

# Community Supervised Therapy (CST)

## FAQs

### 1. What if I change my home or work location?

Inform your nurse. If you are still within the CST area, the service will come to your new location.

### 2. What happens if I miss the nurse's visit?

The nurse will wait 5-10 minutes. After that, you must visit the CDC to take your dose.

### 3. Can I use CST during my vacation?

Notify the nurse. Arrangements will be made for you to pick up your medicines and temporarily switch to VDOTS.

### 4. How is CST better than other DOTS options?

CST saves time and money. It's more convenient than VDOTS or clinic visits.

## For More Information Contact CST staff:

40254140, 40254153

11 am – 2 pm all weekdays.



## Patient and Family Education

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## What is Tuberculosis (TB)?

TB is a disease caused by bacteria. It can affect the lungs (Pulmonary TB) or other body parts (Extrapulmonary TB).

## Types of TB:

### 1. Latent TB:

- The bacteria are inactive and do not make you sick.
- Without treatment, 1 in 10 people with latent TB may develop active TB.

### 2. Active TB:

- The bacteria attack your body, causing symptoms such as:
  - Cough
  - Weight loss
  - Night sweats
  - Fever

## What is DOTS?

Directly Observed Treatment-Shortcourse. (DOTS) means a health worker watches you take each dose of your TB medicines.

## What is CST?

Community Supervised Therapy (CST) is DOTS done in your community. A CST nurse brings you your TB medicines and watches you take it at your home or workplace.

## Who Can Get CST?

CST is offered to adults managed in CDC outpatient clinics who:

- Want care close to home within the CST coverage (or designated) area.
- Need help taking their medicine daily.
- Are elderly, disabled, or far from healthcare centers.
- Do not qualify for other DOTS options, like (video DOTS).

You must have a doctor's referral and meet with the CST nurse to enroll.

## What Does the CST Nurse Do?

- Visits you at a time and place of your choice.
- Brings your TB medicines and makes sure you take it correctly.
- Tracks your progress and updates your doctor.
- Refers you to the doctor if problems arise.
- Maintains privacy and confidentiality.

## Your Responsibilities as a Patient

- Be at the agreed time and place for your appointment.
- Show your ID (QID, passport, or health card).
- Tell the nurse about any side effects.
- Take your medicine while the nurse is present.
- Notify the nurse about schedule or location changes.