

SERVISU BA PREVENSAUN HO KONTROLA MEAR RAN (Klinika Hirus Matan)

BCG (Bacillus Calmette-Guerin) SANGRA BCG (Bacillus Calmette-Guerin) VACCINATION

Informasaun ba Ema moras sira Information for Patients

Mear ran (TB) moras ida mosu husi bakteria (ular ki'ikoan tebe-tebes ema la haré ho matan - bolu *Mycobacterium tuberculosis*). Baibain ne'e ema hetan moras mear ran (TB) iha atebok, maibé ema bele mos hetan moras ne'e iha fatin seluk iha ita nia hisin. TB hosi atebok nian bele da'et hosi ema ida ba ema ida, bainhira ema mear, ema nia kaben haksoit sai, fani ka hananu. Ema sira ne'ebe iha kontaktu ba malu ho ema ne'ebe iha moras ida ne'e bele dada iis deit mos bele hetan moras ne'e. Ema barak mak iha infesaun ne'e, sira nia isin diak hela, la iha sinal atu hatudu katak sira moras, maibé iha ema balu iha moras TB ne'e, kleur tiha maka foin sinti sintoma kona ba moras ne'e. Ema sira ne'ebe iha risiko atu hetan infesaun ida ne'e, maka ne'e:

- ◆ Ema sira ne'ebe ba mai iha rai sira ne'ebe iha moras TB nian, ex. iha Asia ho Afrika nia rai balu
- ◆ Ema sira ne'ebe halo servisu ba saúde hodi tau matan ba ema moras TB iha risiko maka'as atu hetan moras ne'e
- ◆ Familia ne'ebe iha ema ho moras TB.

Sa ida maka BCG nia Sangra? BCG sangra ne'e, sangra ida que moris nian, atu bele tahan hasoru moras TB. Sangra BCG la'os atu evita ema atu la hetan infesaun ne'e, maibé, se ema ba besik ba ema sira ho (ular) TB, sira bele hetan infesaun ne'e, maibé, la dun maka'as tebe-tebes to'o oho ema. Sangra BCG sei hodi semana 6-12 atu iha kbi'it hodi tahan hasoru. Sangra BCG fo'o deit 50-60% tahan hasoru mear ran ho mos ba ema balu, dala ruma, liu tinan 5-15, sangra ne'e la fo'o efeitu ona.

Labarik sira hetan benefisiu liu. Iha labarik sira ne'ebe iha sangra BCG bele tahan hasoru moras mear ran, bele la husik sira hetan moras TB maka'as liu, hanesan TB iha kakutak (TB meningite). Ba ema bo'ot sira sei dauk hatene lo'os.

Ita tenki halo exame Tuberkulina iha isin kulit (Exame Mantoux) molok simu sangra [Tuberculin Skin test (Mantoux test)] atu haré se ita iha rezultadu pozitivu husi infesaun TB nian, ka tuir simu sangra BCG. Ema ne'ebe hetan rezultadu pozitivu iha exame isin kulit nian la hetan benefisiu husi sangra ida ne'e ho mos bele hetan reasaun maka'as iha sangra fatin.

Desvantagem ba ema ne'ebe iha sangra BCG maka ne'e: Ema ne'ebe simu sangra BCG nian, loron ruma se halo exame iha isin kulit Tuberculin nian, hatudu rezultadu pozitivu beibeik. Nune'e duni ita la hatene lo'os se reasaun ne'e mai hosi infesaun TB ka mai hosi sangra BCG nian.

Iha ema balu la bele simu sangra BCG. Ema sira ne'ebe isin frako tebe-tebes, foin hetan moras hanesan sarampu bokar, ka foin simu sangra hanesan ba sarampu lotuk, ami fo konsellu ba labele simu sangra BCG. Molok atu simu sangra BCG, sira sei halo konsulta ida hodi hatene lo-los se bele simu duni sangra nee ka lae, hafoin sei asina mos surat ida hatete katak ita hakak duni simu sangra ida ne'e.

