Video DOT Uptake and Expansion in Maryland

Katrina Rios, Director of Strategic Partnerships
emocha experience in Maryland: 2017

28 patients enrolled in study
Advancing Patient-Centered Care in Tuberculosis Management: A Mixed-Methods Appraisal of Video Directly Observed Therapy

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Background. Directly observed therapy (DOT) remains an integral component of treatment support and adherence monitoring in tuberculosis care. In-person DOT is resource intensive and often burdensome for patients. Video DOT (vDOT) has been proposed as an alternative to increase treatment flexibility and better meet patient-specific needs.

Methods. We conducted a pragmatic, prospective pilot implementation of vDOT at 3 TB clinics in Maryland. A mixed-methods approach was implemented to assess (1) effectiveness, (2) acceptability, and (3) cost. Medication adherence on vDOT was compared with that of in-person DOT. Interviews and surveys were conducted with patients and providers before and after implementation, with framework analysis utilized to extract salient themes. Last, a cost analysis assessed the economic impacts of vDOT implementation across heterogeneous clinic structures.

Results. Medication adherence on vDOT was comparable to that of in-person DOT (94% vs 98%, P = .17), with a higher percentage of total treatment doses (inclusive of weekend/holiday self-administration) ultimately observed during the vDOT period (72% vs 66%, P = .03). Video DOT was well received by staff and patients alike, who cited increased treatment flexibility, convenience, and patient privacy. Our cost analysis estimated a savings with vDOT of $1391 per patient for a standard 6-month treatment course.

Conclusions. Video DOT is an acceptable and important option for measurement of TB treatment adherence and may allow a higher proportion of prescribed treatment doses to be observed, compared with in-person DOT. Video DOT may be cost-saving and should be considered as a component of individualized, patient-centered case management plans.

Keywords. mHealth; medication adherence; telemedicine; tuberculosis; video DOT.
emocha experience in Maryland: 2018

55 patients have used or are using emocha post-study
emocha experience in Maryland: 2019

137 patients and counting!
emocha experience in Maryland

13,500+
Videos submitted since April 2016
emocha is now available in all Maryland counties!

Need an introductory training or a refresher? Please email your TB Nurse Consultant to get connected to the emocha implementation team.
UNITE TO END TB
Thank you!
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