



*A report on*

**PREVENT TB  
TO END TB**



**Submitted to: Rotary Club of Kathmandu Mid Town**  
**Submitted by: BNMT Nepal**

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## BACKGROUND

Tuberculosis (TB) is a disease caused by bacteria that usually affects the lungs and spreads through the air when someone coughs or sneezes. Every day, 47 people die of TB in Nepal, even though it can be prevented and treated.

Some people carry sleeping TB germs (bacteria) in their body without feeling sick, this is called 'latent TB'. If their health weakens, the bacteria can wake up and cause active TB, which can spread to others.

A short preventive medicine called '3HP' can kill the bacteria before they can make the person sick. The 3HP medicine keeps people healthy and helps stop TB from spreading.

The project, 'Prevent TB to End TB' is testing adults living with TB patients for latent TB and gives them preventive treatment to stop the disease from developing.

## KEY HIGHLIGHTS OF THE PROJECT

- A total of **747** people with sleeping germs of tuberculosis (TB) called 'latent TB' have begun special medication program called '3HP' or 'TB preventive therapy' in project districts Chitwan and Pyuthan.
- According to the step by step rule followed by doctors, **1921** people took a small skin test (known as Mantoux) to check if they had TB germs in their body. Out of them **816** were found to have Latent TB. Among them, **747** had normal chest X-rays and were healthy enough to start the 3HP medicine to stop TB from becoming active.
- So far, **353** people have finished the full 3HP medicine to help prevent TB disease.
- **2536** people learned the information about sleeping TB and how to stay healthy during home visits to families affected by TB.
- **325** health workers have been trained to know who should get 3HP, how to give the medicine safely, watch for side effects, how to support patients and record-keeping and reporting.
- A Project Review and Planning Workshop was successfully conducted in Sauraha with government stakeholders and Rotarians, receiving appreciation and continued commitment from all participants.

### Observed Field Experiences and Community Feedback from Ongoing Implementation:

- Many people like the 3HP medicine because it only lasts 12 weeks, so it feels shorter and easier to finish.
- Taking medicine once a week is easier for most people than taking it every day.
- Many people understand that 3HP helps stop sleeping TB germs from turning into active TB disease.

- Talking and getting support from health workers and community volunteers helps people feel safe and trust the treatment.
- Families who have already seen TB in their home are more interested in taking medicine to stay healthy.
- People in the community are now talking more about TB prevention and learning how to protect themselves.
- Health workers say that weekly medicine and simple follow-ups are easier to manage in their regular work.
- Regular check-ins and kind support help people start the medicine and keep taking it until the end.

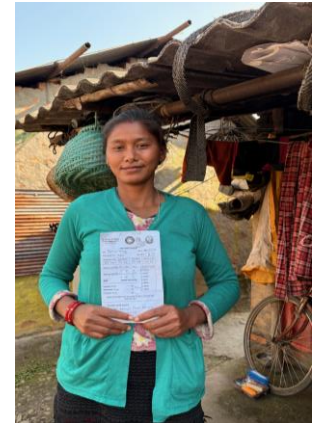
### **Rotarians visit to project site, Chitwan**

Rotarians visited Chitwan, Nepal to see how the TB prevention work is going on. They went to Khairahani Nagar Hospital and watched how people receive the 3HP service, including the skin test, X-ray, other checks, doctor’s visit, and starting the medicine. The team also visited Ratnanagar Municipality and met people from the community who had finished the 3HP medicine, listening to their experiences and learning how families feel about TB prevention.

## **BREAKING THE CYCLE OF TB: TARA’S STORY!**

*Belsi, Chitwan*

Tara is 28 and comes from the Tamang community. She is a mother of three and lives in a small home where her family relies on daily fishing to earn a living. She also takes care of her mother-in-law, who is sick with tuberculosis (TB) and recently became ill again after six months of treatment. TB has affected many in their family, including siblings, their father, and other relatives.



Tara had never heard of latent TB (when TB germs are in the body but not making someone sick yet), or that there is medicine to stop it from becoming active TB. Like many families, health information was not something she knew much about.

When supervisors from BNMT Nepal visited her home, they explained how TB spreads and how to prevent it. Tara, her husband, and her three children were all tested for latent TB. Only Tara tested positive. She started preventive therapy, a special medicine to stop the disease from developing.

For Tara, this medicine is more than just pills, it is hope! Hope that she can stay healthy, that her children can grow up without TB, and that her family’s long struggle with the disease can finally end. “I am thankful,” she says softly, “for this chance to protect myself and my children. It feels like hope has finally come to us.”

**Annex1. Photographs with captions:**



*Visiting a family to give TB advice and send them for a TB test in Bakulahar Ratnanagar Hospital, Chitwan*



*Female community health volunteer getting a TB skin test at Khairahani Nagar Hospital, Chitwan*



*Medical officer examining a person for TB after skin test and chest X-ray at Khairahani Nagar Hospital, Chitwan*



*Person taking TB medicine under health worker supervision at Bhingeri PHC*



*Rotarian Paras Raj Rana giving remarks at Khairahani Nagar Hospital, Chitwan*



*BNMT and Rotary team meet person who completed TB medicine in Belsi, Chitwan.*