



PROJECT PRAKASH

PRogrammed Approach to Knowledge And Sensitization on Hepatitis





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SPEAKERS

NURSE'S TRAINING PROGRAM



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SPEAKERS

DOCTOR'S TRAINING PROGRAM



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Dr. Manoj K Sharma
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Dr. Ekta Gupta
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Dr. Ashok Chaudhary
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Assistant Professor
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SPEAKERS

LAB TECHNICIANS'S TRAINING PROGRAM



Dr. Ekta Gupta
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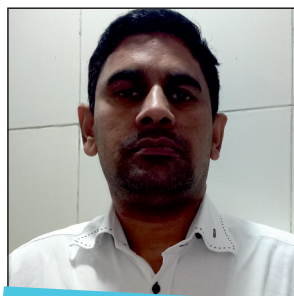
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Foreword

The global response to viral hepatitis entered a new phase in 2015, when the UN General Assembly adopted the 2030 Agenda for Sustainable Development, which called on the international community to combat hepatitis. The following year, the World Health Assembly adopted WHO's first "Global Health Sector Strategy on viral hepatitis", with elimination as its overarching vision.

Viral hepatitis is a major public health challenge that requires an urgent response. The disease caused 1.34 million deaths in 2015, a number comparable to annual deaths caused by tuberculosis and higher than those caused by HIV. While mortality from HIV, tuberculosis, and malaria is now declining, mortality caused by viral hepatitis is on the rise. In India too, each year, 1.5 lakh people die of hepatitis B & C, which affects almost 60 million Indians.

Taking cognizance of this, Institute of Liver and Biliary Sciences and Cipla Foundation has joined hands to address the challenge through a set of comprehensive efforts. **Project PRAKASH (PRogrammed Approach to Knowledge And Sensitization on Hepatitis)** aims for baseline assessment of existing capacity of healthcare delivery system in management of Viral Hepatitis and to build the capacity of existing healthcare workforce in Viral hepatitis management.

The two components of the program - **Hepatitis Induction Program** and **Hepatitis Update Programs** for all level of health care workers are made available using both, the traditional cascade model of training and other platforms available for enabling electronic, e-learning courses. It is an integrated initiative for the prevention and control of viral hepatitis in India which would further contribute to achieve Sustainable Development Goal (SDG) 3.3 which aims to ending viral hepatitis by 2030.

In a span of 18 months we have successfully trained 3485 participants (229, doctors, 3130 nurses and 126 lab technicians) under the project training them in management of patients with viral hepatitis.

I am certain that these efforts will go a long way in addressing this public health challenge by addressing a critical gap in healthcare delivery system & building the capacity of existing healthcare workforce in management of viral hepatitis.

INTRODUCTION TO ILBS

Our Vision: To be the premier provider of health care and centre of excellence in competency-based training, skill development and cutting-edge research in Liver, Biliary and Allied Science. The Institute envisions becoming a leading Liver University par-excellence.

Our Mission: With patient care as first, our mission is to continuously strive forward for developing a liver care facility second to none internationally, inculcating the best of clinical practices, and ethics, in diagnosis and treatment of liver and related organs.

To achieve this the main goal is to strive and maintain the highest standards of healthcare with state-of-the-art facility, a resource centre for specialized education, training and dedicated translational research to find new cures for liver and biliary disease. The institute continuously strives forward to be torchbearer of not only healthcare and education but also to actively participate in policy making and reaching out to masses at the grassroots for prevention of liver diseases.

**A centre of
excellence for
diagnosis, cure
and prevention of
liver and biliary
diseases and a
leading university**

ILBS started in 2010 as an autonomous institution with a generous support from the Government of National Capitol Territory of Delhi (GNCTD) as teaching hospital with a monothematic theme of liver and Biliary Sciences. Despite the odds it faced, in a short span of 8 years, the Institute of Liver and Biliary Science has achieved a national status of not only a specialized referral centre much sought after for best of the liver care treatment, but also a preferred destination of students to get advanced training in areas of liver and allied sciences. In fact, ILBS is a unique amalgamation of medical university with a hospital system management of corporate style.

