

# Information for Patients: Using Directly Observed Therapy (DOT) with TB Treatment

*“Responsibility for successful treatment is assigned to  
the health-care provider, not the patient”*

*-Core Curriculum on TB: What the Clinician Should Know (CDC, 2013)*

## What is DOT for TB Treatment?

Directly Observed Therapy (DOT) is the practice of observing a patient swallow his or her tuberculosis (TB) medications. National guidelines recommend DOT as part of the standard of care for TB treatment, and DOT is used by TB programs throughout the U.S. and around the world.

## What Should I Expect During DOT?

You will be paired with a DOT worker who will visit you. It is important to choose a time and place that is convenient for you, so that you do not miss any meetings. The frequency of visits depends on the TB medications you are taking and can be as often as every day or as little as a few times a week. The DOT worker will supply you with, and watch you swallow each dose of your prescribed TB medication. The DOT worker also will chat with you and ask if you have any problems or side effects with your medication, and ensure you have transportation for clinic appointments and any other necessary items you need to get better.



## What are the Benefits of DOT?

DOT is highly associated with improved treatment success. Because you will see your DOT worker often, you will have many opportunities to ask questions about TB, your treatment, and report early signs of adverse drug reactions (if any). DOT is free of charge and a core component of “patient-centered care”, which respects an individual’s right to participate actively as an informed partner in decisions and activities related to their TB diagnosis and treatment.

## Is DOT Required for TB Treatment?

Because DOT is the most effective strategy to ensure adherence to TB treatment, DOT should be used for all patients with TB disease. It is the DOT worker’s job to be present when you take your medication. DOT can also be used to treat [latent TB infection \(LTBI\)](#), which in turn prevents TB disease in the future.

## More Questions About DOT?

Contact your [local health department](#) or the [State TB Control Program](#) (517-284-4957).

## DOT Resources

Local health departments in Michigan should develop their own guidance for DOT. The [State TB Control Program](#) is available to answer any questions or to help with creating guidance. Below are a few resources that may help:

1. Michigan Department of Health and Human Services Website: Directly Observed Therapy (DOT): [https://www.michigan.gov/mdhhs/0,5885,7-339-71550\\_5104\\_5281\\_46528\\_61218\\_78962\\_78980-508430--,00.html](https://www.michigan.gov/mdhhs/0,5885,7-339-71550_5104_5281_46528_61218_78962_78980-508430--,00.html), accessed 9/19
2. Centers for Disease Control and Prevention (2013). Core Curriculum on Tuberculosis: What the Clinician Should Know, Sixth Edition: [https://www.cdc.gov/TB/education/corecurr/pdf/corecurr\\_all.pdf](https://www.cdc.gov/TB/education/corecurr/pdf/corecurr_all.pdf), accessed 9/19
3. TB 101 for Health Care Workers: Lesson 6, Treatment of TB Disease. CDC: <https://www.cdc.gov/tb/webcourses/tb101/page3832.html>, accessed 9/19
4. Nahid P., et al., Official American Thoracic Society/Centers for Disease Control and Prevention/Infectious Diseases Society of America Clinical Practice Guidelines: Treatment of Drug-Susceptible Tuberculosis. Clin Infect Dis, 2016. 63(7): p. e147–95: <https://academic.oup.com/cid/article/63/7/e147/2196792>, accessed 9/19
5. Summary of the ATS/CDC/IDSA Clinical Practice Guidelines: Treatment of Drug-Susceptible Tuberculosis. Michigan Department of Health and Human Services, 2017: [http://www.michigan.gov/documents/mdhhs/7.\\_Treatment\\_guidelines\\_summary\\_554259\\_7.pdf](http://www.michigan.gov/documents/mdhhs/7._Treatment_guidelines_summary_554259_7.pdf), accessed 9/19
6. Implementing an Electronic Directly Observed Therapy (eDOT) Program: A Toolkit for Tuberculosis (TB) Programs, CDC; 2017: <https://www.cdc.gov/tb/publications/pdf/tbedottoolkit.pdf>, accessed 9/19