

**Vuka! Let's unite towards
a TB-free world!**

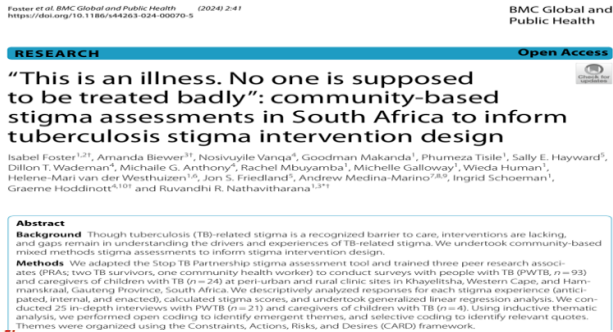
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TB
Conference
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Feasibility and acceptability
of a TB survivor-led peer
support intervention using
Motivational Interviewing

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(TB Proof)

Background

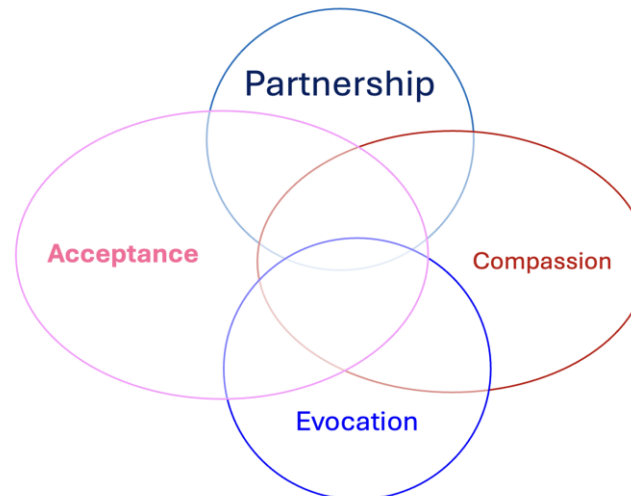


- ❑ TB is preventable and curable but still a leading cause of death
- ❑ **Loss to follow-up** driven by stigma, poor counselling, psychosocial challenges (Khayelitsha >20%, national 9-11%)
- ❑ High risk: HIV, alcohol and substance use.
- ❑ Standard of care - reduced number of counsellors (Funding cuts)

Why Motivational Interviewing?

Motivational Interviewing (MI) differs from standard counselling and is a collaborative conversation style for strengthening a person's own motivation and commitment to action /change

- ❑ MI is about arranging conversations so that people talk themselves into action, based on their own values and interests
- ❑ People's own behaviour and lifestyle - determines their future health & quality of life



Motivational interviewing: Approach and 4 processes

Approach

Invite them to tell their story and be open-minded (no judgment or advice giving).

Make it a safe space, ask open-ended questions, empathic listening and responding and connect through genuine affirmations.

Check-in to be sure you are on the same page, that they are understood.

Four processes

1. Engaging

Listen to understand.

2. Focusing

Find a common focus and offer information and advice.

3. Evoking

Respond and summarise toward change talk.

4. Planning

Moving toward commitment and change plan.



Aim and Approach

- ❑ TB survivor peer counselling using MI
- ❑ Community-informed, peer-led approach
- ❑ Focus on TB and HIV intersectional stigma
- ❑ Promotes person-centred care



XDR-TB Survivor

Overview

- ❑ Setting: Matthew Goniwe and Luvuyo clinics (2024–2025)
- ❑ Participants: 10 non-high risk group and 13 high-risk group
- ❑ 1–3 MI sessions (face-to-face, in IsiXhosa)

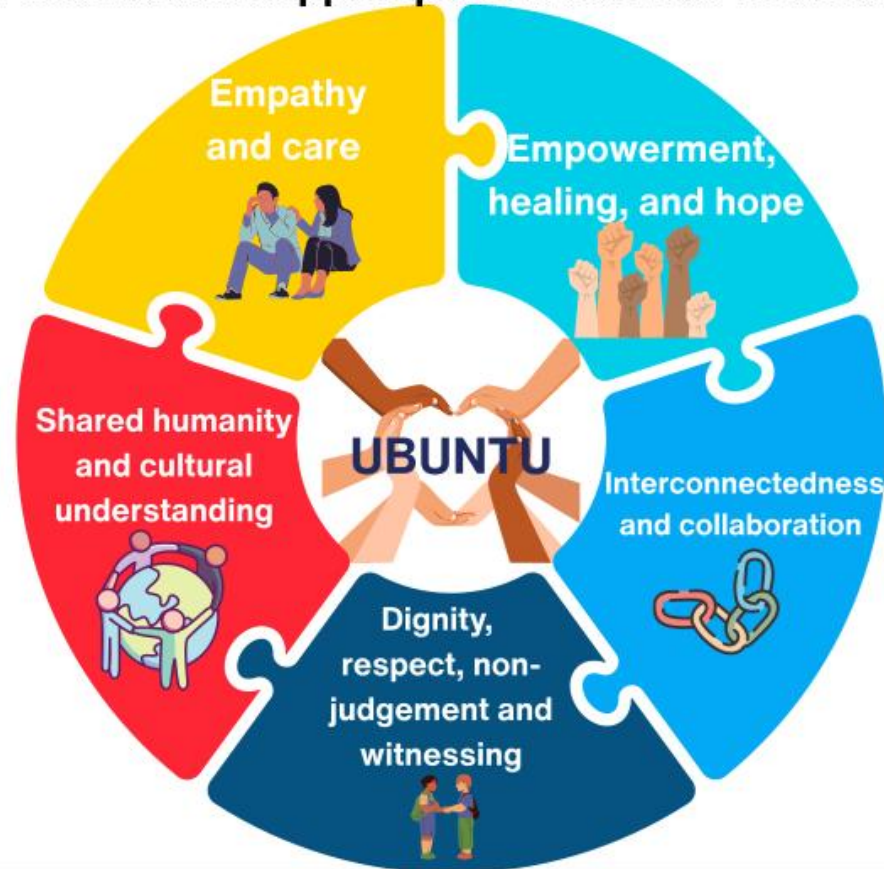
Counselling Intervention: MI Peer support

