BCCDC Non-certified Practice Decision Support Tool

TUBERCULOSIS SCREENING

CRNBC LIMITS AND CONDITIONS

Tuberculosis (TB) screening is a restricted activity. RNs who administer purified protein derivative or order chest x-ray (CXR) for the purpose of TB screening must possess the competencies established by the BC Centre for Disease Control (BCCDC) and follow the decision support tool (DST) established by BCCDC (CRNBC, 2014).

See 'Registered Nurses Competencies for Tuberculosis Screening' at www.bccdc.ca.

INTRODUCTION

The TB Screening DST provides information on the health history, and screening and diagnostic tests to obtain when individuals present for TB screening. See the BCCDC TB Manual (http://www.bccdc.ca/health-professionals/clinical-resources/communicable-disease-control-manual/tuberculosis) for further guidelines and information.

Even with the availability of effective treatment, rates of TB remain universally tied to the social determinants of health. A disproportionate burden of TB disease continues to affect BC’s foreign-born, Indigenous people living on and off-reserve, and homeless or under-housed populations. RN’s can ensure equitable access to TB screening, treatment, follow-up care and education, through the application of Trauma Informed Practice and cultural competency principles in all client interactions.

TB screening programs target populations who are at increased risk of exposure to and development of active TB disease. Types of TB screening described in this DST include:

1. **Routine** – asymptomatic, not a contact to a case of active TB disease within the past 2 years. May be required for school, volunteering, employment, prior to entry into a congregated living setting, related to a targeted screening program, or referral by a health care provider (e.g. prior to initiating immune suppressing therapy).

2. **Contact** - screening related to contact with a case of active TB disease within the past 2 years

3. **People living with HIV infection** – baseline and annual follow-up screening

4. **Immigration** - screening done to detect active TB disease, as required by Citizenship and Immigration Canada’s Immigration Medical Examination

5. **Symptomatic** - diagnostic investigations are required to rule out active TB disease

6. **Travellers** – screening related to travel

7. **Indigenous people, living on-reserve** – annual and enhanced screening guidelines
Local documentation systems (e.g. BCCDC TB Screening Form or Panorama) provide the framework for TB screening, and act as referral pathways for BCCDC TB Services to communicate recommendations. Incomplete information may result in a delayed and/or limited response.

**Practitioner Alert!**

On April 1, 2016, responsibility for the provision of TB Services to BC’s First Nations communities was transferred from the BCCDC TB Services for Aboriginal Communities (TBSAC) program to the First Nations Health Authority (FNHA) TB Services. Contact FNHA regarding all TB screening and treatment for clients living on-reserve (see http://www.fnha.ca/ for further information).

Nurses working within their respective Health Authorities should also refer to local guidelines for specific referral processes, which may differ from those described in this DST.

**DEFINITIONS**

**Active TB Disease** - usually symptomatic, for which microbiological tests are also usually positive for TB bacteria and radiologic tests are often abnormal (also known as TB disease)

**Bacillus Calmette-Guérin (BCG) Vaccine** - a vaccine that provides some immunity against TB and is primarily used to prevent severe TB disease in children. Not recommended for routine use in any Canadian population, but is still used in a few areas where deemed beneficial. Currently used in several developing countries (see http://www.bcgatlas.org).

**Contact** - a person identified as having been exposed to an infectious case of active TB disease

**Contact Tracing** - targeted screening of people exposed to active cases of TB disease. Indicated for cases with laboratory or clinically confirmed respiratory and pleural TB disease. May be recommended for suspect cases of active TB disease. Once respiratory involvement has been ruled out, cases of nonrespiratory TB disease generally do not require extensive contact investigations.

**Country with High Prevalence of TB** - has a 3-year average of 30 cases/100,000 people, of all forms of active TB disease (see http://www.who.int/tb/country/data/profiles/en/)

**Immune compromised** – where the immune system is not functioning at normal capacity. Can include people living with HIV infection, end-stage renal disease, pre/post organ transplant, treatment with immune suppressant drugs or treatments that are equivalent to ≥ 15 mg prednisone for 2 weeks or longer (e.g. chemotherapy, systemic corticosteroids). The assessment of a client’s immune status can be challenging and is best determined by the client’s primary care provider (General Practitioner, Nurse Practitioner) and/or specialist.

**Immunologically vulnerable** – those infected with TB bacteria, who are at increased risk for developing active tuberculosis. This can include children less than 5 years, people living with HIV infection and/or transplant recipients.

**Interferon Gamma Release Assay (IGRA)** – in-vitro T-cell based assay that measures interferon-gamma (IFN-γ) release in response to TB antigens. Used to assist in the diagnosis of TB infection. The significance of the result is informed by clinical circumstances.

**Latent TB Infection (LTBI)** - dormant infection with TB bacteria that is asymptomatic and not infectious, with no clinical evidence of active TB disease
Nonrespiratory TB disease - is generally not considered to be infectious once respiratory involvement has been ruled out. Source case investigations may be recommended to identify the index case (first/initial active case of TB disease). Involves all other disease sites not included in the definition of respiratory TB disease.

