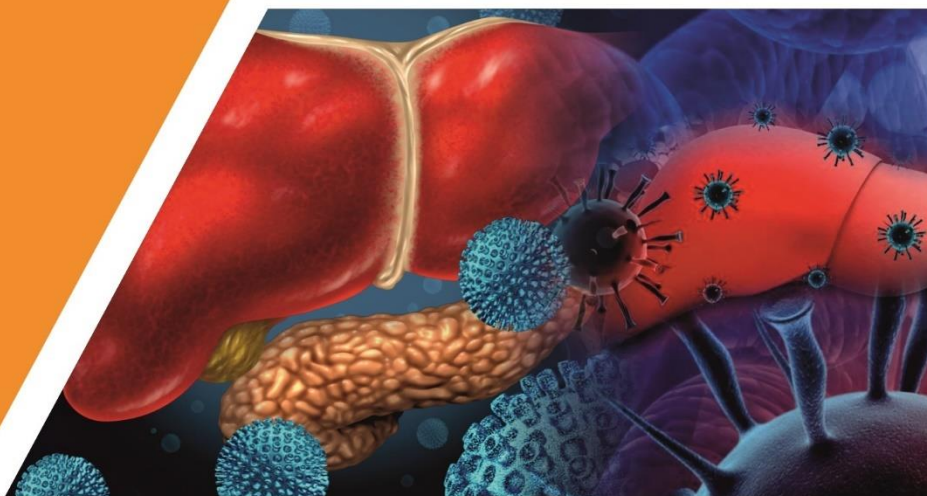




# PROJECT PRAKASH

Programmed Approach to Knowledge and Sensitization on Hepatitis



## HEPATITIS INDUCTION PROGRAM FOR NURSES

**ROLE OF A VIRAL  
HEPATITIS NURSE IN  
PRE & POST TEST  
COUNSELLING OF  
PATIENTS & FAMILY**

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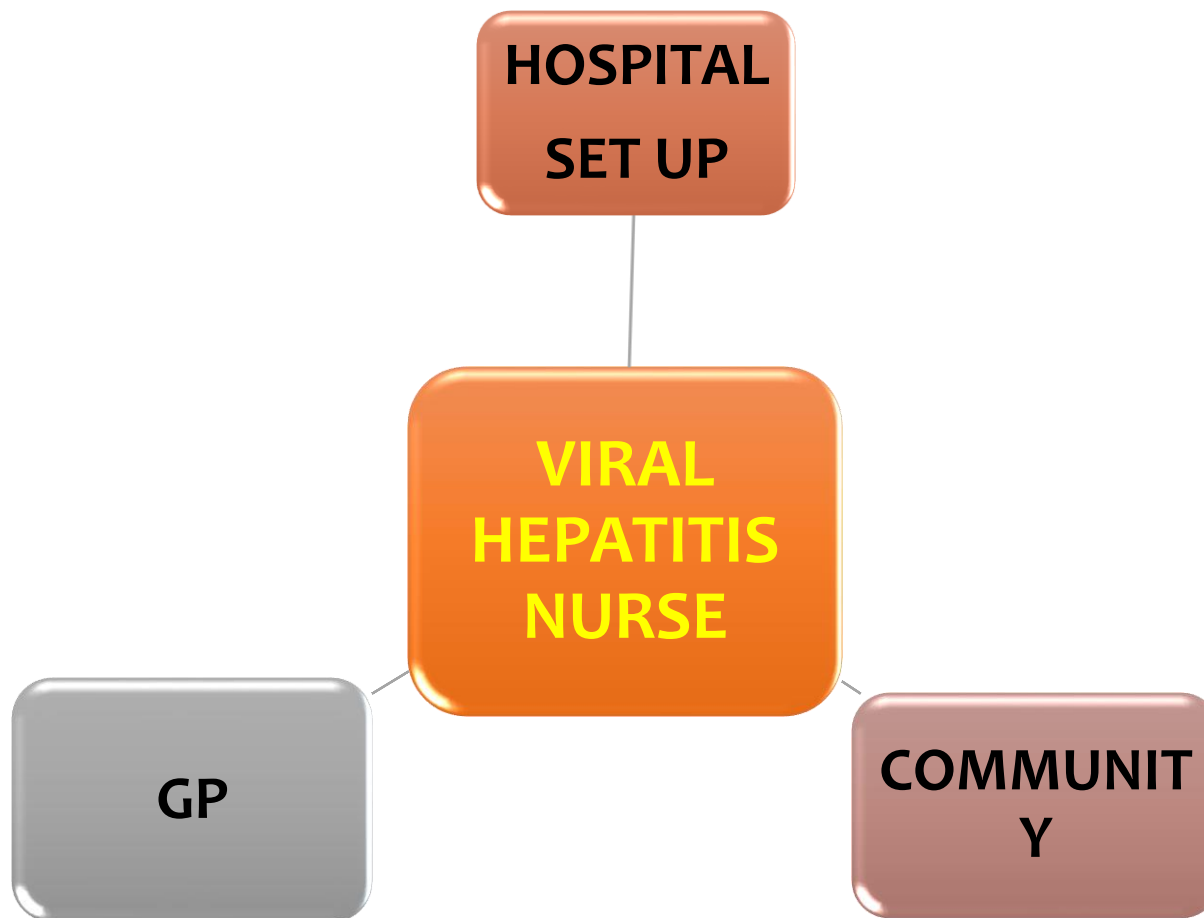


