

Directly Observed Therapy (DOT) DOT means a designated healthcare worker watches the patient swallow each dose of medication (for suspected/confirmed cases of TB disease). This is the only way to ensure completion of therapy and thus stop the transmission of disease. DOT is the **standard of care** in the most effective TB control programs in the world. The Iowa TB Control Program provides limited reimbursement to local health departments to perform DOT. Contact the Program Manager to enroll in this program.

DOT Tracking Form

Consequences of incomplete/inadequate therapy include:

- Treatment failure
- Relapse
- Multiple drug resistant tuberculosis (MDR-TB).

From a Public Health perspective, poorly supervised, incomplete treatment of TB is worse than no treatment at all.