Pillars of Liver Care: The four pillars of ILBS are

1. Patient Care,
2. Teaching,
3. Training and
4. Research.

Our Values:

1. **Integrity**
2. **Dedication**
3. **Excellence**
4. **Team Work**
5. **Focused**

With a dedicated best of the clinical minds in field of hepatology, it is the only hospital in nation that has a dedicated paediatric hepatology department caring for the children affected with familial liver diseases. ILBS is one of the first in nation to specialize in GI bleed, hepatic coma, liver failure, liver dialysis unit and dedicated team in liver nutrition. The hepatic hemodynamic, trans jugular liver biopsies and hepatobiliary EUS procedures done in ILBS are amongst the highest in country. From a humble beginning of few transplants, ILBS has crossed a milestone of doing almost 100 transplants in a year.

For those awaiting transplant, the Institute has dedicated unit on artificial liver support system and ray of hope for patients are the specialized protocols on GCSF + erythropoietin treatment and faecal microbiome transplant. Liver care will remain neglected without the kidney care and ILBS is proud of its Liver-Kidney critical care and kidney transplant unit. The Institute has got both the NABH and NABL accreditation.

Governance System: The Institute practices a closely-knit system of intra-departmental "inclusive and ethical governance" which has immensely benefited the organization in quick decision making and translation into meaningful and timely implementation, which is highly essential for the holistic growth of this Organization.

WHOCC – for Liver Diseases and Viral Hepatitis

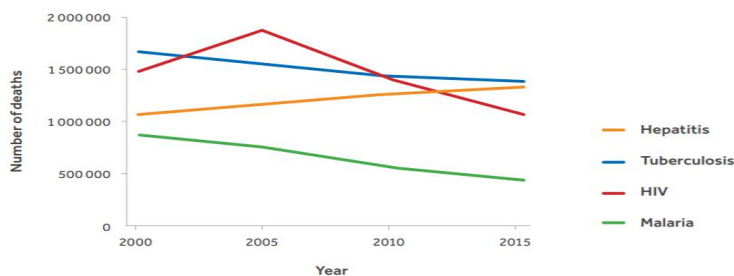
VIRAL HEPATITIS IS A MAJOR PUBLIC HEALTH PROBLEM IN NEED OF AN URGENT RESPONSE

Viral hepatitis caused 1.34 million deaths in 2015, a number comparable to deaths caused by tuberculosis and higher than those caused by HIV. However, the number of deaths due to viral hepatitis is increasing over time, while mortality caused by tuberculosis and HIV is declining. Most viral hepatitis deaths in 2015 were due to chronic liver disease (720 000 deaths due to cirrhosis) and primary liver cancer (470 000 deaths due to hepatocellular carcinoma). Globally, in 2015, an estimated 257 million people were living with chronic HBV infection, and 71 million people with chronic HCV infection.

THE ROAD TO ELIMINATION BY 2030 REQUIRES A COMPREHENSIVE PUBLIC HEALTH APPROACH TAKEN TO SCALE.

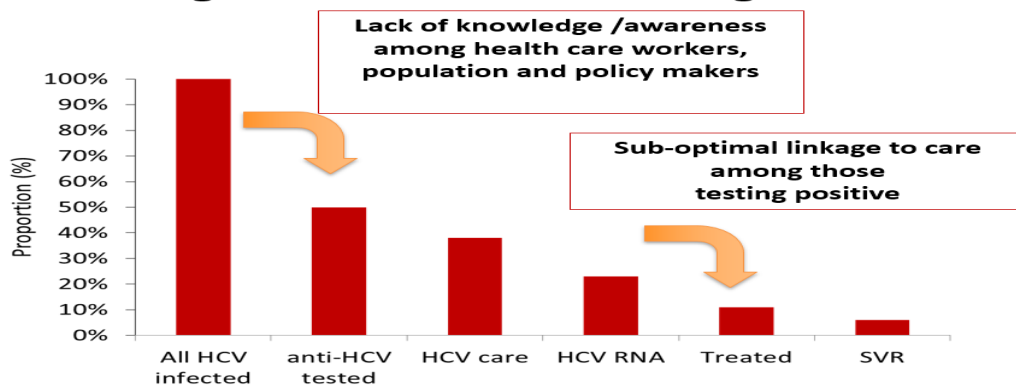
A strategic information system based on surveillance and programme data is needed to direct policy change and implementation. Second, service coverage of testing and treatment needs to be rapidly scaled up. Third, hepatitis services need to be delivered through a public health approach to benefit all. Fourth, sustainable financing is required to enable universal health coverage, the overarching framework for health in the 2030 Agenda for Sustainable Development. Fifth, innovations are necessary; new diagnostics, treatments, cure and vaccines need to be developed, tested and delivered urgently to transform the hepatitis response and attain the elimination targets.

Fig. 2. Global annual mortality from hepatitis, HIV, tuberculosis and malaria, 2000–2015: unlike HIV, tuberculosis and malaria, the trend in mortality from viral hepatitis is increasing



Source: WHO global health estimates (Global Health Estimates 2015: deaths by cause, age, sex, by country and by region, 2000–2015. Geneva: World Health Organization; 2016.)

Large number remains undiagnosed

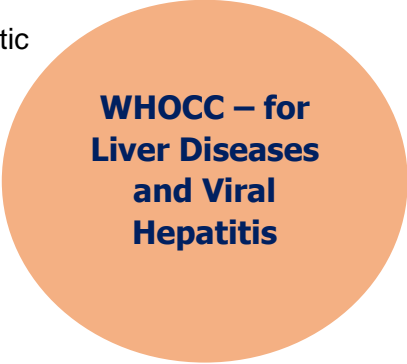


Holmberg et al, *NEJM* 2013; 368:1859-62

ILBS has achieved the distinction of being a **World Health Organization Collaborating Centre (WHOCC) on liver disease and second on viral hepatitis.**

The collaboration between ILBS and WHO would enable systematic collection and analysis of community and hospital-based data on hepatitis A, B, C and E, including various aspects of transmission, prevention, and treatment specific to low resource settings in India. Such data would help WHO in developing guidelines and recommendations on these aspects of diseases and formulate policies accordingly. The collaborating centre will also serve as a resource center for training of different categories of healthcare workers in relation to viral hepatitis and liver diseases.

1. Generate data, evidence-based policies
2. Capacity through quality training
3. Prevent transmission,
4. Increased access to treatment



**WHOCC – for
Liver Diseases
and Viral
Hepatitis**

PROJECT PRAKASH

There are many challenges to prevent and eradicate viral hepatitis from the country. Health professionals in the country need to join hands towards achieving the target of viral hepatitis elimination by 2030, a global call for action by WHO.

The above can only be achieved by building capacity in the existing healthcare delivery system by imparting knowledge of screening, diagnosis, and management for treatment of viral hepatitis amongst healthcare providers.

It is being felt that the knowledge of viral hepatitis, especially B and C is necessary for our doctors, nurses and lab technicians for better discharge of their duties to protect the patients and themselves from these infections.

Project PRAKASH has been conceptualised and a delivery mechanism has been formalised so that comprehensive knowledge sharing among technical experts from ILBS and healthcare professionals across India could be done at a common platform.

What is Project PRAKASH:

Project PRAKASH stands for (**PR**ogrammed **A**pproach to **K**nowledge **A**nd **S**ensitization on **H**epatitis), is a training program for primary care physicians, and paramedical professionals to provide comprehensive training in screening, diagnostic and therapeutic services for Viral Hepatitis to general and high-risk population of the country.

The program was initiated in August 2017 with an aim to increase the knowledge of health care professionals and to better train them in treating patients with viral hepatitis. In a short span, the project has successfully trained more than 3,000 healthcare professionals across the country reaching out to more than 5,000 individuals from 250 hospitals and institutes.

OBJECTIVES: Three main purposes/objective of the project are:

1. *To help create a model of awareness and training for healthcare providers.*
2. *To train primary care physicians and paramedical professionals in treatment and management of viral hepatitis*
3. *To conduct a quick baseline assessment of existing knowledge, attitude, practices (KAP Study) and capacity of health care delivery system in management of viral hepatitis*

COMPONENTS: The project has two components:

HIP (Hepatitis Induction Program), is a one-day training program conducted for healthcare professionals. Especially designed programs are conducted for doctors, nurses and lab technician's basis the knowledge required in VH testing, treatment and management. Didactics lectures on Viral Hepatitis by experts. Some of the topics are Epidemiology, diagnostic approach, treatment, precaution and management of VH, Counselling of patients and Family, NSI and live demonstrations on (Injection safety, Laboratory, Fibro scan procedure, Hemo-dynamic lab etc. Hands on training for technicians on ELISA, CLIA etc. '**Certificate of Participation**' is provided to all the participants at the end of session.

