

# Improving tuberculosis treatment by high-energy biscuits in Mwanza, Tanzania

<b>Submission date</b>	<b>Recruitment status</b>	<input type="checkbox"/> Prospectively registered
31/08/2010	No longer recruiting	<input type="checkbox"/> Protocol
<b>Registration date</b>	<b>Overall study status</b>	<input type="checkbox"/> Statistical analysis plan
22/09/2010	Completed	<input checked="" type="checkbox"/> Results
<b>Last Edited</b>	<b>Condition category</b>	<input type="checkbox"/> Individual participant data
15/05/2014	Infections and Infestations	

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

Dr Nyagosya Range

### Contact details

NIMR Muhimbili  
PO Box 3436  
Dar es Salaam  
Tanzania  
N/A  
hrange08@gmail.com

## Additional identifiers

### Protocol serial number

N/A

## Study information

### Scientific Title

Improving Efficacy and Safety of TB and HIV Treatment by Nutritional Supplementation in Mwanza, Tanzania: A prospective, randomised, open labelled study

### Acronym

## TB-PK study

### Study objectives

A defined, high energy, vitamin and mineral containing nutritional supplement to undernourished tuberculosis (TB) patients during the first two months of intensive treatment will improve drug absorption, ameliorate adverse effects and fasten recovery of lean body mass.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

The local medical ethics committee approved on the 1st of June 2010 (ref: NIMR/HQ/R.8a/Vol.IX /953)

### Study design

Prospective open labelled randomised controlled study

### Primary study design

Interventional

### Study type(s)

Treatment

### Health condition(s) or problem(s) studied

Tuberculosis with and without HIV co-infection

### Interventions

Patients will be randomised to either:

#### 1. Intervention group:

Five high energy biscuits containing 1000 kcal plus vitamins, minerals zinc and selenium every day during the intensive phase of the anti TB treatment as part of the Directly Observed Treatment (DOT) regimen.

#### 2. Control group: Standard care

### Intervention Type

Other

### Phase

Not Specified

### Primary outcome(s)

Increase in TB drug exposure (AUC) during the first two months in the group receiving intervention compared to the group receiving standard care.

### Key secondary outcome(s)

1. Improved immune recovery (CD4 increase) and decline in HIV RNA load in the intervention group
2. Improved and faster increase in lean body mass and physical strength
3. Less reporting of adverse effects

### Completion date

31/08/2011

## Eligibility

### Key inclusion criteria

1. Sputum smear positive TB patients
2. > 15 years old

### Participant type(s)

Patient

### Healthy volunteers allowed

No

### Age group

Adult

### Sex

All

### Key exclusion criteria

1. Pregnant women
2. Age < 15 years
3. Non-residency of study area
4. Terminal illness (unlikely to survive > 48 hours)
5. Receiving antiretroviral therapy
6. Not willing to participate

### Date of first enrolment

01/09/2010

### Date of final enrolment

31/08/2011

## Locations

### Countries of recruitment

Tanzania

### Study participating centre

NIMR Muhimbili

Dar es Salaam

Tanzania

N/A

## Sponsor information

## Organisation

University of Copenhagen (Denmark)

## ROR

<https://ror.org/035b05819>

## Funder(s)

### Funder type

Government

### Funder Name

Danish Ministry of Foreign Affairs (Denmark) - Danish International Development Agency (Danida) grant (ref: 09-026RH)

## Results and Publications

### Individual participant data (IPD) sharing plan

#### IPD sharing plan summary

Not provided at time of registration

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/06/2014		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes