



**Ministry of Health and Social Protection of the Republic of  
Tajikistan  
The State Institution "Republican Center for Protection of  
Population from Tuberculosis"**

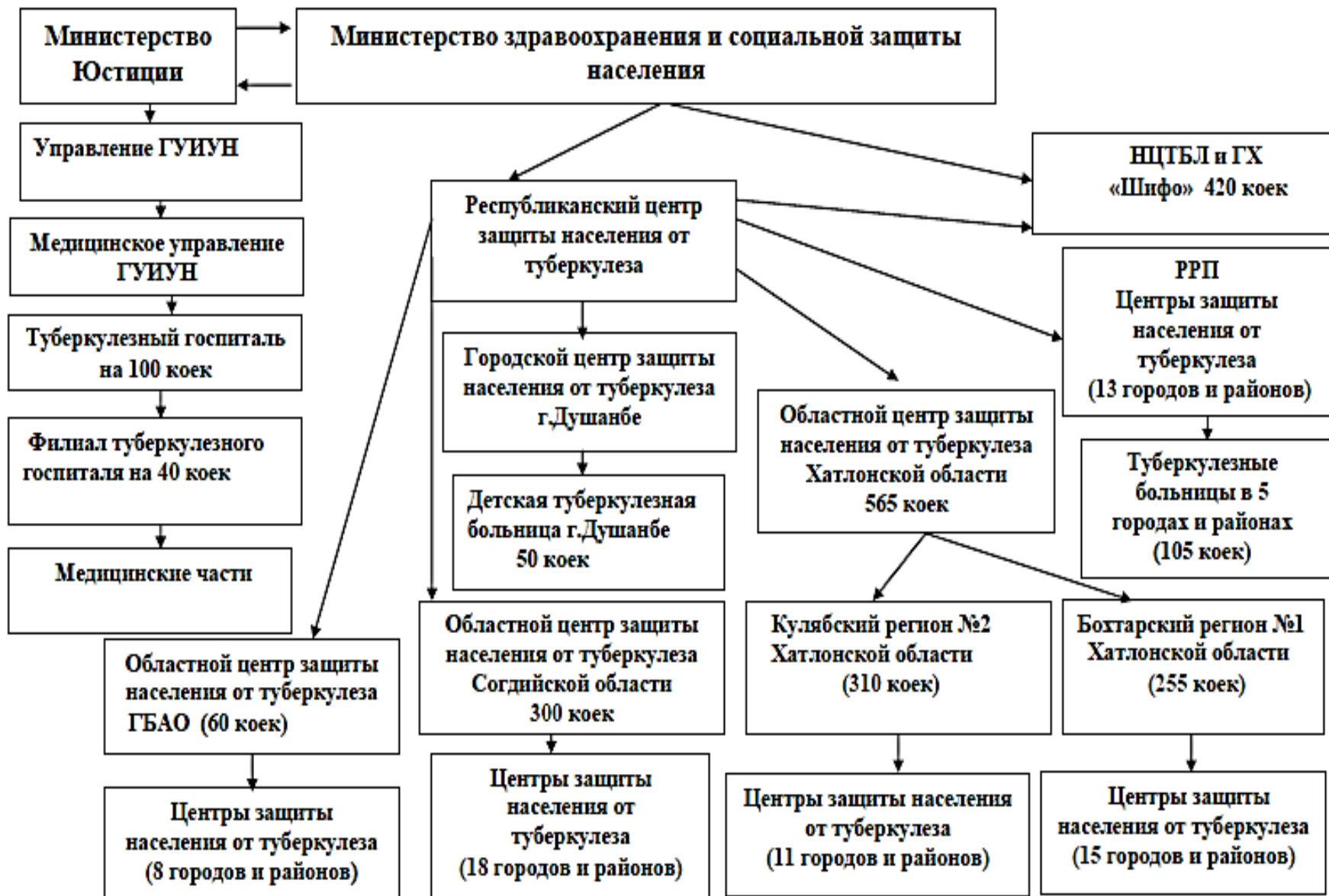


# **Nutrition therapy for TB patients in the Republic of Tajikistan**

**Dushanbe**

**2025**

# The structure of the TB Service of the Republic of Tajikistan



## **Number of beds for tuberculosis in the Republic of Tajikistan before and after the reduction prior to 2015**

| <b>Name of region</b>                        | <b>Number of beds before reduction</b> | <b>Number of reduced beds</b> | <b>Actual number of beds for TB in Tajikistan</b> |
|--|--|-------------------------------|---|
| <b>NCZTL and OGK (Machiton)</b>              | 700                                    | 280                           | 420   |
| <b>Khatlon region</b>                        | 970                                    | 405                           | 565   |
| <b>Sughd region</b>                          | 595                                    | 295                           | 300   |
| <b>Districts of republican subordination</b> | 160                                    | 55                            | 105   |
| <b>Gorno-Badakhshan Autonomous Province</b>  | 60                                     | 0                             | 60  |
