DIRECTLY OBSERVED THERAPY (DOT) FOR TUBERCULOSIS
WHAT IS TUBERCULOSIS (TB)?

Tuberculosis is an airborne disease caused by germs spread from person to person through the air.

TB most commonly affects the lungs but can spread to other parts of the body.

TB is a serious disease—a person can become very sick and it can lead to death if not treated.

You CANNOT get TB germs from:

- Sharing cups or eating utensils
- Saliva shared from kissing
- Shaking hands
- Toilet seats
- Sharing clothing
WHAT IS TUBERCULOSIS (TB)?
DIFFERENCE BETWEEN LTBI and ACTIVE TB

**LTBI (Latent Infection)**
You cannot spread the germs to others  
**Symptoms:** You have no symptoms. You are healthy.  
**Diagnosis:** TB skin test (PPD)/IGRA, Chest X-ray, sputum, labs  
**Treatment:** Drugs to prevent developing Active TB

**Active TB (Disease)**
You can spread the TB germs to others  
**Symptoms:** You may have symptoms, such as: cough, fever, weight loss, night sweats, fatigue  
**Diagnosis:** TB skin test (PPD)/IGRA, Chest X-ray, sputum, labs  
**Treatment:** Drugs, by DOT, to stop disease
DIFFERENCE BETWEEN LTBI and ACTIVE TB

<table>
<thead>
<tr>
<th>Latent TB Infection</th>
<th>Active TB Disease</th>
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<tbody>
<tr>
<td>I am healthy.</td>
<td>I have a serious illness that could kill me if left untreated.</td>
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<tr>
<td>The TB germs are &quot;sleeping&quot; in my body but could &quot;wake up&quot; in the future.</td>
<td>The TB germs have &quot;woken up&quot;.</td>
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<tr>
<td>I have no symptoms.</td>
<td>I may have symptoms – cough, fever, weight loss, night sweats.</td>
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<td>My chest x-ray is normal.</td>
<td>My chest x-ray may be abnormal.</td>
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<tr>
<td>I am not contagious.</td>
<td>I may be contagious and could infect other people when TB germs are spread through the air when I cough, laugh or speak.</td>
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<td>I have a positive result on a TB skin test or blood test.</td>
<td>I may have a positive result on tests of my phlegm.</td>
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Signs and Symptoms of Active TB

These are symptoms related to Active TB:
- Cough—lasting more than 2 weeks
- Fever or chills
- Loss of appetite; Weight loss
- Coughing up blood
- Night sweats—waking up soaked several times a night
- Tiredness; Weakness or feeling very tired

It is important for early identification and treatment of Active TB:
- To prevent spread of TB
- To eliminate TB from communities
Signs and Symptoms of Active TB

- Chronic cough
- Fever
- Loss of appetite
- Coughing up blood
- Chest pain
- Night sweats
- Weight loss
- Tiredness
WHY DOT FOR TB?

DOT = Directly Observed Therapy.

The DOT Aide watches the client swallow each dose of anti-TB medication to make sure that the client takes all the medication correctly and to monitor side effects.

This is the Standard of Care for TB clients in Alaska so people do not become more sick and spread the disease to other people.

The client needs to take the medication by DOT.

If not, the client could become very sick and even die.
WHY DOT FOR TB?

STOP TB
# ROLES & RESPONSIBILITIES OF DOT AIDE

<table>
<thead>
<tr>
<th>Public Health Nurse</th>
<th>DOT Aide</th>
<th>AK TB Program</th>
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</thead>
<tbody>
<tr>
<td>1. Identifies, hires and trains DOT Aide</td>
<td>1. Completes DOT training, accepts assignment and signs contract</td>
<td>1. Provides support and clinical guidance for TB cases</td>
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<tr>
<td>2. Receives and checks TB medications against prescription</td>
<td>2. Checks TB medications</td>
<td>2. Processes DOT invoices for payment</td>
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<td>3. Ensures safe and proper storage of medications</td>
<td>3. Meets with client, asks about side effects, then delivers medication for DOT</td>
<td>3. Coordinates TB medication delivery throughout AK</td>
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<td>4. Completes TB medication teaching for client</td>
<td>4. Always observes client swallowing medication, and <strong>NEVER</strong> leaves medication for client to take later</td>
<td>4. Provides incentives &amp; enablers for PHN use</td>
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<tr>
<td>5. Ensures required testing is done and sent to AK TB program</td>
<td>5. Reports all side effects, missed doses and concerns to PHN</td>
<td>5. Assists with preventing treatment interruptions when clients move</td>
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<tr>
<td>6. Sends completed, signed monthly DOT calendar and DOT Invoice to AK TB program</td>
<td>6. Reviews client progress with PHN every month or as needed</td>
<td>6. Oversees and assists with PHN case management for all active TB cases/suspects.</td>
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<td>7. Orders more medication as needed</td>
<td>7. Reminds client when lab or other tests are requested by PHN or medical provider.</td>
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<td>8. Counts medication doses to ensure correct number of doses is taken</td>
<td>8. Stores medication safely in a locked cabinet in a secure location</td>
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<tr>
<td>9. Supervises and monitors work of DOT Aide</td>
<td>9. Documents all doses on DOT calendar daily, signs, completes invoice and faxes/mails to PHN</td>
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</tr>
<tr>
<td>10. Reviews client progress with medical provider as needed</td>
<td>10. Maintains confidentiality with all client medications and information</td>
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<tr>
<td>11. Consults with AK TB Program about problems, medication side effects, and DOT Aide or client concerns monthly.</td>
<td>11. Provides cultural and language support to PHN/client as needed</td>
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<td>12. Reinforces TB teaching done by PHN</td>
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ROLES & RESPONSIBILITIES OF DOT AIDE

