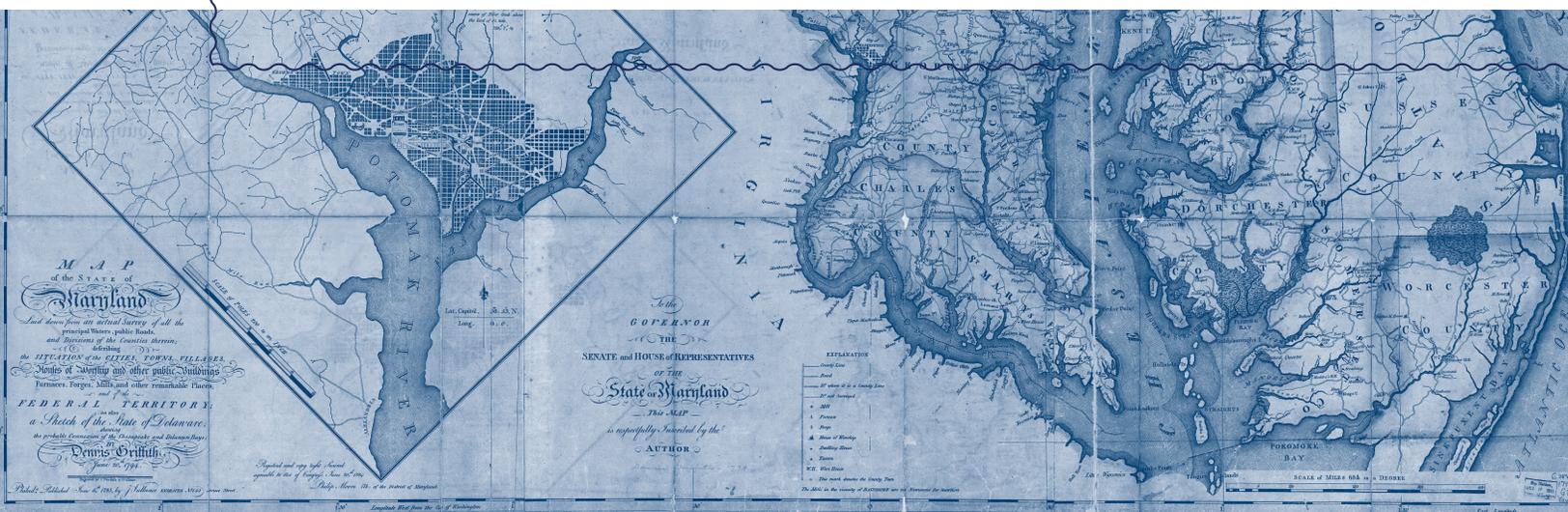




Maryland Department of Health effectively expands video Directly Observed Therapy in local health departments across the state.

The Maryland Center for Tuberculosis (TB) Control and Prevention explored a long-term and sustainable expansion of video directly observed therapy (DOT) that established a more efficient, standardized approach to deliver patient-centric care. The plan enabled state-wide providers to easily leverage technology to support patients throughout the course of their TB treatment.



The Purpose

In 2015, three local health departments (LHDs) in Maryland participated in an NIH-funded study in which TB programs implemented emocha's video DOT platform. The multi-pronged, year-long study—published in the journal *Open Forum Infectious Diseases*—was designed to assess the effectiveness, acceptability, and financial feasibility of the video directly observed therapy (DOT) platform. Through the technology-enabled service, patients record videos of themselves taking medication to demonstrate adherence, and providers review patient videos, extend engagement and support, and ensure continuous