Respiratory TB disease - is usually infectious and requires contact investigation. Includes pulmonary TB disease (lungs), TB pleurisy (non-primary) and TB disease of intrathoracic lymph nodes, mediastinum, nasopharynx, nose (septum) and sinus (any nasal).

Tuberculin conversion – an increase in the size of a tuberculin skin test (TST) reaction on repeated testing that reflects new TB infection (e.g. when contact tracing, initial TST < 5mm and 8 weeks post-exposure TST > 5mm). In general, the larger the increase, the more likely that it is due to true conversion. Important to consider in contact tracing planning.

Tuberculin skin test (TST)/Mantoux - TB screening method used to identify a delayed-type hypersensitivity reaction to tuberculin antigens. The significance of the reaction is informed by clinical circumstances.

Window period prophylaxis (WPP)/Primary prophylaxis – treatment for presumed LTBI given to contacts at very high-risk for progression to active TB disease (e.g. contacts less than 5 years, people living with HIV infection, severely immune suppressed)

CAUSE

Mycobacterium tuberculosis complex is a group of mycobacteria that can cause TB disease in humans. Transmission is primarily airborne, from person-to-person. It usually infects the lungs, but can occur anywhere in the body. It is preventable and curable.

TB ASSESSMENT

The comprehensive TB assessment outlines information required for effective client referral to BCCDC TB Services. It provides information regarding potential TB exposure and/or infection, and the risk for development of active TB disease.

Identify any barriers to care before the assessment, including the need for translation services and/or a support person. Clearly outline your role, the purpose of the TB assessment and what will happen.

A) TB HEALTH HISTORY

TB HISTORY
- Prior history of active TB disease and treatment
- Prior history of latent TB infection and treatment
- Prior TB screening results (TST, CXR, IGRA)
- History of BCG vaccination and/or BCG scar
- Country of origin
- Contact to active TB disease within the past 2 years (include source case’s name/case number, last date of contact, nature of contact)
- Historical exposure greater than 2 years ago (include source case’s name/case number, approximate date, other relevant details if known)
### RISK FACTORS

**Table 1: Risk factors for TB exposure and latent TB infection**

- Recent or historical close contact to a case of active respiratory TB disease
- Born in a country with high prevalence of TB disease
- Travel to a country with high prevalence of TB disease for more than 3 months
- Past or present residence in an Indigenous community or residential school
- Homeless or under-housed (i.e. shelters, no fixed address)
- Residence in a congregate living setting (e.g. correctional facility, long-term care facility)
- Persons who inject drugs (PWID) and/or crack/cocaine use

**Table 2: Risk factors for developing active TB disease**

<table>
<thead>
<tr>
<th>High Risk</th>
<th>Moderate Risk</th>
<th>Slightly Increased Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acquired Immunodeficiency Syndrome (AIDS)</td>
<td>Tumour necrosis factor, alpha inhibitors and/or other biologics</td>
<td>Heavy alcohol consumption (≥ 3 drinks/day)</td>
</tr>
<tr>
<td>People living with HIV infection</td>
<td>Diabetes mellitus (all types)</td>
<td>Underweight (&lt; 90% ideal body weight or BMI &lt; 20)</td>
</tr>
<tr>
<td>Transplantation (related to immune-suppressant treatment and underlying chronic disease)</td>
<td>Treatment with glucocorticoids (equivalent of ≥ 15 mg/day prednisone)</td>
<td>Cigarette smoker (1 pack/day)</td>
</tr>
<tr>
<td>Chronic renal failure requiring hemodialysis</td>
<td>Young age when infected (0 to 4 years of age)</td>
<td>Abnormal CXR – granuloma (may reflect healed TB)</td>
</tr>
<tr>
<td>Carcinoma of the head and neck</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TB infection within the past 2 years</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Abnormal CXR – fibronodular disease (may reflect healed TB)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Silicosis</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### SYMPTOMS

**Table 3. Signs and symptoms of active TB disease**

<table>
<thead>
<tr>
<th>Systemic Signs and Symptoms</th>
<th>Active Respiratory TB Disease</th>
<th>Active Nonrespiratory TB disease</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever *</td>
<td>Systemic signs and symptoms</td>
<td>Systemic signs and symptoms</td>
</tr>
<tr>
<td>Night sweats *</td>
<td>Cough (dry or productive) for more than 2-3 weeks, with/without fever</td>
<td>Pain, swelling, and/or dysfunction of the involved body site(s) (i.e. swollen lymph node)</td>
</tr>
<tr>
<td>Loss of appetite (anorexia)</td>
<td>Bloody sputum (hemoptysis)</td>
<td></td>
</tr>
<tr>
<td>Unexplained weight loss</td>
<td>Chest pain</td>
<td></td>
</tr>
<tr>
<td>Fatigue</td>
<td>Shortness of breath</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Abnormalities on CXR **</td>
<td></td>
</tr>
</tbody>
</table>

* May be absent in the very young and elderly
** Radiographic presentation can be atypical in clients who are immune compromised, and in the very young or old
B) PHYSICAL ASSESSMENT

A physical assessment may be appropriate in certain situations, such as when clients present with symptoms of active TB disease. Table 3 can be used to guide decision making as to whether further objective information should be obtained (e.g. temperature).

