

**Section 4: Management of Tuberculosis  
Cases**

**Policy Number: 4.1**

**Subject: Directly Observed Therapy  
(DOT) for the Treatment of Active TB  
Cases**

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**1. POLICY**

1.1 Directly Observed Therapy (DOT) is the recommended standard of care in management of active tuberculosis (TB) cases. It is the most effective strategy available for ensuring adherence to treatment.

1.1.1 In order to support clients through the long treatment regimen all persons diagnosed with active TB disease will receive DOT.

1.1.2 The First Nations and Inuit Health Branch-Ontario Region (FNIHB-OR) DOT Manual is the standard to train community health care providers to deliver DOT ([www.onehealth.ca](http://www.onehealth.ca)).

**2. PROCEDURE**

2.1.1 Education should be provided to clients and families on the benefits of DOT stressing that DOT is a supportive strategy and not a punitive measure.

2.1.2 DOT worker training should be given to two (2) or more workers in the community when possible to allow coverage for the long period of treatment.

2.1.3 DOT training will be provided by the Communicable Disease (CD) nurse or the Community Health Nurse (CHN) with support from the Practice Consultant – Public Health.

2.1.4 DOT can be delivered by a Community Health Representative (CHR), or any community member who is a trained DOT worker.

2.1.5 Any issues with adherence should be discussed with the CD nurse to receive further direction.

**3. REFERENCES**

3.1 First Nations and Inuit Health Branch – Ontario Region. (2012). Directly Observed Therapy Manual. Retrieved from: [www.onehealth.ca](http://www.onehealth.ca).