HUP (Hepatitis Update Program), a continued e-learning program to track the progress made on the training imparted through HIP and to create a model towards a continued and advanced training on viral hepatitis and other liver ailments.

The HUP is conducted through elms (e-learning management system) consisting of didactic lecture videos by expert, self-learning module, and SAQs at the end of each module. The advantage of elms is that it is not time bound to a date. Participant can attend the session at their own pace.

A '**Certificate of Completion**' based on attendance and final assessment will be provided to all the participants.

HEPATITIS INDUCTION PROGRAM

It is a one-day training program conducted to build capacity of primary care physicians and paramedical professionals (nurses and laboratory technicians) for the diagnosis and management of viral hepatitis in the country. The program is conducted at ILBS with live audience or at any other institute with telemedicine setup for transmission of session from ILBS telemedicine centre.

Some of the highlights of the program are listed below:

1. A one-day (8 hour long) training program on viral hepatitis.
2. Didactic lectures/video demonstrations/hands on training by the faculty or expert
3. State of the art facility for the transmission of session with wifi access to all participants to participate in various study and tests.
4. Some of the major topics covered are: Epidemiology, Diagnostics, Treatment, Prevention and Management of Viral Hepatitis, Counselling of patients and Family, NSI, PEP, role of fibroscan in VH.
5. Detailed scientific material in the form of Viral Hepatitis modules were prepared by the experts are being shared with the participants along with various scientific guidelines and presentations as reference material. Separate modules are developed for all categories of participant's basis the scientific knowledge required in the day to day practice.
6. Specially designed programs are run separately for all categories of participants i.e. doctors, nurses and lab technicians.
7. A 'Certificate of Participation' is awarded to all the participants at the end of the program.
8. No financial commitment/expense from the participant/participating institute side.
9. Travel expenses reimbursement is provided to all the participants according to the project policy.
10. Refreshments (lunch, and tea) for the participants is provided by the Institute.

CNE Accreditation by Delhi Nursing Council for nurses training program.

HEPATITIS UPDATE PROGRAM | NURSES

HUP is a continued e-learning program to track the progress made on the training imparted through HIP and to create a model towards a continued and advanced training on Viral Hepatitis and other associated complicated diseases.

The aim of the e-learning program is to provide specialized knowledge to healthcare professionals at their own pace and time availability and will be run through elms (e-learning management software).

The e-learning education has been attempted to cultivate an active learning process for both parties.

Components to the Program:

1. **Pre-Test Evaluation:** Before the beginning of the HUP, all the participants will have to attempt an online pre-test to assess their knowledge in their subject.
2. **Asynchronous Session:** The second component is the recorded session by the topic expert for participants to listen and learn.
3. **Learning modules:** Once the participants have attended the recorded session, they will move on the scientific module (chapter wise) of that topic for self-learning
4. **Self-Assessment:** After each and every module there will be self-assessment questions (MCQ Based for assessing the knowledge gained through video lecture and module.
5. **Post Test Evaluation:** At the end of the course, all the participants will have to attempt post-test. It will be used as a measurement matrix to analyze the impact of the program on the basis of their knowledge before and after the course completion.

All the participants completing the above criteria will be eligible for a “**Course completion Certificate**”

Course Curriculum

The curriculum will include 15 topics related to Hepatitis and other liver related specialized procedures and diseases.

Duration

The course duration will be 3 months. All the queries of the participants will be solved through blogs and emails.