If less than 5 years of age and at high risk for TB infection (e.g. close contact), document the weight and arrange for a referral to BCCDC TB Services for further clinical assessment. If outside of the lower mainland, refer to TB Services and arrange for a timely clinical assessment by a local physician or NP.

C) SCREENING TESTS

TUBERCULIN SKIN TEST (TST)

A TST is used to identify people who may have a TB infection. TST’s are not generally used to diagnose active TB disease. Further diagnostic tests are required to rule out active TB disease.

In BC, TST’s are free only for select groups or screening indications. This includes screening anyone who self-identifies as Indigenous living on or off reserve for any screening indications described in this DST, or if any risk factors are identified upon assessment (e.g. Residential school). See the BCCDC Immunization Program Manual (Section VII, Biological Products, Tuberculin Skin Test (Mantoux) Purified Protein Derivative) for further information.

Two-step TST

Where resources permit, consider two-step TST’s for clients who anticipate undergoing regular testing, such as:

- health care providers (HCP)
- inmates and employees of correctional facilities
- travellers prior to departure to countries with high TB incidence, where exposure to TB is considered likely

Live vaccines may be administered on the same day as the second step of the two-step TST. For further information, see the BCCDC TB Manual.

Practitioner Alert!

A two-step TST is NOT equivalent to initial and 8-week post-exposure TST’s done as a part of contact investigations.

Notes on TST’s

TST’s are safe to administer to:

- women who are pregnant
- women who are breastfeeding
- people with a history of BCG
- people with an unclear or undocumented history of previous TST positive
- people who have taken prior window period prophylaxis (WPP)/primary prophylaxis
**TST Results**

Considered in context with other factors, a TST result is used to determine if further testing or treatment is indicated. Not all positive TST results indicate treatment for TB infection, and not all negative TST results indicate an absence of TB infection.

The interpretation of a TST result is based upon the:
- size of the TST (see Table 4)
- likelihood of true infection (see Table 2) and
- risk factors for developing active TB disease (see Table 3)

**Practitioner Alert!**

Clients with clearly documented positive TST results should not have this test again.

In general, a TST result of 0mm to 4mm is considered to be negative. There are some scenarios (e.g. severely immunosuppressed) where a TST less than 5mm may be considered positive. This would be clarified by a BCCDC TB Services physician upon review of the TB Assessment.

See Chest X-ray section for who to send for CXR and referral to BCCDC TB Services.

<table>
<thead>
<tr>
<th>Table 4. TST cut-points</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TST reaction size (mm's induration)</strong></td>
</tr>
</tbody>
</table>
| 5 mm or more | • Children less than 5 years and at high risk for TB infection (e.g. close contact to an case of active TB disease)*  
• People living with HIV infection*  
• Immune compromised (e.g. end-stage renal disease, organ transplant (pre/post), immune suppressant drugs or treatments equivalent to ≥ 15 mg prednisone for 2 weeks or longer)*  
• Recent contact to a case of active TB disease within past two years  
• Fibronodular disease on existing chest x-ray (healed TB and not previously treated) |
| 10 mm or more | • All others |

* If a contact, client should be assessed for Window Period Prophylaxis (WPP) regardless of initial TST result.

**Potential complications for TST**

Allergic reactions related to the administration of Tubersol® are considered rare. Anaphylactic kits must be available at the time of administration and clients should be monitored for 15 minutes post-injection.

Severe reactions are not common, but may include: swelling, pain/discomfort, blistering or sloughing of tissue at the injection site, inflammation of the associated lymph nodes +/- streaking. Sterile dressings may be gently applied to any open/sloughing areas. Refer the client to her/his primary health care practitioner as needed for further management. Report severe reactions as per agency guidelines and on the referral documentation being sent to BCCDC TB Services.

Advise the client of the potential for the following mild reactions that could occur at the injection site: itching, swelling, irritation and bruising. These minor reactions may be treated with a cold compress after the wheal is no longer visible, and/or antihistamines as per agency guidelines.
Table 5. Contraindications and special considerations for TST

<table>
<thead>
<tr>
<th>Contraindications and when to avoid repeating a TST</th>
<th>Special Considerations</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Prior allergic response or severe reaction (e.g. blistering) to a TST or any allergy to the components of Tubersol®</td>
<td>• Reactivity may be suppressed by current or recent major viral infection (within 4 weeks)</td>
</tr>
<tr>
<td>• Documentation of a previously positive result (use clinical judgment to re-administer if the TST is undocumented and the client is unable to provide a clear description of the positive response)</td>
<td>• Reactivity may be suppressed if immune compromised</td>
</tr>
<tr>
<td>• Previous IGRA reactive</td>
<td>• It can take 2-8 weeks after a TB exposure to reliably respond to tuberculin if infected</td>
</tr>
<tr>
<td>• Previous active TB disease or LTBI, whether treated or not</td>
<td>• TST can be given on the same day or 4 weeks after administration of a live vaccine</td>
</tr>
</tbody>
</table>

INTERFERON GAMMA RELEASE ASSAY (IGRA)

The IGRA does not replace a TST, but may help diagnose TB infection in certain populations (e.g. Indigenous or foreign born person with BCG, immune compromised). In BC, IGRA testing can only be ordered by BCCDC TB Services (TBS) physicians and clinic nurses, select physician specialists, and Federal Corrections, and can only be performed at designated testing sites at this time.