- DOT AIDE
- Patient
- Public Health Nurse
- AK TB Program
DURING A DOT VISIT

(THIS IS THE MOST IMPORTANT PART OF THE JOB)

What does a DOT visit look like?

- DELIVER each dose of medication to the client
- PREPARE whatever the client takes the medication with (for example: water, apple sauce, etc.)
- CHECK the medication is the right one for the client
- ASK the client about medication side effects. If the client reports any medication side effect, STOP and call PHN
- WATCH the client swallow medications. Do not give the medication to client and leave without actually watching them take it. The client does not have to swallow all at once but make sure the client takes ALL of them!
- DOCUMENT the medication the client took on the DOT calendar
DURING A DOT VISIT
TB MEDICATION SIDE EFFECTS

TB Medication Side Effects: Always ask about medication side effects BEFORE each dose of medication

- Loss of appetite
- Yellow eyes or skin (jaundice)
- Nausea or vomiting
- Abdominal pain
- Fever
- Dark urine (coffee or Coke colored)
- Rash or itching (itching all over body)
- Fatigue (very tired)
- Tingling or burning in hands or feet
- Vision changes

Report ANY medication side effect or changes to the PHN (Public Health Nurse). If unable to reach the PHN, send the client to the health aide or medical provider. If the client has any side effect, DO NOT give medications until the PHN or medical provider says it’s ok to give.

DO NOT give medication if unable to read med label, or if you have any questions.
TB MEDICATION SIDE EFFECTS
STAYING IN TOUCH

It is very important to stay in touch with Public Health Nurse and keep him/her informed.

When to call Public Health Nurse:
- When client reports medication side effects
- If the client misses a dose of medication
- If the client is missing from the community
- Before the client leaves the community for travel, fishing, hunting, medical appointments, etc.
- If the client is drinking
- If you do not feel safe
- If the client is contagious and seen in public without wearing a mask

PHN will call you at least once a month to check in but you can call PHN anytime.

Remember, PHN is there to support you to do your job so if you have any questions or concerns, please call PHN!
STAYING IN TOUCH
DOT Paperwork

At the end of each month
- Review each client’s DOT calendar and make sure that each day you watched them take medication is marked with the date, name of medication, dosage, and your initial.
- If client missed any dose during the month, write down why the client missed it on the day it was missed.
- Complete and sign the DOT monthly invoice.
- Fax or send by mail both DOT calendar and monthly invoice.

The medications that the client takes cannot be counted unless you watch them take it and document on the calendar correctly.

We need both documents ON TIME to send to the Alaska TB Program so you can get your paycheck as soon as possible.
DOT Paperwork

Directly Observed Therapy (DOT) Calendar

STOP TB DRUGS and contact your local CHAP or PHN if your client has any of the problems listed below:

- Decreased appetite
- Fatigue
- Rash or itching
- Frequent stools
- Stomach pain

Fever

Please fax to 543-0436 after last dose of month!

DOT Aide Monthly Invoice for Payment

Today's date: _____________________________

Invoice for the month of: _____________________________

Client: _____________________________

Completed review of AK DOT Aide File:

Medication: ____________________________________________

Number of daily DOT doses observed: ____________________________

Total payment requested: ____________________________

Send payment to:

Note: ____________________________

PUN: ____________________________

Signed: DOT Aide

Signed: PHN Case Manager

Please fax this form and monthly calendar to: PHN at 907-_____________

Patient Name: Doe, Jane

DOB: 000000

Village: Disneyland

DOT Aide: Mouse, Mickey

Month: December 2016
MEDICATION TIPS FOR CHILDREN

Infant: Offer medication when hungry; Crush medication and mix with applesauce, pudding, etc.; Use bib to prevent stains from rifampin.

Toddlers 1-3 year olds: Distract with toy, sounds or object; Use simple directions; Offer small incentive with each dose; Be persistent and patient.

Preschoolers 3-5 year olds: Offer lots of praise “good job”; Give simple instructions; Offer incentive with each dose; Offer medication when rested; Be persistent and consistent.

School age 5-12 year olds: Use simple instructions; Limit choices (crushed or whole); Offer tips for swallowing pills if able; Offer praise and incentive.

Adolescent age 12-18 year olds: Involve in decision making; Offer tips for swallowing medication (imagine pills as pieces of rice); Swallow water versus drink water; Offer delayed incentive, i.e. gift card; Offer praise.
MEDICATION TIPS FOR CHILDREN

Good job!