94%

MEDICATION
ADHERENCE

\$1,391

SAVED PER PATIENT

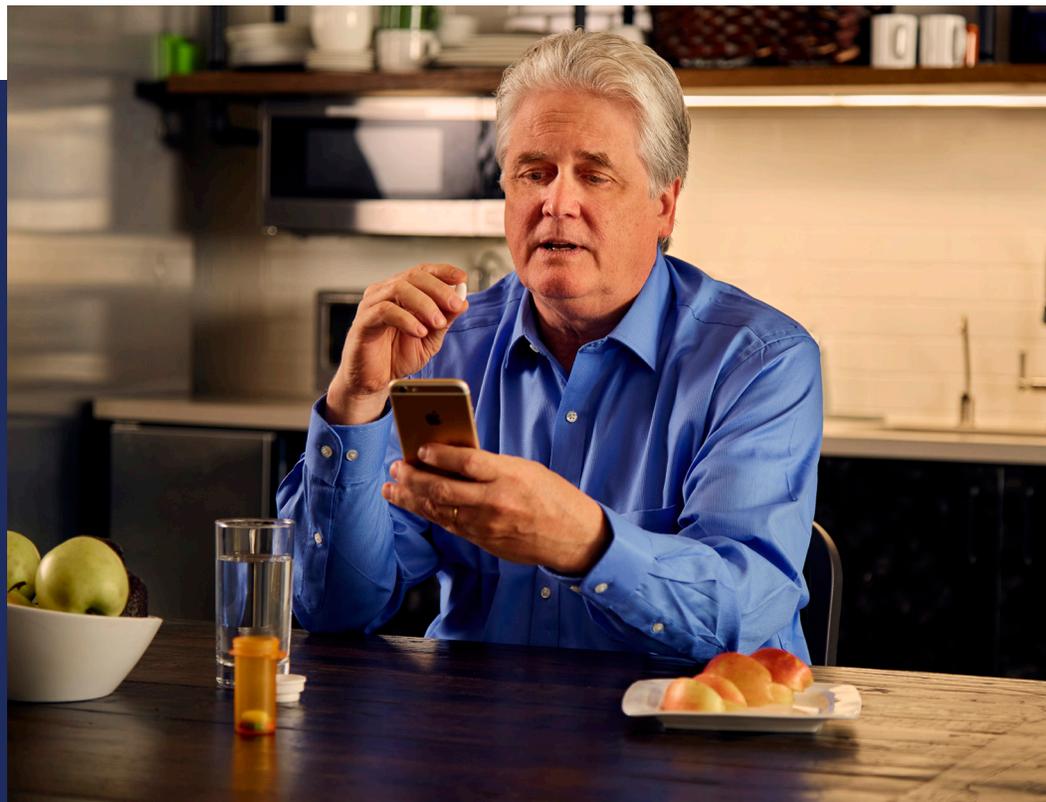
efficiency and quality. In conducting pre- and post-implementation interviews and surveys with clinic

staff and patients, the researchers found that video DOT was a preferable option due to its cost-savings, convenience, and logistical viability. Moreover, the study's economic evaluation indicated that video DOT allowed clinic staff potential cost-savings, with increased flexibility for resource redistribution. Researchers found that emocha helped patients with tuberculosis achieve **94 percent medication adherence**, with the potential to save public health programs \$1,391 per patient on average. All the initial research jurisdictions elected to continue supporting emocha independently after the study ended.

The Solution

To determine how to expand the use of emocha's video DOT platform across the state, the Maryland Department of Health (MDH) analyzed year-to-year patient utilization of the emocha platform. Additional multi-disciplinary workshops were formed with a specific focus on the desired specifications of a statewide platform. Video DOT guidelines were also updated with input from academic medical center representatives, LHD staff, and state TB program nurse and physician consultants.

In continuing emocha's use after the study's conclusion and overall success, the Maryland Center for



TB Control and Prevention (CTBCP) sought to explore a sustainable means of expanding video DOT access, and

ultimately institute one streamlined platform for all Maryland LHDs.

The Results

Within three years, thousands of videos were reviewed by LHD staff, and over 150 patients utilized the platform for TB treatment monitoring. In January 2019, state TB guidelines for enrolling

patients into video DOT were expanded and developed to reflect the knowledge gleaned during the study period. Moreover, given the results of the study and subsequent implementation,

funding for a state contract was secured—thereby allowing all Maryland counties to access emocha, and enabling the state to have streamlined reporting.



150 Patients utilized platform for TB treatment monitoring



Over **13,500** Videos assessed by LHD staff



27% increase in platform usage between June 2017 and April 2018

About emocha Mobile Health

emocha uses mobile technology to secure medication adherence through Directly Observed Therapy — the practice of watching patients take every dose — and is proven to secure 94 percent average adherence rates. The platform is being used by public health departments, clinical trials, hospitals, community health centers, and managed care organizations to achieve high adherence rates and retain patients in care.

REACH OUT TO US:

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