

# Use of Incentives and Enablers in Tuberculosis Treatment

## Incentives

**Incentives** are small rewards given to patients to encourage them to finish their treatment. Choose incentives with the patients' unique needs and interests in mind. A patient usually gets incentives on an ongoing basis. This can be weekly, monthly or when the patient reaches key milestones.

When you offer incentives, make an oral or written agreement with the patient. For example, if the patient keeps all directly observed therapy (DOT) appointments, the patient receives the incentive. If the patient does not keep their end of the agreement, withhold the incentive. Kindly but firmly explain why they did not get the incentive and what they need to do to get it.



## Enablers

**Enablers** make it possible or easier for patients to receive treatment by overcoming barriers. For example, if a patient lacks transportation to the clinic, it makes sure they can get it. Work with the patient to find out what gets in the way of their ability to stick to treatment. Provide an enabler to help the patient overcome their barrier.

Incentives and enablers are not “bribes.” Use incentives to motivate, but not to force. Use of incentives and enablers should not be automatic for all tuberculosis (TB) patients. Not everyone needs this type of help to finish treatment.

## Sources of incentives and enablers

Programs can get incentives and enablers from many different sources. Possible sources for obtaining incentives and enablers include:

- The Tuberculosis Program, Oregon Health Authority
- Community organizations, such as church groups
- Businesses that donate items such as food or gift vouchers
- TB program staff who are willing to devote extra time and attention



## Examples of incentives (i) and enablers (e)

<p><b>MONEY</b></p> <ul style="list-style-type: none"> <li>(i) Stored Value Cards (SVC, i.e. grocery store gift cards)</li> <li>(i) Gas cards</li> </ul>	<p><b>AUTOMOTIVE</b></p> <ul style="list-style-type: none"> <li>(e) Battery</li> <li>(e) Gasoline</li> <li>(e) Motor Oil</li> </ul>	<p><b>HOUSEHOLD</b></p> <ul style="list-style-type: none"> <li>(e) Rent or mortgage payment</li> <li>(e) Cooking utensils</li> <li>(e) Pre-paid cell phone</li> <li>(e) Cell phone minutes</li> <li>(e) Utility payments</li> </ul>	<p><b>PERSONAL CARE</b></p> <ul style="list-style-type: none"> <li>(e) Toiletries</li> <li>(e) Razors</li> <li>(e) Shaving cream</li> <li>(e) Face cream</li> <li>(e) Laundry service</li> </ul>
<p><b>FOOD</b></p> <ul style="list-style-type: none"> <li>(e) Nutritional supplements</li> <li>(e) Sandwiches</li> <li>(e) Canned food</li> <li>(e) Food vouchers</li> <li>(e) Fruit</li> <li>(i) Ice cream</li> </ul>	<p><b>SERVICES</b></p> <ul style="list-style-type: none"> <li>(e) Social service referrals</li> <li>(e) Help obtaining, housing, social security, food stamps</li> <li>(e) Help obtaining drug treatment</li> <li>(e) Legal services</li> <li>(e) Help obtaining driver's license or birth certificate</li> <li>(e) Repairing a bicycle</li> </ul>	<p><b>TRANSPORTATION</b></p> <ul style="list-style-type: none"> <li>(e) Bus and transit fare</li> <li>(e) Taxi fare</li> <li>(e) Bicycle</li> <li>(e) Transportation provided by Local Public Health Authority staff</li> </ul>	<p><b>FOR CHILDREN</b></p> <ul style="list-style-type: none"> <li>(i) Toys</li> <li>(i) Books</li> <li>(i) Grab bags with assorted treats</li> <li>(i) Board or card games</li> <li>(i) School supplies</li> <li>(i) Crossword or coloring books with crayons</li> </ul>
<p><b>BEVERAGES</b></p> <ul style="list-style-type: none"> <li>(e) Juices</li> <li>(e) Milk</li> <li>(e) Coffee or tea</li> </ul>	<p><b>CLOTHING</b></p> <ul style="list-style-type: none"> <li>(e) Socks or gloves</li> <li>(e) Coats/Scarves</li> <li>(e) Shoes</li> <li>(e) Stockings</li> </ul>	<p><b>SEASONAL</b></p> <ul style="list-style-type: none"> <li>(i) Special seasonal treats</li> <li>(i) Food baskets</li> <li>(i) Birthday cakes &amp; cards</li> </ul>	<p><b>OLDER CHILDREN &amp; TEENS</b></p> <ul style="list-style-type: none"> <li>(i) Video games</li> <li>(i) Mobile devices</li> </ul>

Source: Adapted from CDC Self Study Training Module 6 Managing Tuberculosis Patients and Improving Adherence, Tuberculosis (TB) [Internet]. Centers for Disease Control and Prevention; 2017 [cited 2017Oct25]. Available from: <https://www.cdc.gov/tb/education/ssmodules/default.htm>