

DIRECTLY OBSERVED THERAPY

Do I HAVE DIRECTLY OBSERVED THERAPY?

Yes () No ()

What is Directly Observed Therapy?

Directly Observed Therapy (DOT) is a program that is used to ensure people with TB take the medicine needed to treat and cure their TB.

DOT means a Health Outreach Worker (HOW) watches you take your TB medicines, checks for side-effects and helps you complete your TB treatment. The HOW will visit you in person, telephone you or contact you using a video-phone (V-DOT), which is set up in your home.

How will DOT help me?

People on DOT have a higher chance of being cured of TB than those who are not on DOT. If TB medicine is not taken correctly or if it is stopped too early, the TB will come back. The TB medicine may not work the next time.

DOT also:

- watches for side-effects and recommends when to call the doctor
- helps you remember to take your pills
- helps you keep your appointments with your doctor or nurse, and for tests
- helps you improve your health by giving you health information
- gives you and your family the chance to ask questions, which reduces fears and worries about TB
- encourages and supports you until your treatment is complete
- refers you to appropriate community agencies that can help with other social issues



Video-Phone used with Video-Directly Observed Therapy (V-DOT)