



**Tacoma-Pierce County Health Department  
Tuberculosis Control**

**Videophone Directly Observed Therapy**

Directly observed therapy (DOT) for tuberculosis increases patient adherence. This increased adherence both reduces the risk of disease recurrence and also prevents the development of resistant *Mycobacterium tuberculosis* strains.

Once the patient has completed 3 weeks of medication by DOT, video DOT is an option. Video DOT is an option in place of at home/office DOT, that Tacoma-Pierce County Health can offer to our clients.

During Video DOT, a monthly supply of pre-packaged medication doses will be given to the patient at each clinic visit. The Health Department personnel will arrange a set time for the remote video call with the patient. Video DOT times are from 8:00 am-9:00 am and 4:00-4:30 pm. During the video call the patient will be expected to display the medications onscreen. The health worker will then witness the patient swallowing the medication.

**Exclusion Criteria**

1. Patient in isolation.
2. Patient with side effects requiring graduated doses.
3. Illegal activities occurring in the home.
4. Video DOT must be accomplished within 15 minutes.
5. Lack of stable environment or lack of telephone at patient location.
6. Less than 90% compliance with therapy during the initial 3 weeks of standard DOT.
7. Inability to maintain effective communication via the videophone either due to patient disability or language barriers.
8. Inability of the patient to demonstrate effective use of the equipment.