## **INSTITUTE OF LIVER & BILIARY SCIENCES, NEW DELHI**

PREVENTION OF VIRAL HEPATITIS - Ms. Mini George

- Hepatitis does not **discriminate!**
- It **affects** millions!
- Chronic HCV infection is the **leading cause of liver-related death** and hepatocellular carcinoma!

# Viral Hepatitis Nurse as a *'Counsellor'*





# WHO Guidelines on Hepatitis B & C Testing

## WHO 5' CS; Geneva; February 2017

- **Consent** - Informed consent to be tested and counselled
- **Confidentiality** - Ensuring a confidential setting and preserving confidentiality
- **Counselling** - High quality counselling ( pre and post test)
- **Correct Testing** - Provide high-quality testing services
- **Connection** - Linkage to prevention, treatment and care services with effective and appropriate follow up, including long –term prevention and treatment support

# Counselling approach for viral hepatitis patients



# How to counsel?

## **ENGAGE**

- Engage in a dialogue and help the patient to be comfortable
- Establish a trusting relationship by dialogue and exchange
- Start from what the patient knows
- Explain in simple words

## **ASSISTANCE, GUIDANCE AND ADVICE**

- In order to allow the patient to make an informed decision

## **ESTABLISH A RELATIONSHIP BASED ON TRUST**

- For the effective counselling

## **EMOTIONAL SUPPORT**

- Be Empathic ,listen and show an open attitude without judging

# Pre Test Counselling

- Ensure **Safety**
- Informed **Consent**
- Provide **Reliable Information** about the Test and Hepatitis
- Ensure the **Confidentiality**
- Building a **Therapeutic Relationship** so as the patient can question and express the fear about the Screening and Diagnosis
- **Educate Patient** and Family about the Need of the Test





# Post Test counselling

- **Being well informed about hepatitis**, especially chronic hepatitis B & C. Talk about their diagnoses and medical treatment with empathy.
- **Interpret information** patients receive from medical care providers, the Internet, family, friends, and other patients.
- **Repeat the information** in different ways until patient understand it.
- Ask about patient's **'family' responses to their diagnoses** and helping patient cope with those responses.



# Continued....

- **Educate about the liver** and how to stay healthy with hepatitis and stating that the majority of people who have chronic hepatitis C or B and who do not use alcohol will not develop life-threatening complications.
- **Offer messages of hope** about living with hepatitis.
- Emphasize consistently the **importance of patients' addressing their health-related issues.**
- Explain **complex hepatitis treatment** and test results and provide necessary explanations
- Help to make **medical appointments and advocating** for patients with medical care providers/ Hepatologist



# Continued....

- Help to **devise strategies** for remembering medical and other scheduled appointments.
- Educate about **treatment and viral transmission** especially pregnant women with Hepatitis B
- **Re-Inforce on the need of family screening** of Hepatitis B infected individuals.
- **Ensure family support** by educating about hepatitis, Help families to adjust to patient's life style changes (eg: diet, sexual behaviour).
- Explain the **need of medicine adherence**, chances of reinfection and relapse.

# Education and Intervention

***All patients with chronic HBV &HCV infection should receive education, counseling, and intervention to reduce the likelihood of liver disease progression and viral transmission to others.***

Viral Hepatitis Nurse should discuss possible treatment options with patients and teach them how to maintain optimal liver health, even if antiviral treatment is not prescribed at that time.

## **A. To protect the liver from further harm, counsel patients to**

- reduce or discontinue alcohol consumption
- avoid taking new medications, including over-the counter and herbal agents, without first checking with their health care provider.
- obtain HIV risk assessment and testing.
- receive HAV and HBV vaccination (if not immune).

# Continued....

## **B. Minimize the risk of transmission to**

- others, advise patients not to donate blood, tissue, or semen.
- do not share appliances that might come into contact with blood, such as toothbrushes, dental appliances, razors, or nail clippers.
- do not share needles or other injection equipment if using injection drugs.

# Thank You!