

Guidelines for Home-based Directly Observed Therapy

Initial visit: Introduce yourself to the patient and explain that the visits will be short (less than an hour) and that the scope of the assignment is the observation of antiretroviral therapy prescribed. Show the log sheets to the patient and provide them with a contact number to reach you if there is a problem or the visit must be changed for any reason. After the first week, the visits may be shorted to 30 minutes.

Explain to the patient that you are bound to strict confidentiality laws and will not discuss any information shared, HIV status or the purpose of your visit to anyone else in the household.

Re-iterate to the patient that any problems with the medications should be reported directly to their care team. The care team is usually made up of a physician and a social worker at Northwestern Memorial Hospital, but another institution may participate in this program. Make sure they have the telephone number of a contact person. However, if the patient reports any nausea or vomiting after one hour of medications, that she should not retake her medications. The care team should be contacted as soon as possible.

1. Observe the patient swallow each medication twice daily, usually 12 hours apart. The specific times will be provided determined on a case by case basis.
2. A list of the medications the patient is taking, including the dosage amounts and any single day dosing will be noted. The specific medications and timing of administration will be provided with each new case assignment.
3. If the patient should experience any nausea or vomiting within 1 hr and/or you can visibly see the medication in the vomit, the patient should take those pills again and be witnessed keeping them down over the next hour.
4. Inform the patient that if they should experience any nausea and vomiting after 1 hour of taking her medications, not to retake her medications.
5. Use the Tracking Log to keep track of visits by marking which medications were taken and both patient and worker initialing each dose.
6. At the end of every week (Friday or Sunday) fax the tracking log to the care team for inclusion in the patient's medical record. The contact information for this will also be provided on a case by case basis.