| <b>Children's TB Hospital in Dushanbe</b>    | 50                                     | 0                             | 50  |
| <b>Total</b>                                 | <b>2535</b>                            | <b>1035</b>                   | <b>1500</b>                                       |

**TB centers in 19 cities and districts have a ward for hospitalization of TB patients, averages from 10 to 50 beds maximum**

**The amount of funds allocated for nutrition depends on the number of beds**

# TB hospitals in the Republic of Tajikistan



**TB hospital of the  
penitentiary system –  
2013**



**TB hospital in Sughd  
region – 2015**



**TB hospital in Khatlon  
region – 2013**

# Partners of National TB program (projects that provide support)



- Médecins Sans Frontières (MSF) provides nutrition to TB patients in pilot areas



- Monthly allocation of certain funds to MDR TB patients

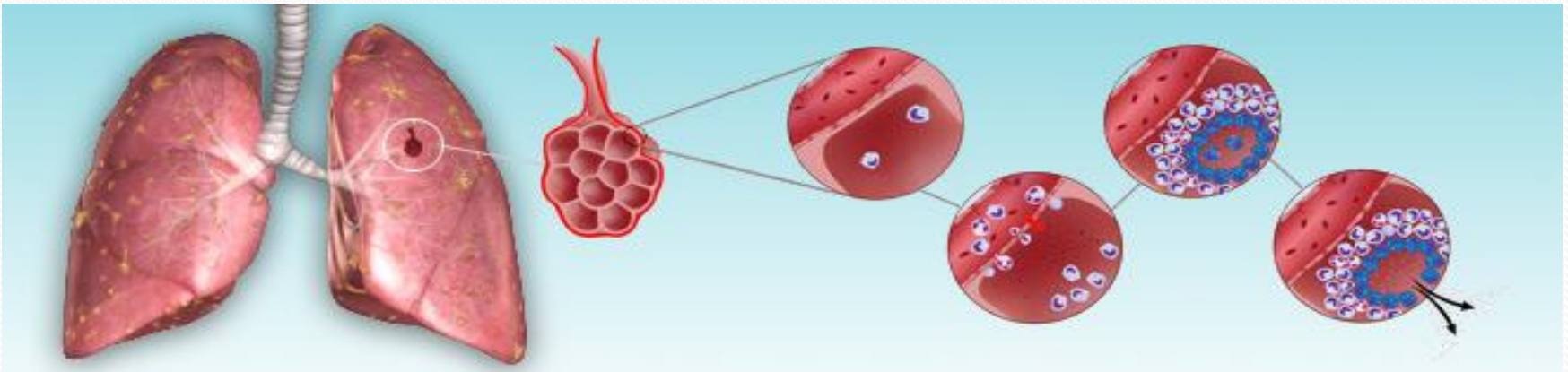


- Support for XDR TB patients in the penitentiary system

**NGO – distribution of legumes among TB hospitals and outpatient patients**



The nature of diet therapy for TB patients is primarily defined against the specifics of the TB progression, stage of the disease, general state of patient, and complications with other organs.



