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Supporting, Mobilizing, and
Accelerating Research for
Tuberculosis Elimination



How-to Guide: Make your own 1/4/6x24 pill burden display to demonstrate the impact of shorter TB prevention and treatment regimens



1/4/6x24 pill burden display at USAID TB Symposium, October 28, 2022

(From left to right: Zaza Avaliani, Director of the National Center for Tuberculosis and Lung Diseases, Georgia; Dr. Vineeta Gupta, Maternal and Child Health Physician and Human Rights Lawyer; Dr. Patrick Ulysse, Chief Operating Officer, Partners In Health; Tina Shah, MDR-TB Survivor and Advocate; Shaka Brown, TB Survivor and Advocate; Brenda Waning, Chief of the Global Drug Facility, Stop TB Partnership; Mark Harrington, Executive Director, Treatment Action Group (TAG); Cheri Vincent, Chief of the Infectious Diseases Division, USAID; Dr. Suvanand Sahu, Deputy Executive Director, Stop TB Partnership)

1/4/6x24 is a campaign to rally energy, funding, and political will to end TB through scaling up access to the best available regimens. This campaign is partially supported by Supporting, Mobilizing, and Accelerating Research for Tuberculosis Elimination (SMART4TB), which is made possible by the generous support of the American people through the United States Agency for International Development (USAID).

The Campaign's name comes from its central demand: that countries and other duty bearers take action to implement the shortest available regimens – **one** month or once-weekly for TB prevention, **four** months for drug-sensitive TB, and **six** months for drug-resistant TB — by the end of **2024**.



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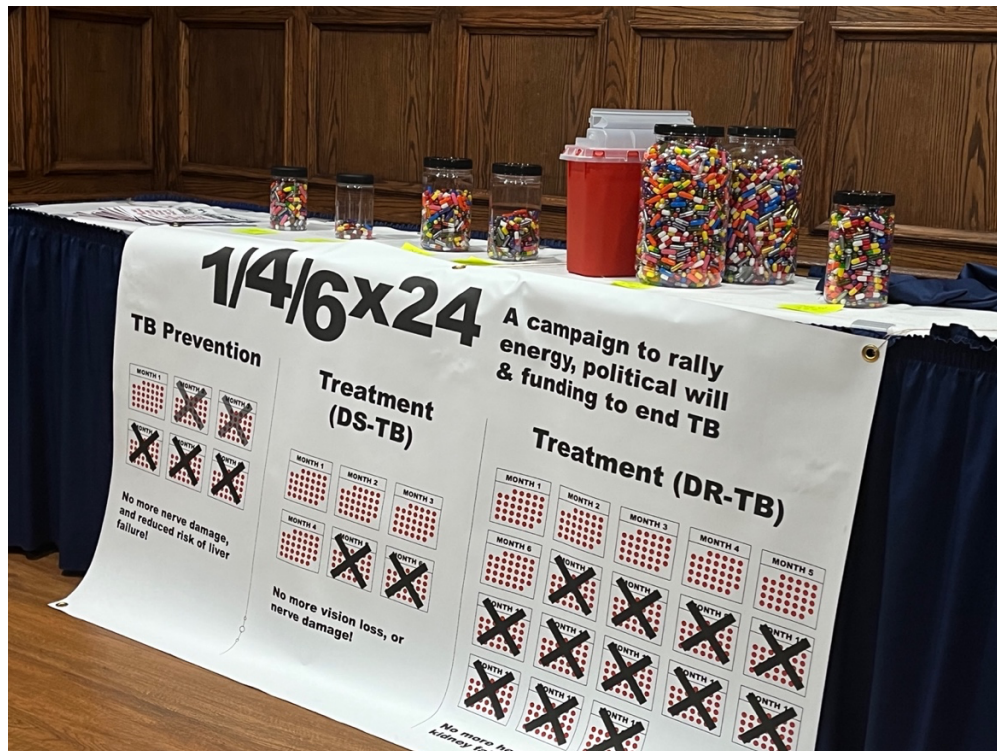


The 1/4/6x24 pill burden display shows the dramatic reduction in the number of pills one needs to complete treatment with 1/4/6 regimens compared to the older, longer, and more toxic regimens.

We encourage you to make your own 1/4/6x24 pill burden display for your event to engage more people regarding the 1/4/6x24 Campaign, the benefits of shorter and safer regimens for TB prevention and treatment, and the need to urgently scale up access to these regimens for everyone who needs them, everywhere, as a human right.

