

Directly Observed Treatment (DOT)

What is DOT?

1. DOT refers to the practice of observing the tuberculosis (TB) patient swallow every dose of TB drugs by trained personnel.
2. DOT has been strongly recommended by the World Health Organization (WHO) and the International Union Against Tuberculosis And Lung Diseases (IUATLD) as one of the most reliable and well-established TB control measures.

Advantages:

1. By enhancing treatment adherence, DOT helps promote treatment completion and reduce the risk of acquiring drug resistance.
2. Treatment side effects may also be more readily identified, and promptly managed.

What happens during DOT?

1. DOT is carried out by 2 nurses in the treatment room.
2. The patient is required to produce a personal treatment card.
3. Nurses will check the patient's name on the treatment card.
4. Nurses dispense TB drugs according to the treatment card, double-check the patient's name before seeing the patient swallow the drugs, ask how the patient feel after taking medicine, and record the patient's attendance.

Talk to the public health nurses if have problems with your TB medicine.