See Table 6 for TB screening recommendations when clients present with a prior history of IGRA testing. For clients with prior IGRA reactive results, discuss LTBI therapy if not completed previously. A TB health history (includes risk factors and symptoms), and if appropriate, a physical examination, is required for all screening indications.

Table 6. TB screening recommendations for clients with prior history of IGRA testing

<table>
<thead>
<tr>
<th>Prior results</th>
<th>TST (see TST section)</th>
<th>CXR (see CXR section)</th>
<th>IGRA</th>
<th>Refer to BCCDC TB Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>positive, negative or not done</td>
<td>reactive (positive)</td>
<td>No</td>
<td>No*</td>
<td>If CXR or candidate for LTBI therapy</td>
</tr>
<tr>
<td>positive</td>
<td>non-reactive (negative)</td>
<td>No</td>
<td>No*</td>
<td>If a recent contact (see Screening of contacts section) If CXR indicated If a recent contact, refer with request for IGRA**</td>
</tr>
<tr>
<td>negative or not done</td>
<td>non-reactive (negative)</td>
<td>Yes</td>
<td>If TST positive or CXR indicated</td>
<td>No</td>
</tr>
</tbody>
</table>

* Unless symptomatic or new risk factors (see Tables 1, 2 & 3) since prior TB screening

** If recent contact, do IGRA at least 8 weeks after the last date of contact. If IGRA reactive, then send client for CXR.

See IGRA testing Guidelines for physicians and IGRA testing process for nurses at www.bccdc.ca.
D) DIAGNOSTIC TESTS

CHEST X-RAY (CXR)

See the IGRA section if prior history of IGRA testing.

Who to send for CXR and referral to BCCDC TB Services:

- Anyone with a positive TST result (see Table 6)
- ALL immune compromised or clients getting screened just prior to starting immune suppressant therapy, regardless of TST result
- ALL baseline screening for people living with HIV infection, regardless of TST result (see ‘People living with HIV infection’ for annual follow-up recommendations)
- ALL less than 5 years of age at high risk for infection (e.g. symptomatic, contact to a case of active TB disease), regardless of TST result

Forward all screening documentation and results to BCCDC TB Services (see regional guidelines for exceptions). Further recommendations from a BCCDC TB Services physician will follow.

<table>
<thead>
<tr>
<th>Within the past 3 months* (if asymptomatic)</th>
<th>Within the past 6 months* (if asymptomatic)</th>
<th>New</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contacts (initial post-exposure assessment only)**</td>
<td>Entry into a group living setting (e.g. corrections, adult residential care)</td>
<td>Signs/symptoms of active TB disease (see Table 3)</td>
</tr>
<tr>
<td>Immune compromised</td>
<td>School</td>
<td>Contacts whose TST results convert to positive or whose IGRA results are reactive</td>
</tr>
<tr>
<td>Children less than 5 years</td>
<td>Employment</td>
<td>Clients referred for Immigration Medical Surveillance</td>
</tr>
</tbody>
</table>

* If prior CXR is abnormal (e.g. showing evidence of pneumonia) a new CXR is required
** If no prior CXR is available, recommend a CXR at least 8-weeks after the last date of contact with the source case.

Contraindications for CXR

If a client is pregnant or possibly pregnant, consult TB Services or a physician/NP. In lieu of a shielded CXR, sputum specimen testing may be recommended by BCCDC TB Services, or screening may be deferred if not deemed essential.
SPUTUM COLLECTION

Mycobacterial culture is the gold standard method for the detection of active pulmonary TB disease. Proper collection and processing of respiratory specimens is essential in providing valid results.

Collect 3 sputum specimens for AFB smear and culture. Whether spontaneous or induced, specimens may be collected on the same day, at least 1 hour apart. Ideally one specimen will be collected in the morning, prior to eating or drinking. They may also be collected daily, for three days in a row (ideally in the morning). Consult BCCDC TB Services for guidance on the management of clients who are unable to spontaneously produce sputum (e.g. young children).

When to consider collecting 3 sputums:

- The client has signs and symptoms of active respiratory TB disease (see Table 3)
- The client has a CXR result suggestive of active TB disease
- The client has HIV infection and is TST positive and/or IGRA reactive (see HIV section)
- The client has or is suspected of having active non-respiratory TB disease (concurrent active respiratory TB disease needs to be ruled out)

For further information on the collection of specimens, see the Appendix C ('Collection of Specimens for TB Testing') and Appendix D ('Sputum Induction') in the BCCDC TB Manual.

