

Fresno County Department of Public Health needed to expand the capacity of their limited staff to support patients during TB treatment.

Learn how emocha helped Fresno save money, reduce greenhouse gas emissions, and secure high rates of medication adherence.

the **PROBLEM**

Fresno County Department of Public Health is responsible for helping people with tuberculosis (TB) complete treatment and adhere to their medications through Directly Observed Therapy (DOT) -- the practice of watching patients take every dose of their medication. Recently, the number of active TB cases in Fresno County increased while treatment for patients with latent TB expanded, creating a need for more DOT visits. However, the county only employs three workers who must cover 5,958 square miles to observe patients in-person on a near daily

basis. This created additional challenges such as inconvenient meeting times for patients, added vehicle maintenance, and concerns about employee safety due to long travel days into rural areas. Continuing DOT in-person would have required the department to hire another DOT worker. Additional costs for salary, benefits, and a new vehicle were not in the budget.



the **SOLUTION**

Fresno County implemented emocha's video Directly Observed Therapy platform to help expand the reach of their DOT team.

Patients downloaded emocha's HIPAA-compliant video DOT application on their smartphone and video recorded themselves taking their medication. Patients without a

smartphone could borrow 1 of 4 available phones from the county to use during treatment. Fresno County's TB staff reviewed the videos, assessed adherence, and engaged with patients through emocha's secure platform.

the RESULTS

Within one year, 62 patients with active or latent TB used emocha during their TB treatment. Fresno County Department of Public Health was able to save time, reduce miles of driving, avoid carbon dioxide emissions, and eliminate costs, while helping patients adhere to their medication regimens.



41.36 metric tons of CO2 emissions avoided



\$100,531 in salary and benefit savings



\$10,196 in savings from gasoline



2,694 employee hours saved

90%

>90% adherence for clients active as of November 2017



110,234 vehicle miles saved

SOURCE: Prado, Joe. (2018, May). Use of Asynchronous Video Directly Observed Therapy to Improve the Patient Treatment Experience and Reduce Greenhouse Emissions. Poster session presented at the meeting of the National Tuberculosis Controllers Association, Palm Springs, CA.

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, and managed care organizations to achieve high adherence rates and retain patients in care.

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