Guidelines for Directly Observed Therapy (DOT) with Community Health Workers

Background:
- DOT is a practice whereby a health care worker observes (watches) a patient swallow every dose of their prescribed TB medications. DOT is an important strategy to assure patient adherence to their TB treatment plan, help each patient complete treatment in the shortest time, and facilitate regular monitoring of side effects. Family members are not used for DOT.
- The Division of Global Populations and Infectious Disease Prevention (Division) in the Bureau of Infectious Disease and Laboratory Sciences (BIDLS), Massachusetts Department of Public Health (MDPH), is committed to promoting and supporting DOT for persons meeting DOT criteria.
- The Division uses trained Community Health Workers (CHWs) to provide outreach, including DOT. CHWs can supplement DOT provided by Local Public Health nurses, school nurses, or other health care workers.

Purpose:
The primary purpose of the Guidelines for DOT is to provide a standardized framework for DOT, with particular focus on DOT that involves Division CHWs.

Roles and Responsibilities:
Roles and responsibilities of Local Public Health nurses and Division TB Public Health Nursing Advisors, CHW Supervisors (CHW-Supervisor) and CHWs in the delivery of DOT are outlined below.

The Local Public Health Nurse is the direct case manager for persons with TB.

The Local Public Health Nurse can request DOT assistance from the Division:
- In the MAVEN-TB event → select Care Plan/Follow-up Question Package → at the Outreach Requested question, select “YES”
- The CHW-Supervisor will contact the Local Public Health Nurse to discuss the request and, as appropriate, develop a DOT plan that includes a scheduled initial joint visit with the patient to introduce the CHW and to describe the CHW role in the patient’s TB treatment.
The Local Public Health Nurse’s roles and responsibilities in DOT includes:

- Discuss all aspects of the DOT plan with the patient to ensure clear understanding of his/her rights and responsibilities when receiving DOT
- Review and sign the DOT Agreement
- Provide DOT to the patient as scheduled
- Periodically re-evaluate the need for continued DOT and update the DOT plan as appropriate in coordination with the CHW-Supervisor
- Report adverse reactions to the TB medical provider as appropriate; document in MAVEN record
- Document DOT provided on the DOT Log
- Attach the completed DOT Log to the MAVEN record by
  - Faxing the DOT Log to the Division at 617-983-6990
  - Scanning and attaching the DOT Log to the patient’s MAVEN event
- Update the MAVEN Medications Question Package if the patient’s TB treatment regimen changes
- Update the DOT Log if the patient’s treatment regimen changes
- Provide guidance to the CHW-Supervisor/CHW if there are concerns about non-adherence, side effects, or other urgent situations
- Revise and adjust DOT schedule with CHW-Supervisor as needed

Infusion Therapy DOT:

- Demonstrate to CHW how infusion treatment is administered and what to observe during DOT, if applicable.

The Division TB Public Health Nursing Advisor is the indirect case manager for patients with TB. The Division Nurse provides consultative support to the Local Public Health Nurse who has the responsibility for the direct patient management. The Division Nurse works collaboratively with the Local Public Health Nurse to determine the level of case management, including DOT, the patient needs to ensure adherence to TB treatment.

The Division Nurse can directly request DOT assistance from a Division CHW by:

- In MAVEN TB event ➔ select Care Plan/Follow-up Question Package ➔ at the Outreach Requested question, select “YES”
- The CHW-Supervisor will contact the Division and/or Local Public Health Nurse to discuss the DOT support needed and develop the DOT plan as appropriate.
The Division Community Health Worker Supervisor (CHW-Supervisor) supervises CHWs to ensure that DOT is provided as planned.

The CHW-Supervisor role in DOT includes:
- Ensure that each DOT request is processed by:
  - Accepting the DOT request in MAVEN
  - Discussing DOT support needed with Local Public Health Nurse and completing the DOT plan
- Assign and review DOT plan with the CHW, including use of the DOT Log
- Coordinate the initial joint visit to the patient by the CHW and the Local Public Health Nurse
- Collect the DOT Log from CHW each week (if not submitted by the Local Public Health Nurse)
- Review and attach the completed DOT Log to the MAVEN record by
  - Faxing the DOT Log to the Division at 617-983-6990
  - OR Scanning and attaching the DOT Log to the patient’s MAVEN event
- Track and monitor DOT provided
- Inform the CHW of changes in treatment regimen or DOT schedule
- Inform the Local Public Health Nurse about CHW schedule changes
- Document reported non-adherence and medication side effects in the Notes section of the TB patient’s MAVEN event; follow up with the Local Public Health Nurse as needed
- Provide ongoing training to CHWs about DOT
- Document other CHW-reported TB treatment-related concerns in the Notes section of TB patient’s MAVEN event

The Division Community Health Worker (CHW) provides DOT to TB patients to ensure completion of TB treatment. In addition, the CHW provides health education and social support as needed.

The CHW role in DOT includes:
- Review DOT plan with the CHW-Supervisor and the Local Public Health Nurse
- Review DOT schedule with the TB patient during first home visit
- Review and sign the DOT Agreement
• Provide DOT by watching the patient swallow TB medications as prescribed and staying with the patient for 15 minutes, to ensure patient swallows the pills and to monitor for possible adverse reactions
  ✓ Ask how the patient is feeling before each DOT
  ✓ If any side effect is reported, stay with the patient and call the Local Public Health Nurse to inform him/her of the reported side effects. Follow instructions provided by the Local Public Health Nurse. If unable to reach the Local Public Health Nurse, contact the CHW-Supervisor to report medication side effects and follow directions provided by CHW-Supervisor
  ✓ Report side effects and action steps to the CHW-Supervisor
• Complete the DOT Log and submit to the Local Public Health Nurse or CHW-Supervisor each week
• Immediately report DOT non-adherence (patient not at home for DOT, patient refused to take medication) to Local Public Health Nurse and to CHW-Supervisor
• Notify CHW-Supervisor if unable to provide DOT for any reason as scheduled (e.g. sick, vacation, delayed in traffic, etc.) and let the Local Public Health Nurse know as soon as possible
• Notify CHW-Supervisor about any concerns during DOT visit

Infusion Therapy DOT:
  o Observe patient administering infusion – start-to-end based on TB treatment plan
    ➥ If a situation requiring immediate medical attention occurs while observing DOT, without leaving the patient:
      ➢ Call 911
      ➢ Notify Local Public Health Nurse about situation once help has arrived; follow action steps if provided by Local Public Health Nurse
      ➢ Notify CHW-Supervisor about the situation and action steps taken by Local Public Health Nurse, if any