# The main tasks of the nutrition therapy for TB patients

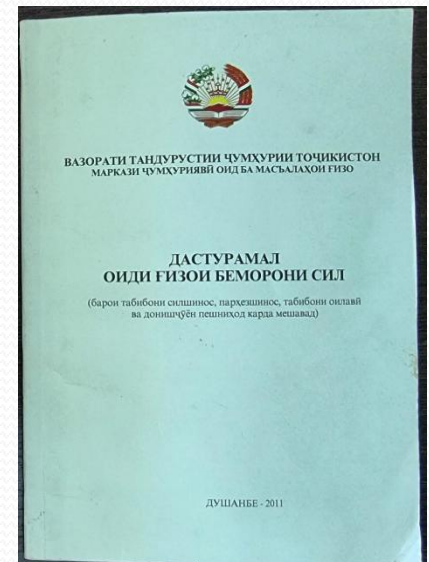
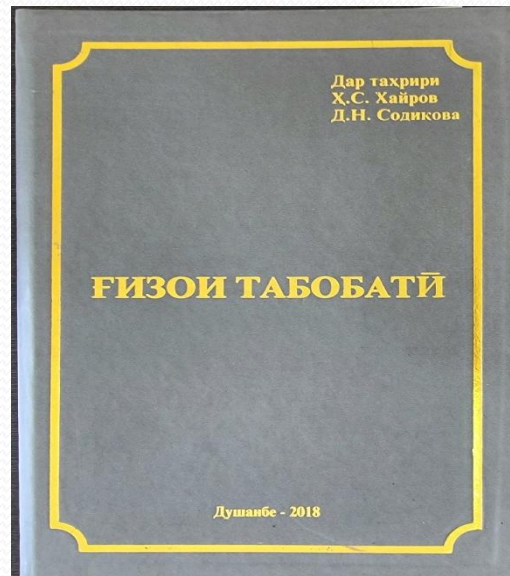
- ✓ ensuring increased nutrition in conditions of protein breakdown, catabolism of fats and carbohydrates,
- ✓ increased consumption of vitamins and minerals
- ✓ increasing the body's resistance to infection and intoxication
- ✓ improvement of metabolism
- ✓ facilitating in restoration of tissues affected by tuberculosis infection



# Nutrition of TB patients

The regulatory documents on proper and balanced nutrition developed in the country:

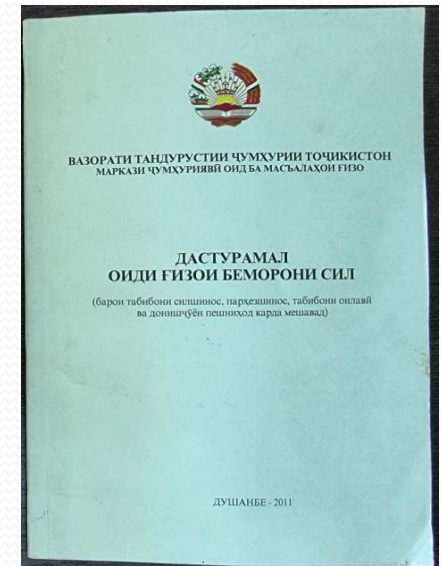
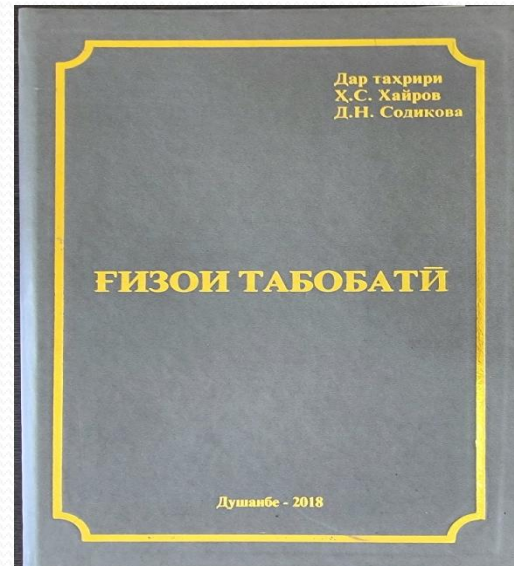
1. "Instructions on nutrition for TB patients", 2011.
2. The book "Nutrition therapy", 2018  
contain the basic recommendations and principles for  
nutrition therapy for TB patients.