Screenshots of e-LMS

The left screenshot displays the course overview for 'Hepatitis Update program (HUP) - Course Overview and Pre-Test (Assignment 1)'. It includes a table of topics for discussion:


S.No	TOPICS OF DISCUSSION
1	APPROACH TO ABNORMAL LFT
2	INFECTION CONTROL PRACTICES (Self & Others) AND P
3	PREVENTION OF BLOOD BORN INFECTIONS & PEP
4	NURSES ROLE IN EARLY DETECTION OF COMPLICATION CHRONIC HEPATITIS
5	PREPARATION AND MCT OF PATIENT UNDER GOING LFT BIOPSY
6	PREPARATION AND MCT OF PATIENT UNDER GOING TI

The right screenshot shows the dashboard with the following data:

- TOTAL USERS: 340
- USERS ONLINE: 1
- TOTAL COURSES: 5
- TOP 5 COURSES VIEWED: A bar chart showing course views for various topics.
- TOP 5 COURSES ENROLLED: A bar chart showing course enrollment for various topics.

HEPATITIS INDUCTION PROGRAM (PROJECT PRAKASH)

DOCTORS/MEDICAL OFFICERS:

 <div style="text-align: center;"> <h3 style="margin: 0;">PROJECT PRAKASH</h3> <p style="margin: 0; color: red;">PRogrammed Approach to Knowledge And Sensitization on Hepatitis</p> <h4 style="margin: 0;">HEPATITIS INDUCTION PROGRAM</h4> <p style="margin: 0;">Training of General Physicians on Viral Hepatitis</p> <h4 style="margin: 0;">COURSE CURRICULUM</h4> </div>					
SESSION	ACTIVITY	DETAILS	FACULTY	SPAN	TIME
REGISTRATION		Participant Registration and Module Distribution		30 MINS	8:30 AM - 9:00 AM
SESSION 1	INTRODUCTION	Pre-Training Assessment	TEAM	45 MINS	9:00 AM - 9:45 AM
		Overview and Epidemiology of Viral Hepatitis	Dr. Archana R	45 MINS	10:00 AM - 10:45 AM
HIGH TEA 10:45 AM - 11:00 AM					
SESSION 2	VIRAL MARKERS AND DIAGNOSIS	Viral Markers, Diagnosis & Screening of Viral Hepatitis	Dr. Ekta Gupta	45 MINS	11:00 AM - 11:45 AM
SESSION 3	CLINICAL FEATURES AND MANAGEMENT	Hepatitis A and E	Dr. Ankur Jindal	30 MINS	11:45 AM - 12:15 PM
		Hepatitis B and D	Dr. Karan Kumar	30 MINS	12:15 PM - 12:45 PM
		Hepatitis C	Dr. Rajan V	30 MINS	12:45 PM - 01:15 PM
PANEL DISCUSSION		Q & A Round	All of the Above	15 MINS	01:15 PM - 01:30 PM
LUNCH BREAK 1:30 PM - 2:15 PM					
SESSION 4	COMPLICATIONS	Identification and Treatment of complications	Dr. Ashok Chaudhary	30 MINS	2:15 PM - 2:45 PM
SESSION 5	VIDEO DEMONSTRATION	Group Division	Ms. Akanksha Bansal	15 MINS	2:45 PM - 3:00 PM
		1. Hepatic Hemodynamic Lab	Dr. Karan Kumar	15 MINS	3:00 PM - 3:15 PM
		2. Virology Lab	Dr. Ekta Gupta	15 MINS	3:15 PM - 3:30 PM
		3. Fibro scan	Dr. Ankur Jindal	15 MINS	3:30 PM - 3:45 PM
SESSION 6	ROLE OF PRIMARY CARE PHYSICIANS AND INDICATIONS FOR REFERRAL	1. Pre and Post Test Counselling of Patients and Family	Dr. Harshvardhan Tewathia	15 MINS	4:00 PM - 4:30 PM
		2. Indications for Referral of Patients with Hepatitis		15 MINS	
SESSION 7	CLOSING	1. Post-Training Assessment	TEAM	15 MINS	4:30 PM - 4:45 PM
		2. Feedback About Training		15 MINS	4:45 PM - 5:00 PM
		3. Valedictory and Certificate Distribution		15 MINS	5:00 PM - 5:15 PM
HIGH TEA 5:15 PM - 5:30 PM					

NURSES/PARAMEDICAL STAFF:



