

**The Canadian Thoracic Society announces publication of the
Canadian Tuberculosis Standards – 8th Edition**

March 24, 2022

OTTAWA, ON – In conjunction with World Tuberculosis (TB) Day, the Canadian Thoracic Society (CTS) is pleased to announce the online publication of the 8th edition of the Canadian Tuberculosis Standards. This update was jointly produced with the [Association of Medical Microbiology and Infectious Disease Canada](#) (AMMI Canada).

Since 1972, the Canadian Tuberculosis Standards (the *Standards*) have provided practical evidence-based guidance for TB diagnosis, treatment and prevention in Canada. These *Standards* provide the foundation upon which TB care should be based, outlining what should be done to diagnose and treat or prevent this disease. This document is intended to provide practical guidance to assist front-line providers providing care to TB affected persons throughout Canada. The last edition of the *Standards* was published in 2013.

The overall rate of TB in Canada has failed to decline in the last 5 years, and the total number of persons diagnosed with TB disease has actually increased in the last 3 years. Canadian-born Indigenous Peoples and individuals born outside of Canada continue to be disproportionately affected.

“These *Standards* provide medical and public health professionals with the best possible evidence and strategies to prevent and treat tuberculosis,” said Dr. Dick Menzies, Editor of the 8th Edition and Chair of the Tuberculosis & Infectious Disease Committee for the CTS. “The updated *Standards* are critical to renew our efforts to control TB here in Canada and reverse the worrisome trend of the past few years. The new *Standards* also help build a strong knowledge base among clinical and public health practitioners who can offer expertise in the control of TB internationally as well”.

Medical experts from respirology, infectious disease, surveillance, epidemiology and public health contributed to the development of the *Standards*. Evidence reviews were updated and used to base recommendations in all chapters; these recommendations and the accompanying evidence were reviewed by the editorial board, the CTS Respiratory Guidelines Committee, external experts, and all chapter authors. Notable changes in the new 8th edition of the *Standards* include:

- **TB infection** - Preventive treatment for adults and children has been revolutionized with the introduction of much shorter and safer regimens that include rifampin, or rifapentine. These have replaced 9 months isoniazid - which had been the mainstay of TB prevention efforts since the first edition of the *Standards* in 1972. Currently access to Rifapentine is restricted; the restrictions should be lifted in light of these new recommendations.

- **Active TB disease** - No major changes for adults or children, although new drugs are under evaluation that may allow shortening of treatment from the current 6 months. However, more evidence is needed to support such changes. A chapter on extra-pulmonary TB has been expanded with substantial new details for management of these uncommon, but important forms of disease. For Canadian clinicians who rarely encounter these conditions, this chapter provides a wealth of clinical guidance.

- **Diagnosis and treatment of drug-resistant TB** for adults and children has also been revolutionized. With new diagnostic methods, the most common forms of drug resistance can now be diagnosed within a day; the *Standards* recommend that these methods are adopted through-out Canada. New drugs that are much more effective have been recommended, and for the first time, ever, the first line treatment for drug-resistant TB is an all-oral regimen. Months of daily painful injections should now be a thing of the past, although current regulations that restrict access to these new, more effective, and safer drugs need to be updated.

Management of TB in persons with other major illnesses. A new chapter details the management of TB in persons with human immunodeficiency virus co-infection, or with diabetes, or liver or kidney diseases.

Updated chapters also describe management of contacts, and outbreaks in the community, infection prevention and control of TB in healthcare settings, screening and surveillance of new Canadians, especially those who have migrated from countries with high TB incidence.

A new chapter proposes performance indicators for TB programs to monitor progress in each province and territory toward TB elimination in Canada.

All chapters of the 8th edition of the *Standards* will be published online in the CTS' official journal, the *Canadian Journal Respiratory, Critical Care and Sleep Medicine*, with downloadable PDFs available on the Supplement tab at <https://www.tandfonline.com/toc/ucts20/current>. Individual chapters of the *Standards* will also be available on the CTS website guideline library at: <https://www.cts-sct.ca/guideline-library/>.

Once all chapters have been translated, a limited number of print copies of the *Standards* will be available to order in French and English. Priority will be given to practitioners located in remote communities and provincial/territorial authorities responsible for TB care in these communities. The translation and printing of the *Standards* has been made possible through a financial contribution from the Public Health Agency of Canada.

Tuberculosis still causes the deaths of about 1.3 million people each year. Due to the pressure on health systems caused by SARS-CoV-2 virus (COVID-19), the World Health Organization estimates that the number of people who developed TB and who died from TB increased substantially in 2021. World TB Day on March 24th, 2022 is an opportunity to raise awareness about the burden of TB worldwide and the status of TB prevention and control efforts.

The press release and the Highlights from the *Standards* are available here: <https://www.cts-sct.ca/advocacy/>.

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About the Canadian Thoracic Society

The Canadian Thoracic Society (CTS) is Canada's national specialty society for respirology that brings together specialists, researchers, educators and healthcare professionals working in respiratory, critical care, and sleep medicine. The CTS advances lung health by enhancing the ability of healthcare professionals through leadership, collaboration, research, learning and advocacy, and providing the best respiratory practices in Canada.

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