Revised National Tuberculosis Control Programme (RNTCP)

❖ Introduction

- RNTCP is the national TB control program of India
- Launched: 1997 (nationwide by 2006)
- Based on DOTS strategy
- Renamed in 2020 as National Tuberculosis Elimination Programme (NTEP)
- Goal: Eliminate TB from India by 2025

❖ Objectives

- Early detection of TB cases
- Complete and correct treatment
- Reduce TB transmission
- Prevent drug resistance
- Reduce TB-related deaths

❖ Strategy – DOTS
DOTS = Directly Observed Treatment, Short-course

Key components:

1. Political & administrative commitment
2. Early diagnosis **using sputum microscopy / CBNAAT**
3. Standardized treatment **with supervision**
4. Uninterrupted supply of anti-TB drugs
5. Monitoring and accountability system

❖ Diagnosis under RNTCP/NTEP
- **Sputum microscopy**
- **CBNAAT (GeneXpert)** – rapid detection & rifampicin resistance
- Chest X-ray (supportive)
- Drug sensitivity testing for suspected MDR-TB

❖ Treatment Regimen (Current)

- **Daily regimen** (not intermittent)
- First-line drugs:

- Isoniazid (H)
- Rifampicin (R)
- Pyrazinamide (Z)
- Ethambutol (E)

Phases:
- Intensive Phase: 2 months (HRZE)
- Continuation Phase: 4 months (HRE)

❖ Drug-Resistant TB

- **MDR-TB:** Resistant to isoniazid & rifampicin
- XDR-TB: MDR + resistance to second-line drugs
- Managed under Programmatic Management of Drug Resistant TB (PMDT)

❖ Supportive Initiatives

- **Nikshay Portal** – online TB patient tracking

- **Nikshay Poshan Yojana** – ₹500/month nutritional support

- TB notification mandatory (public & private sector)

- Free diagnosis and treatment for all TB patients

❖ Target of NTEP
- TB elimination by 2025

Reduce:
- TB incidence
- TB mortality
- Catastrophic costs to patients

❖ Importance
- TB is a notifiable disease
- India has the highest TB burden globally
- Program focuses on patient-centric care