- ❑ Various stages of Treatment
- ❑ Initial, Follow up at 2 months and then at 4-6 months



Ubuntu in Practice (themes)

How TB survivor peer counselling using the principles of Ubuntu can support person-centred TB care



1. Empathy and Care

“...I’m looking forward to talk to you again next time, because here I can say everything. I can talk about how I feel and what is troubling me. That makes me feel lighter, like I’m not carrying everything alone.”

20241128 (RedCap ID 1003, PT) (37y M)

“...when I go to the clinic, they don’t ask me how I feel or what is troubling me, they just say ‘did you take your tablets?’ and then they move on to the next person. It’s too quick, they don’t give us time to talk.”



2. Shared humanity and cultural understanding



"Talking to someone who has gone through the same thing made me realise I'm not alone, and I can get through this." P4 (20240613, 36y M, GM)

"The sessions helped me talk about things I couldn't say before, and it feels good to be understood." P4 (20240620, 38y M, PT)

"These conversations make me feel comfortable and free," "I can talk to you about things I can't even share with my family," P3 (20240613, 35y M, PT)

"It makes a huge difference to talk with you... I feel more relaxed and relieved, and I feel motivated because now I'm motivated by someone else; it's not the same as when I was motivating myself. I like this session a lot. I feel the difference... because it's the first time I have met with a TB counsellor like you."

3. Dignity, respect, non-judgement and witnessing



"I feel comfortable talking to you. I can say everything I'm going through, and you don't judge me. That makes it easier, because sometimes people just tell you what to do, but here I feel listened to." 20250304 (REDCap ID 3002, PT) (31y F) Session 2

*"I'm more comfortable talking to you. They talk to me like I'm a child, just giving instructions."(in the TB Room's counsellor).*20240911_REDCap ID 2001PT)(55y,M)

"I want this program to continue but not only for certain people but for everyone that has TB, maybe some patients that's why they don't complete their TB treatment it's because they need MI, they need this motivation. Sometimes it's not about TB only you know, TB comes to you and already you have your own baggage, so MI helps you to cough out that baggage and when you talk your baggage becomes lighter. So, I would like to recommend that every patient that has TB to have MI done"
20250506 (REDCap ID 2006, GM) (31y F) Session 2

4. Interconnectedness and collaboration



“I didn’t want to tell anyone because I was scared they would think I’m really sick and avoid me.” “I thought this is something I should hide; no one will understand, and it feels like my life has been put on hold.” P4 (20240620, 38y M, PT)

“I feel more comfortable talking about TB now, but it depends on who I’m talking to.” P4 (20240620, 38y M, PT, session 2)

At first, I didn’t want to talk about it, but now I see the importance of sharing and getting help,” P4 (20240613, 36y M, GM)

“But again, I realised that it doesn’t help me with anything to hide it because at the end of the day it’s the disease I have and I’m the one with TB, so instead of hiding it I decided to encourage others to check TB so that if they have it they can start taking TB treatment early ”P3 (20240611, 39M, GM) session 1

“the nurses are in a hurry, they just check the card, give you tablets, and that’s it. No one asks how you are doing or if you are coping, so you end up keeping things inside.” 20250317 (REDCap ID 2002, GM) (35y M) Session 2

5. Empowerment, healing and hope

"You've changed how I think about TB. I know now that it can be treated, and I can get better."

"I want to use my story to help others finish their treatment and not give up." P4 (20240620, 38y M, PT)

"I would be happy if I could be a counsellor, to help people like me." P1 (20240611, 52 y F, PT)

After I met you since then there has been a huge difference, I always remember your words."P4
(20240613, 36y M, GM) session 2



Lessons learnt and reflections

- ❑ Meaningful change is built on trust.
- ❑ As TB survivors, we don't lead the conversation, we listen. In that space of being heard without judgement, people reconnect with their own strength. We walk alongside them, not to fix, but to support, encourage, and celebrate their journey.
- ❑ Funding is needed to support peer-led counselling, particularly after cuts to counselling services.

