



## SUCCESS STORY

# Community joins together to stop TB

**Health care workers come together to share ideas for improving patient care and stopping TB**



Photo: USAID

Community health nurses are reaching out to stop TB in Samarkand

***"I am the third generation of my family to work in health. I want to be able to tell my children the history of how we eliminated TB in our country. In our lifetime, we can stop TB."***

*-Dr. Dilshoda Buranova,  
Director, Dashtaki Bolo  
rural health clinic*

Samarkand, Uzbekistan is the heart of the ancient Silk Road. For centuries, people from across Asia have passed through this rich cultural area to exchange goods and share news. Now, health leaders are reaching deep into this community to trade ideas about how to stop the spread of TB. In a rural health clinic outside of the city, Dr. Dilshoda Buranova is leading a team of health care workers from around the region to coordinate the treatment and follow-up of TB patients. She is honored to be the third generation of health leaders in her family who have stepped up to serve their communities. Every week, the top physicians and nurses from the hospital, outpatient clinics, and TB center meet to strategize about stopping the spread of TB.

Dr. Buranova leads a team of 50 nurses whose work includes going from home to home looking for people with symptoms of TB. This simple method is having a big impact. The chief TB dispensary physician, Dr. Mukaddas Shukurova, shared her experience coordinating patient follow-up with this program. "We are training communities that TB is curable. If someone has TB, they don't need to hide their status from their neighbors and families. When we first started working in the community, people had a lot of questions and were not informed about TB. Now, if we have a health fair, over 100 people show up eager to get more information or to take a TB test."

A large number of Uzbek men migrate abroad in search of economic opportunity and higher wages. Annually, several million people leave the country; their labor brings back over \$4 billion USD each year, but their conditions abroad may expose them to TB. The health care teams of Samarkand are reaching out to migrants and their families to make sure they access care when they are home. School children and mothers are being trained to identify the symptoms of TB. At a recent health fair, over 400 people came together to share health messages.

Dr. Buranova is grateful for the technical assistance provided by USAID. "USAID helped us know more about infection control and how to educate and reach migrant families"