For the BCCDC Public Health Laboratory Mycobacteriology/tuberculosis lab requisition form see http://www.bccdc.ca/health-professionals/professional-resources/laboratory-services.

HIV TESTING

It is recommended that a HIV test be offered whenever a client is tested for or diagnosed with TB. Refer to regional guidelines and see the “HIV Testing Guidelines for the Province of British Columbia” for further information (http://hivguide.ca/).

TB SCREENING GUIDELINES

This section describes recommendations for the following TB screening scenarios: routine, contact, people living with HIV infection, immigration, symptomatic, travellers, and annual and enhanced screening for Indigenous people living on-reserve.

The reason for screening code must be clear on all TB screening documentation, as this greatly influences the interpretation of the screening assessment. A TB Health History (includes risk factors and symptoms), and if appropriate a physical examination, is required for ALL TB screening as a part of the comprehensive TB assessment.

Practitioner Alert!

If a client has signs/symptoms of active TB disease (see Table 3) when presenting for any type of TB screening, follow the “Symptomatic TB Screening” DST section.

See local regional guidelines for exceptions to the referral recommendations described below.
1. ROUTINE SCREENING

A TB Health History (includes risk factors and symptoms), and if appropriate, a physical examination, is required for ALL routine screening.

Table 8. Routine TB Screening Guidelines

<table>
<thead>
<tr>
<th>Clients</th>
<th>Timeframe for Initiating TB Screening</th>
<th>TST (see Table 7)</th>
<th>CXR</th>
<th>Refer to BCCDC TB Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>TST is contraindicated</td>
<td>n/a</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Prior IGRA results</td>
<td>n/a</td>
<td>See IGRA section</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Immune compromised or starting immune suppressant treatment (e.g. pre-biologic)</td>
<td>Ideally prior to starting treatment (only needs to be done once at baseline unless new risk factors)</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Health Care Providers, Corrections Employees and Public Service Employees *</td>
<td>Upon starting employment or at the discretion of the employer or institution</td>
<td>Yes**</td>
<td>If TST positive and/or CXR done</td>
<td>If TST positive and/or CXR done</td>
</tr>
<tr>
<td>School, volunteer and employment</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Entering detox and/or residential drug and alcohol treatment program</td>
<td>Prior to entry or as per program guidelines. May be done following entry if asymptomatic.</td>
<td>If likely to return for TST read</td>
<td>If unlikely to return for TST read or if result is required immediately</td>
<td>If TST positive and/or CXR done</td>
</tr>
<tr>
<td>Entering adult residential care facility: less than 60 years</td>
<td>Prior to admission. May be done within 1 month prior to admission if asymptomatic.</td>
<td>Yes</td>
<td>If TST positive</td>
<td>If TST positive and/or CXR done</td>
</tr>
<tr>
<td>Entering adult residential care facility: greater than or equal to 60 years</td>
<td></td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Long term inmate of a correctional facility** (sentence greater than 2 years)</td>
<td>Following entry to facility</td>
<td>Yes</td>
<td>If TST positive</td>
<td>If TST positive and/or CXR done</td>
</tr>
<tr>
<td>Short term (sentence less than 2 years) inmate of a correctional facility</td>
<td></td>
<td>No</td>
<td>If risk factors in addition to incarceration</td>
<td>If CXR done</td>
</tr>
</tbody>
</table>

Ω If a referral to BCCDC TB Services is not indicated, a nurse may provide a clearance letter for routine screening purposes
* Each Health Authority determines which Public Service Employee groups require routine TB screening
** Consider a two-step TST at baseline. A two-step TST may be required by some employers/institutions.
2. SCREENING OF CONTACTS TO ACTIVE TB WITHIN THE PAST 2 YEARS

A **TB Health History** (includes risk factors and symptoms), and if appropriate, a **physical examination**, is required for **ALL** contact screening (see **Table 9**). For contacts presenting with a **prior** history of IGRA testing, see **IGRA section** for recommendations.

Consult with the **BCCDC TB Services Nurse Consultants** for any contacts who are symptomatic (see **table 3**) or who reside in other Regional Health Authorities. Consult with the First Nations Health Authority for any contacts residing in First Nations communities.

**Timing of testing**

- If a TST is indicated, a timely initial assessment is advised. If the initial TST is negative, a second assessment done **at least 8 weeks** since the last date of contact is required. If the client presents for an initial assessment **at least 8 weeks** since the last date of contact, only one TST is indicated.
- If prior TST positive and no prior CXR is available, conduct an initial assessment and advise CXR **at least 8 weeks** after the last date of contact.
- If an IGRA is recommended, it must be done **at least 8 weeks** since the last date of contact
- Consult BCCDC TB Services if there is ongoing exposure and concern that the source case has not been effectively self-isolating since the date initially identified as the end of the infectious period. It may be appropriate to delay the second assessment.