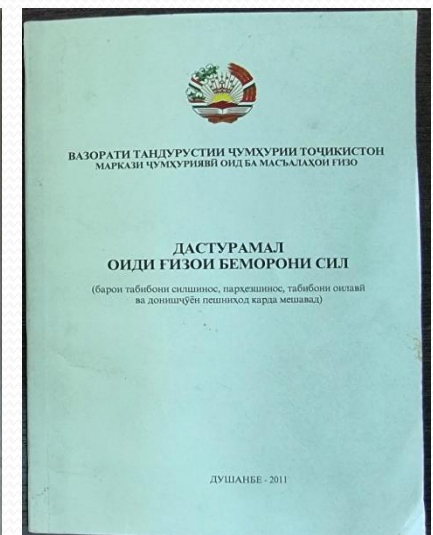
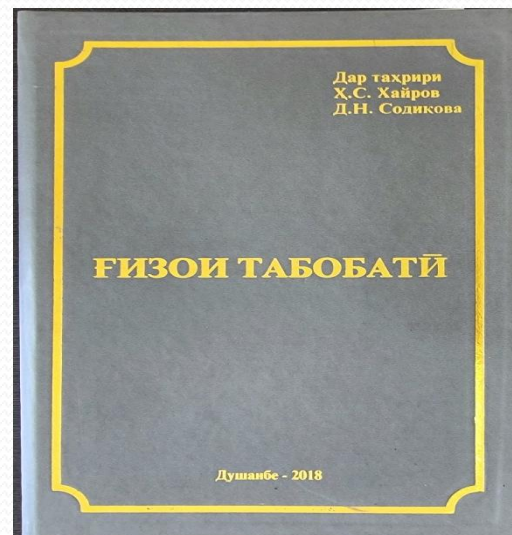
# The composition of nutrition therapy for TB patients:

- 1) food with an increased amount of protein (110-120g), of which 45-50g of animal origin
- 2) Fats in the range of 80-90g
- 3) Carbohydrates – 250-300g (monosaccharides – 30-40g)
- 4) The energy value of the diet averages 3,000 kcal per day



# The composition of nutrition therapy for TB patients:

- The TB medical institutions apply standard nutrition with a high protein content for lung, bone, joint, and lymph node TB patients; with limiting the salt content (6 g /day) and substances that enhance the chemical and mechanical reactions of the gastrointestinal tract and bile.
- Carbohydrates are not prescribed in the diet for TB patients with diabetes mellitus.



# Providing nutrition to TB patients

- The districts that have TB centers with tuberculosis beds have the budget item for nutrition, that is, 19 cities and districts out of 66 cities and districts of Tajikistan.
- The most cities and districts without TB beds, there is no provision for nutrition of outpatient TB patients.
- Except for the areas where food products (flour, butter, sugar, legumes, salt, etc.) are allocated monthly to promote adherence to treatment.
- Patients are provided with 3 hot meals a day in regional TB hospitals.
- Nutrition for TB patients is provided against the allocated budget and local authorities and averages 15-18 somoni per patient, ranging from **1.3 -1.6\$** per day.

# Food support for TB patients in Dushanbe



**In pursuance of the order of local authorities, food is provided to TB patients during treatment.**

# **Problems with providing nutrition to TB patients**

- There is no dietitian/nutrition specialist for TB patients in regional and district TB hospitals.
- Funds allocated from the local budget for nutrition of TB patients are insufficient and it is not always possible to receive them in time.
- The main reason is that many areas are subsidized, and it is difficult to receive allocated funds in time to feed TB patients.
- The main reason for refusing to hospitalize TB patients, especially patients with bacterial excretion, is the lack of satisfactory nutrition at the districts.
- The efficiency of the TB beds turnover rate averages up to 50% in Tajikistan.





**Thank you for  
your attention!**

25.04.2025