BCG ho sangra sira seluk. Ema sira ne'ebe ba rai tasibalu mak tenki simu sangra rua ida ka liu tan, molok sira atu sai ba ba, **tenki: a)** simu sangra hotu hotu iha loron ida, ka **b)** hein semana hat husi sangra BCG ba sangra sira seluk. Nune'e ba atu foo tempu ba ita nia isin atu prepara an hodi hetan kbi'it atu tahan hasoru moras. Sangra seluk tan maka nee: hemu nian ba Tifoide, Isin manas kinur (trisa), Papeira, Sarampu lotuk, Rubeola (MMR). Sangra BCG ho sangra polio (hemu nian) bele simu iha semana 4 nia laran.

Sangra BCG bele dada moras seluk ? Hanesan sangra hotu hotu, sagra ida ne'e bele dada moras seluk, konforme ema ida-ida nia isin. Dala ruma sangra nia fatin bele moras, mean ho bubu. Ne'e bele diak mesak deit, lalika halo tratamentu. Dala balu iha ita nia kalilin ka ita nia kakorok bele mosu buat kafuak ida ka bubu, nune'e mos dala balu deit mak halo tratamentu. Ema sira ne'ebe simu sangra BCG, uitoan deit maka hetan infesaun. Liu liu ema ne'ebe isin frako tebe-tebes la iha kbi'it atu tahan hasoru, hanesan ema sira ne'ebe iha moras VIH pozitivu, la dun han diak ka iha moras at ruma. Dala ruma ema bele mate, maibe ema uitoan deit maka mate.

BCG la os privini tomak hatu hetan moras tafui ka mear ran importante tebes ita tenki hatene sintoma TB nian, maka sira ne'e: Mear beiebeik (liu semana rua), mear kaben tasak ho ran, isin manas, kosar maka'as iha kalan, isin tun la hatene oin sa ho kolen. Sintoma sira ne'e mosu tan ba razaun oioin, se ita iha sintoma sira ne'e ba hasoru kedas klinika hirus matan nian ka ba hasoru doutor familia nian atu bele hasai raiu X hodi haré.

Sa ida maka bele mosu bainhira simu sangra BCG? Simu tia sangra ne'e, isin bele mean ho bubu uitoan (fitar) mosu iha semana ida to semana tolu. Bubu ne'e mamar i nakfera, kanek kiik bele mosu iha ema balu. Kanek ne'e bele hodi fulan tolu atu diak, bele husik fitar ki'ikoan ida.

Tau matan ba sangra maka ne'e:

- ◆ **Husik sangra ne'e diak mesak ho MO'OS MARAN MESAQ.** La bele uza creme ka haimoruk ruma
- ◆ Se presiza karek tau gaze esterelizadu ida maibe **LA BELE** taka ho adezivu ruma kabas-rahun ka ligadura iha sangra nia fatin
- ◆ Haré ba labele halo baku iha fatin ida ka katar karik labele koir
- ◆ Ita bele halo buat baibain hanesan haris, nanin ka halo desportu seluk.

SE ITA PREOKUPA KARIK KA HETAN ESPERIENSIA MORAS RUMA KARIK, HALO FAVOR IDA DERE BA Servisu ba prevensaun ho kontrola mear ran (klinika hirus matan):

References:

BCG Vaccine and Consumer Medicine Information: Connaught Laboratories: Canada.

Winks M, Levy M, Westly-Wise V. and The NSW Tuberculosis Advisory Committee. (1994). *Controlling Tuberculosis in New South Wales*. New South Wales Health Department. North Sydney.

Barclay L. A review of BCG complications since the introduction of a different BCG vaccine. 2000. CDC: Darwin. (See <http://www.nt.gov.au/nths/public/cdc/vol5/bcg.htm>)

Colditz GA, Brewer TF, Berkley CS, Wilson ME, et al Efficacy of BCG vaccine in the prevention of tuberculosis - Meta-analysis of the published literature. *JAMA* 1994; 271 (9): 698-702.

Grange JM. Complications of bacille Calmette-Guerin (BCG) vaccination and immunotherapy and their management. *Comm Dis Pub Hlth* 1998; 1 (2): 84-8.

The Role of BCG Vaccine in the Prevention and Control of Tuberculosis in the United States. *MWR*: April 26, 1996 / Vol. 44 / No. RR-4. US Department of Health and Human Services.

The Australian Immunisation Handbook 7th Edition: National Health & Medical Research Council.