**Table 9. TB Screening Guidelines for contacts to active TB within the past 2 years**

<table>
<thead>
<tr>
<th>Contacts</th>
<th>Consult with BCCDC TB Services at time of screening*</th>
<th>Recommend initial TST and if negative, a 2(^{nd}) TST <strong>at least 8 weeks</strong> after the last date of contact (unless contraindicated)</th>
<th>CXR (see <strong>table 7</strong>)</th>
<th>Refer to BCCDC TB Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Immune competent</td>
<td>No</td>
<td>Yes</td>
<td>If new or prior TST positive</td>
<td>If TST positive and/or CXR done</td>
</tr>
<tr>
<td><strong>Immune compromised</strong></td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>HIV positive</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Children less than 5 years and older than 6 months</td>
<td>Yes, and refer to primary HCP if outside the Lower mainland</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes, obtain weight</td>
</tr>
<tr>
<td>Children less than 6 months</td>
<td>Yes, In consultation with TB Services</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Transient/ marginalized populations **</td>
<td>No</td>
<td>If likely to return for TST read</td>
<td>If TST positive or if unlikely to return for TST read</td>
<td>If TST positive and/or CXR done</td>
</tr>
</tbody>
</table>

* To assess the need for **window period prophylaxis (WPP)**

** Consider STAT sputum collection if unlikely to return for TST read and CXR is unavailable
3. SCREENING OF PEOPLE LIVING WITH HIV INFECTION

Baseline screening for people living with HIV infection

Upon initial diagnosis with HIV infection or if no documentation of prior TB screening, recommend:

**Figure 1. Comprehensive TB Assessment**

- **TB Health History**
  (includes risk factors, symptoms and a physical assessment if indicated)

- **TST**
  (if not contraindicated)

- **CXR**
  (PA and lateral views)

- **Sputums x 3**, if:
  - Symptomatic
  - TST positive
  - IGRA reactive
  - Documented history of untreated TB disease or LTBI*

- Refer client to BCCDC TB Services. Physician recommendations will follow.

* **Untreated LTBI** can be indicated by: prior TST positive or IGRA reactive results, fibronodular changes on pre-existing CXR or prior documentation. Review any prior recommendations for LTBI therapy with client if not previously completed.

**Additional screening recommendations**

A CD4 count < 200 x 10^6/L compromises the capacity of the immune system to mount a response to the TST. When CD4 increases to > 200 x 10^6/L (e.g. after beginning anti-retroviral treatment), recommend repeat TB screening if TST negative at baseline.

Baseline and annual follow-up TB screening does not preclude formal contact tracing or assessment of symptoms. Additional screening outside of baseline and annual follow-up may be indicated more frequently if there is evidence of new exposures or risk factors.
**Annual screening for people living with HIV infection**

Outside of other indications (e.g. contact tracing, symptomatic, baseline screening), recommend:

**Figure 2. Comprehensive TB Assessment**

<table>
<thead>
<tr>
<th><strong>TB Health History</strong> (includes risk factors, symptoms and a physical assessment if indicated)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Risk* for ongoing exposure</td>
</tr>
<tr>
<td>TST (if not contraindicated)</td>
</tr>
<tr>
<td>Symptomatic</td>
</tr>
<tr>
<td>Documented history of untreated TB disease or LTBI**</td>
</tr>
</tbody>
</table>

Refer client to BCCDC TB Services. Physician recommendations will follow.

NO risk* for ongoing exposure

Client is asymptomatic and does not have any documented history of untreated TB disease or LTBI **

TST, CXR and sputums are not required

A referral to BCCDC TB Services is not required.

* **Risk for ongoing exposure** can include: travel to a high TB incidence country, residing in an Indigenous community, homeless or under-housed, residing in a congregate living setting (e.g.corrections, residential treatment program), or contact to an active case of TB disease within the past 2 years

** **Untreated LTBI** can be indicated by: prior TST positive or IGRA reactive results, fibronodular changes on pre-existing CXR or prior documentation. Review any prior recommendations for LTBI therapy with client if not previously completed.
4. IMMIGRATION SCREENING

As a part of the Canadian Immigration Medical Surveillance Program, clients with CXR abnormalities suggestive of previously treated TB or history of prior TB are referred to BCCDC TB Services for further investigation to rule out infectious TB disease. Citizenship and Immigration Canada (CIC) officers determine whether clients need to present to public health within 7 or 30 days.

Clients presenting to public health with their Medical Surveillance Undertaking (MSU) form require the following for post-landing TB surveillance:

1. **Initial visit**
   - **TB Health History** (includes risk factors and symptoms) and if appropriate, a physical examination. Include a description of any prior treatment or records of previous diagnosis.
   - CXR if symptomatic (see Table 3 and Symptomatic screening section)
   - Collect 3 x sputums, ideally within 30 days of arrival in Canada (see Sputum collection section). If specimens are not submitted, note reasons why on the referral documentation. Consider consult with BCCDC TB Services.

2. **Asymptomatic clients are recalled 3 months after arrival in Canada**
   - Update documentation
   - Order new CXR (will need valid Provincial Healthcare Number)

Forward documentation to BCCDC TB Services. Follow-up recommendations based upon the above TB assessment and MSU form will be forwarded to the local public health program.

