

# VIDEO-ASSISTED DIRECTLY OBSERVED TREATMENT SHORT

## COURSE (VDOTS)



مركز الأمراض الإنتقالية  
Communicable Disease Center

عضو في مؤسسة حمد الطبية  
A Member of Hamad Medical Corporation





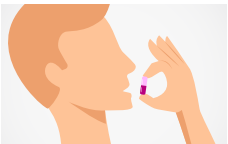



## Video-assisted DOTS (VDOTS)?

Directly Observed Treatment Short-course (DOTS) is recommended worldwide in supervising and monitoring Tuberculosis (TB) management, yet transportation, time constraints, and inadequate resources limit its use. Therefore, Hamad Medical Corporation (HMC) - Communicable Disease Center (CDC) adapted the Video-assisted DOTS (VDOTS) to improve the service and resolve problems brought about by time and resources constraints. Thus, addressing these problems by innovating the service through technology will increase patients' adherence to treatment.

A scheduled live call and/or recorded video through an instant messaging app can be useful to monitor compliance to TB medication. In line with this, convenience, preference, and liberty could result to adherent behavior of the patients and will boost patients' experience.

## VDOTS

### Follow the STEPS

	<p><b>Step 1:</b> Patient should show his/her Health Card/ QID or Passport in the video for identification.</p>
	<p><b>Step 2:</b> Patient will prepare the medicines one-by-one in the transparent medicine cup while carefully counting and checking the medicines before taking medication.</p>
	<p><b>Step 3:</b> Patient will take the medicine one-by-one by showing it to the video.</p>
	<p><b>Step 4:</b> After swallowing, the patient should demonstrate "tongue-out technique". To make sure that the patient swallowed the dose.</p>
	<p><b>Step 5:</b> Patient will TICK AND SIGN the Treatment Card and state the date of taking the medicine.</p>
	<p><b>Step 6:</b> Patient will be reminded to continue the scheduled live-video or sending of recorded video in a daily basis.</p>

## Frequently Asked Questions (FAQs)



### Who is seeing my video and where is it going after I send it?

**Answer:** Video that has been sent are checked and evaluated by the Video assisted DOTS Nurse only for compliance purposes afterwards videos will be deleted.

### If I have any problems with the medicine, can I message or call the nurse?

**Answer:** Yes, you can ask the nurse for any TB-related problems.

Concerns that needs an immediate response should be directed to the TB Clinic from 7am to 2pm except Friday and Saturday or go to Emergency Department of Hamad Medical Corporation.

### If I fail to send a video, what should I do?

**Answer:** As soon as the patient realized his failure to send his video, he can immediate inform the VDOTS Nurse by sending message. Repeated non-sending of video will be considered non-compliance.

### How long should I take the medicine?

**Answer:** Duration of the treatment depends on the plan of care.

### Which patients are eligible for the service?

**Answer:** Patients who has Latent Tuberculosis and Active Tuberculosis infection (fully sensitive culture only).

### What are the requirements?

**Answer:** Smart phone and stable internet access

### What are the benefits of VDOTS compared to Community Supervised Therapy (CST) or Health Center partners?

**Answer:** Compared to CST and Health Center partners, VDOTS is more convenient to patients and it saves times and resources such as money for taxi fare and travel time. During the day, patient can send their video through instant messaging app to show compliance to medications.

### How often should I send video, which time and until when should I send them?

**Answer:** Live-video call must be done based on the agreed time by the nurse and the patient or recorded video must be sent in a daily basis. Sending of video will continue until the treatment is completed.

### If I am planning to travel back to my country or a vacation out of the country, am I still required to comply to VDOTS?

**Answer:** Yes, continue call or sending of recorded video is must to all patient on out—of the country trip/ vacation. If you do not return to Qatar, VDOTS can be discontinued. However, you must consult with your physician in your home country.

### Can I send video from another number if I don't have internet access?

**Answer:** Yes, but the patient must notify the nurse regarding the use of another number.



## Communicable Disease Center

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