

## **“TUBERCULOSIS IS AT HOME. NOW WHAT?” ELABORATION OF AN INFORMATIVE BOOKLET AS A RESOURCE FOR HEALTH EDUCATION**

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### **Abstract:**

Household contacts, risk group to develop tuberculosis (TB) infection, are often epidemiological investigations targets. Assessing situation in these environments it is possible to suggest more effective measures for TB prevention, control and treatment. The use of health education strategies provides development of a critical learning, resulting in prevention strategies, as well as improvement in patient health. One of the teaching resources used in this disclosure process are booklets, which through a simple language associated with illustrations reproduce various aspects of readers reality. Given the above, the aim of this study was to develop an information booklet targeted to household contacts of patients with TB. Content selection was made through literature review, Ministry of Health websites and journals related to public health as well as information obtained through health professionals who directly deal with patients in treatment. The target audience choice considered: (I) Epidemiological studies showing higher rates of TB transmission among household contacts; (II) deficiency in patients' perceptions about the disease and (III) importance of family support on adherence and correct conduction of therapy. Thus, it was elaborated the booklet entitled "Tuberculosis is at home, and now what?" Which after review by a group of health professionals was sent to publishing, registration (ISBN: 97885-63312-57-0) and printing (2,000 copies). The booklet presents information as in a comic book, using the home environment as backdrop. The plot presents a dialogue between a doctor and a TB-contact and narratives about how she should proceed. Then questions related to disease are answered: What is TB? How to suspect? How do you get? What are the symptoms? How to treat? How to prevent? Health education combines learning experiences designed to help individuals and communities, and with use of educational methodologies such as booklets, a critical-reflexive process of certain knowledge, in this case about TB and homebased care for prevention and treatment is promoted. The booklets will be sent to the State Secretary of Public Health of Pará for distribution.

**Key words:** Booklet, Health education, Household contacts, Tuberculosis.

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