**Notes**

- Any costs related to investigations into potential infectious cases of active TB disease will be covered by Public Health
- Contact BCCDC TB Services if client presents without their MSU form
- Clients may need to be recalled earlier than 3 months if there are any positive sputum results
- Sputums must be submitted to Public Health Units or Outpatient Hospital Labs using a BCCDC Public Health Laboratory Mycobacteriology/TB Requisition form
- Costs will be incurred by the client if sputums are submitted to private laboratories, or if CXR’s are done prior to obtaining a valid PHN (required 90 day waiting period after arrival in BC) in the absence of symptoms
5. SYMPTOMATIC TB SCREENING

Figure 3. Management of clients when there is a high degree of clinical suspicion for active TB disease

Signs or symptoms of active TB disease (see table 3)
AND
Risk factors for the exposure to and development of active TB disease (see table 1 and table 2)

1. Initiate comprehensive TB assessment and documentation.
2. Consult BCCDC TB Services or your local CD unit to confirm a clinical care plan and to discuss infection control and prevention recommendations:
   • TB Services Nurse Consultants: 604-707-5678

<table>
<thead>
<tr>
<th>Clinical care plan</th>
<th>Airborne Precautions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Order diagnostic tests</strong></td>
<td><strong>If in a facility, consult Infection Control Practitioner (ICP) team and attending physician for further direction.</strong></td>
</tr>
<tr>
<td>• Sputums: 3 x specimens for AFB smear and culture, at least 1 hour apart</td>
<td><strong>If in the community, advise the client to self-isolate until BCCDC TB Services or your local CD unit has been consulted. This includes:</strong></td>
</tr>
<tr>
<td>o If possible, collect 1 x sputum stat</td>
<td>• Masking</td>
</tr>
<tr>
<td>o If unable to spontaneously produce sputum, consult BCCDC TB Services, Gastric lavage is typically recommended in young children, and induced sputums for adults.</td>
<td>• Home isolation</td>
</tr>
<tr>
<td>o See Sputum collection section</td>
<td>• If there are essential medical appointments, alert other health care providers of the recommended precautions</td>
</tr>
<tr>
<td>• Chest x-rays: posterior-anterior (PA) views</td>
<td>Refer to Appendix B of the BCCDC TB Manual for more on Infection Prevention and Control recommendations.</td>
</tr>
<tr>
<td>o Order both PA and lateral views if less than 5 years or if client has an HIV infection</td>
<td></td>
</tr>
<tr>
<td><strong>Note:</strong></td>
<td></td>
</tr>
<tr>
<td>• Cases of non-respiratory TB disease should be assessed for active pulmonary TB disease (3 x sputums and CXR)</td>
<td></td>
</tr>
</tbody>
</table>
6. SCREENING FOR TRAVELLERS

See appropriate sections for the management of travellers who are immune compromised, or starting immune suppressing therapy (‘Routine screening’), symptomatic, people living with HIV infection, or who self-identify as contacts to cases of active TB disease outside of Canada.

A TB Health History (includes risk factors and symptoms), and if appropriate, a physical examination, is required for ALL screening of travellers as a part of the comprehensive TB assessment. Recommend a single post-trip TB screening assessment at least 8 weeks after returning to Canada.

If not contraindicated, a pre-travel two-step TST is recommended in addition to a single post-trip TST for travellers greater than 16 years, who:

- will need to undergo repeated testing (e.g. health care providers)
- have a history of BCG vaccination

Consult BCCDC TB Services if unsure of testing to recommend.
7. ANNUAL AND ENHANCED SCREENING FOR INDIGENOUS PEOPLE ON-RESERVE

The complexities of the history of TB, residential school, and social determinants of health have contributed to increased TB infection found in some First Nations communities. As a part of ongoing surveillance and preventative measures, Annual and Enhanced Screening Guidelines have been developed for Indigenous people living on-reserve.

If there is a prior history of IGRA screening, see the IGRA section for TB screening recommendations.

Annual Screening Guidelines

Annual screening is provided by Community Health Nurses (CHN’s) employed by the Band or FNHA (see Table 10). Undertake reverse contact tracing for all new TST positive results in children.

Table 10. Annual Tuberculosis Screening Guidelines for Indigenous people on-reserve

<table>
<thead>
<tr>
<th>Symptom inquiry and health history</th>
<th>Band Schools, Grades 1 and 6</th>
<th>Employees of Health Centres, Band Schools, Daycares and Preschools</th>
<th>High Risk Groups*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Symptom inquiry and health history</td>
<td>All</td>
<td>All</td>
<td>All</td>
</tr>
<tr>
<td>Tuberculin Skin Test (TST)</td>
<td>If prior TST negative</td>
<td>If prior TST negative. Offer a two-step TST @ baseline (see two-step TST section)</td>
<td>If prior TST negative</td>
</tr>
<tr>
<td>CXR (see table 7)</td>
<td>If new TST positive or symptoms of active TB disease</td>
<td>If new TST positive: baseline CXR upon employment and thereafter (e.g. if symptoms of active TB disease or contact to a case of active TB disease)</td>
<td>If new TST positive or symptoms of active TB disease</td>
</tr>
<tr>
<td>Sputum for AFB x 3</td>
<td>Consult with FNHA if symptomatic</td>
<td>If productive cough greater than 2 weeks</td>
<td>If productive cough greater than 2 weeks</td>
</tr>
</tbody>
</table>

