

## Perspectives on TB in the Region

“ Countries in the WHO European Region are in a prime position to lead the effort to end tuberculosis. Health 2020, the European health policy framework, offers a unique platform from which relevant sectors can work together to achieve effective care centred on patients’ needs. This is what the *Tuberculosis action plan for the WHO European Region 2016–2020* is all about. The plan will support actors to collaborate in integrated and innovative ways to ensure that our children can live in a world free of TB. ”

*Zsuzsanna Jakab, WHO Regional Director for Europe*

“ Civil society and communities have a paramount role in TB prevention and care. In implementing the new TB action plan, we need to make a paradigm change in the way we do business and focus much more on the social and human aspects to curb the spread of drug-resistant TB. ”

*Fanny Voitzwinkler, Global Health Advocates, TB Europe Coalition*

“ I was in a serious condition – mentally already dead and physically almost departing life. Relatives visited me one after another: it seemed like those were our last meetings. Tragically, this was after I had already lost my two brothers to MDR-TB. Treatment included six months of painful injections and two years of a cocktail of 11 tablets with severe side-effects. I was tempted to stop treatment several times. But encouragement from my doctor, the care of my nurses, who looked after me like a son, and the love of my family helped me through it. Now I am a healthy man again. I strongly believe we need to have shorter and more effective treatment options if we do not want patients to lose their determination to carry on, and we need them right now. ”

*Safarli Naimov, former MDR-TB patient*

## Learn more about TB in the Region



### *Best practices in prevention, control and care for drug-resistant tuberculosis (2013)*

With examples from nearly half the Region, this compendium of best practices related to drug-resistant TB is an invaluable resource for stakeholders at all levels of the health system in their efforts to stop TB.



[http://www.euro.who.int/\\_\\_data/assets/pdf\\_file/0020/216650/Best-practices-in-prevention,control-and-care-for-drugresistant-tuberculosis-Eng.pdf](http://www.euro.who.int/__data/assets/pdf_file/0020/216650/Best-practices-in-prevention,control-and-care-for-drugresistant-tuberculosis-Eng.pdf)



### *Good practices in health systems strengthening for prevention and care of tuberculosis and drug-resistant tuberculosis (2015)*

This compendium provides examples from high- and low-TB-incidence countries that address health system challenges to fighting TB in the Region. It supports implementation of the TB action plan 2016–2020 and is a valuable resource for enabling countries to share good strategies that could be adapted to other country contexts and settings.

*The best practices and good practices compendiums are available only in English-language versions.*

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#### **For further information:**

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# TOWARDS THE END OF TUBERCULOSIS IN THE WHO EUROPEAN REGION

People at the centre of care



Much progress has been made in the fight against tuberculosis (TB) in the WHO European Region over the last five years. The *Consolidated action plan to prevent and combat multi- and extensively drug-resistant (M/XDR) tuberculosis (TB) 2011–2015* provided a powerful tool to support European countries in reducing new TB cases and deaths. On average, the number of TB cases has dropped by about 6% annually. TB continues to be a serious public health issue in the Region, however: ongoing challenges need to be addressed if progress is to be made in the move towards ending the TB epidemic.



### Key achievements from the consolidated action plan 2011–2015

The plan has resulted in:

- more than 1 million TB patients, including 53 000 with multidrug-resistant TB (MDR-TB), being cured
- approximately 200 000 MDR-TB cases being averted
- more than 2.6 million lives being saved.

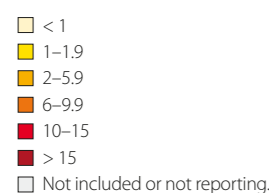
### Key facts and figures on TB in Europe

- Europe has a high burden of MDR-TB and extensively drug-resistant TB (XDR-TB), with 15 of the 27 countries with the highest burden of MDR-TB being in the European Region.<sup>1</sup>
- Fewer than half of all MDR-TB patients were successfully treated in 2013.
- TB prevention and care is incomplete: 360 000 people fall ill with TB annually (1000 daily), of whom 75 000 are infected with MDR-TB and 38 000 die from TB.

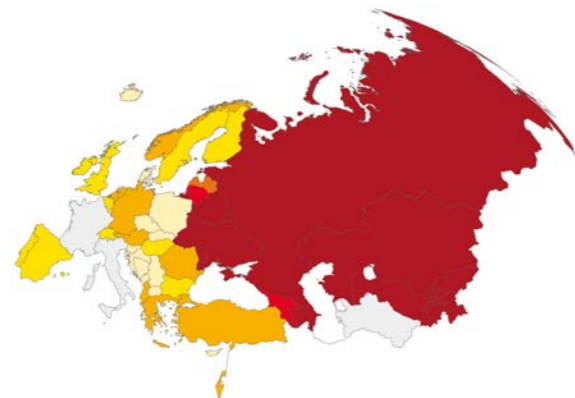
<sup>1</sup> The 15 high-burden countries in Europe are: Armenia, Azerbaijan, Belarus, Estonia, Georgia, Kazakhstan, Kyrgyzstan, Latvia, Lithuania, Republic of Moldova, Russian Federation, Tajikistan, Turkmenistan, Ukraine and Uzbekistan.

