell someone in the community information that could be incorrect
- Make sure you complete and gather the correct information on the TB Champion Report form, and if you have any questions about the form, then ask the Support Network