* HIV/AIDS, prednisone, kidney dialysis, cancer, lymphoma, leukemia, transplantation, low body weight and diabetes
Enhanced Screening Guidelines

Enhanced TB screening in First Nations communities is provided by CHN’s employed by the band or FNHA for communities with one or more cases of infectious active TB disease within the past 5 years (see Table 11):

- Every 2 years to all community members, including Band schools (all grades)
- Every year to children at 10 months and at 2, 3, 4 and 5 years of age

Communities with “enhanced” screening status follow these guidelines for five years after the most recent case of active TB disease.

Table 11. Enhanced Tuberculosis Screening Guidelines

<table>
<thead>
<tr>
<th></th>
<th>All community members, including Band Schools (all grades)</th>
<th>Children of 10 months and 2, 3, 4 &amp; 5 years of age</th>
<th>High Risk Groups*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Symptom inquiry and health history</td>
<td>All</td>
<td>All</td>
<td>All</td>
</tr>
<tr>
<td>Tuberculin Skin Test (TST)</td>
<td>If prior TST negative</td>
<td>If prior TST negative</td>
<td>If prior TST negative</td>
</tr>
<tr>
<td>CXR (see table 7)</td>
<td>If \textit{new} TST positive or symptoms of active TB disease</td>
<td>If \textit{new} TST positive or symptoms of active TB disease</td>
<td>All</td>
</tr>
<tr>
<td>Sputum for AFB x 3</td>
<td>If productive cough greater than 2 weeks</td>
<td>Consult with FNHA if symptomatic</td>
<td>If productive cough greater than 2 weeks</td>
</tr>
</tbody>
</table>

* HIV/AIDS, prednisone, kidney dialysis, cancer, lymphoma, leukemia, transplantation, low body weight and diabetes

Discuss LTBI therapy for all clients with current or prior TST positive or reactive IGRA results, as per physician recommendations from BCCDC TB Services. Undertake reverse contact tracing for all new TST positive results in children.

\textbf{Fax} all BCCDC TB Screening Forms for clients living on-reserve to FNHA:
- Confidential Fax: 604-689-3302

For further information on referrals and processes for CHN’s, please contact the FNHA at:
- Tel: 1-844-364-2232 or 604-693-6998
- Email: \texttt{FNHATB@fnha.ca}
CLIENT EDUCATION

While the choice of educational materials can largely be determined in collaboration with the client, it is recommended to ensure client understanding of the following key points:

- The purpose of the screening and diagnostic tests and why they are being recommended
- The difference between latent TB infection and active TB disease
- Window periods and timing for repeat testing if necessary
- How the test is done
- When to expect results (ensure up to date contact information)
- Significance of negative or positive TST and IGRA results
- If TST positive:
  - advise not to have this test done again and provide a copy of the result
  - advise future screening may require CXR
- A positive TST result does not exclude the client from school, work or volunteering after active TB disease has been ruled out
- Risk factors that could increase the chances of acquiring a TB infection and developing active TB disease
- Signs and symptoms of active TB disease and to contact a health care provider if they occur
- Review recommendations and required follow-up
- Provide agency contact information and local resources, reflecting the risk factors identified in the TB Health History and needs of the client (e.g. HIV care, Diabetes management, Smoking Cessation)

Resources

1. BCCDC website (http://www.bccdc.ca/health-info/diseases-conditions/tuberculosis)
2. First Nations Health Authority (http://www.fnha.ca/what-we-do/communicable-disease-control/respiratory-infections-tuberculosis)
3. HealthLinkBC Files (http://www.healthlinkbc.ca/servicesresources/healthlinkbcfiles/)
5. World rates of Tuberculosis by country (http://www.who.int/tb/country/data/profiles/en/)
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<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
<th>Fax</th>
</tr>
</thead>
<tbody>
<tr>
<td>BC Public Health Laboratory (BCPHL)</td>
<td>604-707-2630</td>
<td>604-707-2672</td>
</tr>
<tr>
<td>Mycobacteriology/TB laboratory</td>
<td>604-707-2616</td>
<td></td>
</tr>
<tr>
<td>• Program Head (Medical Microbiologist)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BCCDC Vaccine and Pharmacy Services</td>
<td>604-707-2580</td>
<td>604-707-2583</td>
</tr>
<tr>
<td>TB Services Nurse Consultants</td>
<td>604-707-5678</td>
<td>604-707-2690</td>
</tr>
<tr>
<td>Call with any urgent requests (do not fax/email)</td>
<td>M - F 0830-1630hrs</td>
<td><a href="mailto:TBNurseConsultants@bccdc.ca">TBNurseConsultants@bccdc.ca</a></td>
</tr>
</tbody>
</table>
REFERENCES


