



Information for Physicians: Directly Observed Therapy Program (DOT)



- BENEFITS OF DOT**
1. Observed intake of medication
 2. Treatment completion
 3. Patient monitoring and support



DOT is recommended by the Centers for Disease Control and Prevention (CDC):
“Programs utilizing DOT as the central element in a comprehensive, patient-centered approach to case management have higher rates of treatment completion than less intensive strategies.”

DOT helps you care for your TB patients:
One of the main reasons TB patients are not cured is non-adherence to their treatment regimen. We understand that, as a physician, you cannot ensure that your patients take their pills on a regular basis. Each patient is assigned a DOT worker who visits the home or other prearranged site. Patients remain under your care while DOT workers make sure patients take their medication until they are cured.

DOT is good for our patients:
Patients who take their medications are unlikely to develop drug resistance, become ill again or require re-hospitalization. DOT may help identify adverse medication reactions early, since a health worker is in the home each week.

DOT protects the public health:
DOT helps to render patients non-infectious as rapidly as possible. We can work together to help ensure that TB patients get the treatment they need and safeguard the public health. DOT decreases the transmission of TB in our community.

Considerations for DOT in San Mateo County

Always use DOT	Strongly recommended for DOT
<ul style="list-style-type: none"> • Pulmonary TB • TB drug resistance • Intermittent TB treatment regimen • Failing TB therapy 	<p>Patients at higher risk for severe outcomes such as:</p> <ul style="list-style-type: none"> • Patients with HIV/AIDS • Immunosuppression • Too ill to self manage • Previous TB treatment • Slow sputum conversion • Adverse reaction to TB medications <p>Risk factors associated with poor adherence:</p> <ul style="list-style-type: none"> • Substance use • Homelessness or unstable housing • History of poor adherence with medications and medical management • Poor or non acceptance of TB diagnosis • Major psychiatric disorder or cognitive problems • Children 0 – 18 years of age • Frail elderly

To find out more about DOT for your patients, call San Mateo County's TB Control Program.