Step 1: Pill burden calculation

	OLD REGIMEN	NEW REGIMEN
“1” : TB preventive treatment (TPT)	6 months of once-daily isoniazid preventive treatment: 180 pills	3 months of once-weekly rifapentine-based 3HP: 36 pills
“4” : Treatment of drug-sensitive TB (DS-TB)	6 months of isoniazid and rifampicin with 2 months of pyrazinamide and ethambutol: 360 pills	4 months of isoniazid and rifampicin with 2 months of pyrazinamide and ethambutol – SHINE regimen for children: 240 pills
“6” : Treatment of drug-resistant TB (DR-TB)	18-20 months of individualized regimen with toxic injectables: 3,500 pills	6 months of bedaquiline, pretomanid, and linezolid – BPaL regimen: 524 pills



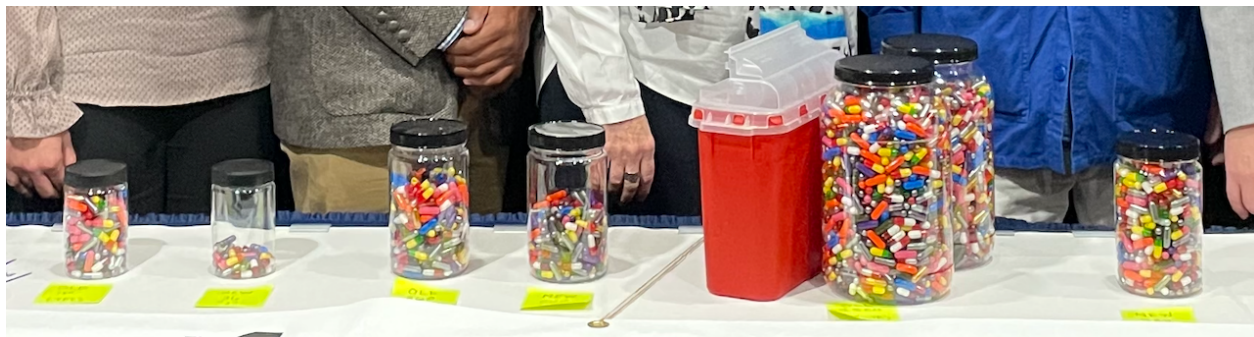


Step 2: Pill procurement

The total number of “pills” you will need to procure for the full 1/4/6x24 pill burden display is: **4,840.**

There are a range of materials you can use to represent pills in the 1/4/6x24 pill burden display, according to your budget and what is available in your local context. These include:

- Empty pill capsules (seen in the image below)
- Candy that resembles pills
- Dried beans that resemble pills



Step 3: Container procurement

Next, you’ll need to procure clear containers to hold the “pills,” so the quantity is visible. These containers can be jars, storage containers, or even clear plastic bags, depending on what is available in your local context. While the needed size of containers may vary depending how large your “pills” are, the estimated volumes of containers you will need are as follows:

	OLD REGIMEN	NEW REGIMEN
“1”: TB preventive treatment (TPT)	180 pills: 16-ounce (.5 liter) container	36 pills: 16-ounce (.5 liter) container
“4”: Treatment of drug-sensitive TB (DS-TB)	360 pills: 32-ounce (1 liter) container	240 pills: 32-ounce (1 liter) container
“6”: Treatment of drug-resistant TB (DR-TB)	3,500 pills: 2-gallon (7.5 liter) container or multiple smaller containers + sharps container to represent syringes used to administer daily injections	524 pills: 32-ounce (1 liter) container



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Step 4: Assembling the display

After procuring the “pills” and clear containers, it’s now time to put it all together and assemble the display. Start by counting out (or estimating) the quantity of pills needed to represent the old and new regimens for TB prevention, DS-TB treatment, and DR-TB treatment. Then add the pills to the appropriate-sized containers detailed in Step 3.

Next, create labels for each container (using stickers or other material) detailing the regimen, its duration, and the associated pill burden. For example:

Old DR-TB regimen:

- 18-20 months
- 3,500 pills

New DR-TB regimen:

- 6 months
- 524 pills

Step 5: Add a 1/4/6x24 banner

The 1/4/6x24 banner details the months saved and reduced side effects of the shorter, safer 1/4/6 regimens. The banner is available for download in high-resolution here:

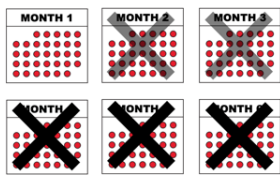
https://drive.google.com/file/d/1bcK1LEztt9UwqSDMI9o_p0rybTZCVNm2/view?usp=sharing

Once you download the banner, you can print it in large format to display alongside the pill containers at your event.

1/4/6x24

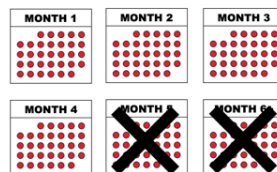
**A campaign to rally
energy, political will
& funding to end TB**

TB Prevention



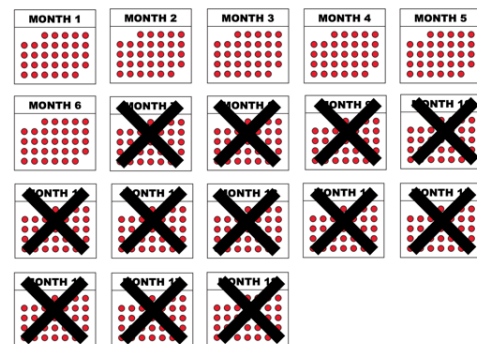
**No more nerve damage,
and reduced risk of liver
failure!**

Treatment (DS-TB)



**No more vision loss, or
nerve damage!**

Treatment (DR-TB)



**No more hearing loss, hypothyroidism, or
kidney failure!**



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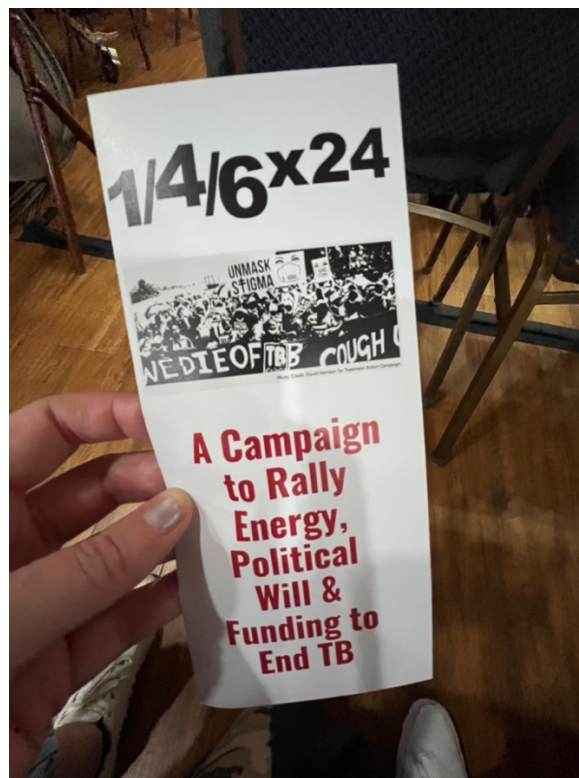
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Step 6: Share information on 1/4/6x24

Now that your pill burden display is set up, it's time to share information with your audience on the 1/4/6x24 campaign:

- You can print the 1/4/6x24 pamphlet (featured in the image below) to hand out to participants during your event or to leave behind for further distribution. A PDF of the pamphlet is available for download here: https://drive.google.com/file/d/1wIBkYVYqGYy9KBlve2hQhvRTJz_I0vh9/view?usp=sharing
- Background information and campaign resources, activities, and commitments can be found here: <https://www.treatmentactiongroup.org/1-4-6-x-24/>
- Community campaign training slide decks, including the 1/4/6x24 Campaign overview slide deck as well as slide decks detailing each of the 1/4/6 regimens and the evidence behind them, can be found here: <https://www.treatmentactiongroup.org/publication/1-4-6x24-community-campaign-training-materials/>
- Advocacy guides to support the prioritization and inclusion of 1/4/6 regimens in funding requests to the Global Fund can be found here: <https://www.globalfundadvocatesnetwork.org/resource/advocacy-guides-to-1-4-6x24-shorter-regimens-for-tb/>





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Step 7: Take a photo and tag us on social media

We're delighted you made your own pill burden display, and we'd love to hear about it! Please take a photo, tag **@TAGTeam_Tweets** on social media and use the hashtags **#146x24** and **#SMART4TB** in your social media posts.

For more information or if you have any questions, please don't hesitate to reach out to us at: david.branigan@treatmentactiongroup.org