Fig. 1 shows the percentage of MDR-TB among new TB cases in the Region.

**Fig. 1. Percentage of MDR-TB among new TB cases in the WHO European Region**



□ Andorra  
□ Liechtenstein  
□ Luxembourg  
□ Malta  
□ Monaco  
□ San Marino



## The role of health systems

Well functioning national health systems are essential to effectively addressing the spread of TB. Prevention and control of TB is complex and requires action from all levels of the health system. Action needs to be appropriate, efficient and, not least, collaborative.

Despite notable progress, several countries in the Region continue to face challenges in providing high-quality TB services. There is a need to update service delivery models, continuously train staff and ensure continuity of care, access to new technologies and quality second-line drugs (Table 1).

**Table 1. Health system challenges to fighting TB in the Region**

<b>Governance</b>	<ul style="list-style-type: none"> <li>- Large variation in public spending on health</li> <li>- Serious inefficiencies in health systems</li> <li>- Weak coordination across sectors</li> </ul>
<b>Service delivery</b>	<ul style="list-style-type: none"> <li>- Overinvestment in secondary and tertiary (hospital-based) care</li> <li>- Underinvestment in outpatient and primary health care</li> </ul>
<b>Health financing</b>	<ul style="list-style-type: none"> <li>- Payment mechanisms that do not facilitate reconfiguration of existing services or collaboration across the health system</li> </ul>
<b>Pharmaceuticals Human resources</b>	<ul style="list-style-type: none"> <li>- Insufficient access to M/XDR-TB drugs</li> <li>- Primary health care workers not sufficiently trained</li> </ul>

### Regional TB Health System Strengthening Project 2016–2018

The WHO Regional Office for Europe has been working with partners, including the Centre for Health Policies and Studies in the Republic of Moldova and the Global Fund to Fight AIDS, Tuberculosis and Malaria (GFATM), on a regional TB project covering 11 countries.<sup>2</sup> The project aims to support countries in improving the performance of their health systems to ensure better TB prevention and care, including drug-resistant TB. This will be addressed through:

- increasing advocacy and political commitment to ending TB;
- sharing evidence and support to build capacity in countries; and
- supporting countries in implementing health system reforms with efficient and patient-centred models of TB services that have sustainable financing.

Project activities will play an important role in implementing successfully the TB action plan 2016–2020 and achieving its goals and targets.

<sup>2</sup> The countries are: Armenia, Azerbaijan, Belarus, Georgia, Kazakhstan, Kyrgyzstan, Republic of Moldova, Tajikistan, Turkmenistan, Ukraine and Uzbekistan.

## The TB action plan 2016–2020

A new TB action plan for 2016 to 2020 has been developed to build on the achievements of the consolidated action plan 2011–2015 and address emerging challenges.

The *Tuberculosis action plan for the WHO European Region 2016–2020* is the result of wide consultation coordinated by the Regional Office that included Member States and key stakeholders. It is aligned with the global End TB strategy, which has been endorsed by the World Health Assembly, and Health 2020, the European health policy framework.

The TB action plan 2016–2020 aims to prevent the emergence and transmission of TB and drug-resistant TB by ensuring universal access to improved services for prevention, diagnosis and treatment in all Member States of the European Region by 2020. It:

- addresses TB as an intersectoral challenge that requires a strong health system at all levels and the collaborative efforts of all sectors and partners, including civil society and communities;
- promotes patient-centred models of care and tailored services for specific populations such as migrants, people who are addicted to drugs and inmates of prisons, and promotes inclusion of social determinants and underlying risk factors for TB;
- catalyses operational research and encourages innovation and fast uptake of new tools, interventions and strategies; and
- sets ambitious targets for countries heavily affected by TB and drug-resistant TB and aims for TB elimination in countries with a low TB burden.

Successful implementation of the action plan requires strong political commitment and the will to implement bold policies and secure sustainable and efficient financing mechanisms.

### Key targets for 2020

- 35%** reduction in TB deaths
- 25%** fewer new cases of TB compared to 2015
- 75%** of all diagnosed MDR-TB patients successfully treated



### Expected achievements by 2020

- 3.1 million** More than 3.1 million lives and US\$ 48 billion will have been saved
- 1.4 million** Approximately 1.4 million TB patients will have been cured
- 1.7 million** Approximately 1.7 million new cases of all forms of TB will have been prevented