PROJECT PRAKASH

PRogrammed Approach to Knowledge And Sensitization on Hepatitis

HEPATITIS INDUCTION PROGRAM

Training of Nurses and Paramedical Staff on Viral Hepatitis

COURSE CURRICULUM

SESSION	ACTIVITY	DETAILS	SPEAKER	DURATION	TIME
Participant Registration and KAP Study		Participant Registration and Module Distribution	TEAM	75 MINS	8:30 AM - 9:45 AM
		Participant Introduction			
		KAP STUDY/PRE-TEST			
SESSION 1	INTRODUCTION	Overview & Epidemiology of Viral Hepatitis	Dr. Archana R	45 MINS	9:45 AM - 10:30 AM
TEA BREAK 10:30 AM - 11:15 AM					
SESSION 2	DIAGNOSIS AND MANAGEMENT	Clinical Features & Diagnosis of Viral Hepatitis	Ms. Madhavi Verma	40 MINS	11:15 AM - 11:55 AM
	DIAGNOSIS AND MANAGEMENT	Lab diagnosis of Viral Hepatitis	Dr. Reshu Agarwal	25 MINS	11:55 AM - 12:30 PM
		Injection Safety - Live Demo	Mr. Gaurav Singh	10 MINS	
DIAGNOSIS AND MANAGEMENT	Needle Stick Injury and Injection Safety	Ms. Tarika Sharma	45 MINS	12:30 PM - 1:15 PM	
LUNCH BREAK 1:15 PM - 2:00 PM					
SESSION 4	INFECTION CONTROL	Disinfection & Sterilization in context of Viral Hepatitis	Ms. Cicily Babu	45 MINS	2:00 PM - 2:45 PM
SESSION 5	ROLE OF FIBROSCAN	Fibro scan - Role in Hepatitis	Ms. Seena Babu	30 MINS	2:45 PM - 3:15 PM
	DIAGNOSIS AND MANAGEMENT	Management of Viral Hepatitis & its Complications and counseling	Ms. Anila Goswami	50 MINS	3:15 PM - 4:05 PM
SESSION 6	CLOSING	1. Feedback About Training	TEAM	75 MINS	4:05 PM - 5:00 PM
		2. Post - Test			
		3. Valedictory and Certificate Distribution			
HIGH TEA 5:00 PM - 5:30 PM					

LABORATORY TECHNICIANS:



PROJECT PRAKASH

PRogrammed Approach to Knowledge And Sensitization on Hepatitis

HEPATITIS INDUCTION PROGRAM

Training of Lab Technicians on Viral Hepatitis

COURSE CURRICULUM

SESSION	DETAILS	SPEAKER	DURATION	TIME
Opening	Participant Registration and Module Distribution	TEAM	75 MINS	8:00 AM - 9:30 AM
	KAP STUDY/PRE-TEST			
TEA BREAK 9:30 AM - 10:00 AM				
Introduction and Overview	Introduction	Akanksha Bansal	15 MINS	10:00 AM - 10:15 AM
	Overview of Viral Hepatitis (A-E)	Dr. Ekta Gupta	45 MINS	10:15 AM - 11:00 AM
Lab diagnosis	Serological methods in viral hepatitis testing and quality Control	Dr Krithiga Ramachandran	30 MINS	11:00 AM - 11:30 PM
	Molecular methods in viral hepatitis testing	Dr. Nitin Kumbhar	30 MINS	11:30 AM - 12:00 NN
Bio - Safety	Good lab practices	Dr. Kritiga Ramachandran	30 MINS	12:00 NN - 12:30 PM
	Needle Stick Injury and Post exposure prophylaxis	Dr. Reshu Agarwal	30 MINS	12:30 PM - 01:00 PM
LUNCH BREAK 1:00 PM - 2:00 PM				
Hands-on & Demonstration	Rapid card tests	Dr Neha Jain/ Mr Jagat/Ms Nitiksha	30 MINS	2:00 PM - 4:00 PM
	ELISA	Dr Dhara Shah/ Mr Gaurav/Ms Leela	30 MINS	
	CLIA	Dr Saquib/ Mr Nandkishore	30 MINS	
	Micropipetting techniques and calibration	Dr Krithiga/ Mr Keshav/Mr Piyush	30 MINS	
Closing	1. Feedback About Training	TEAM	60 MINS	4:00 PM - 5:00 PM
	2. Post - Test			
	3. Valedictory and Certificate Distribution			
HIGH TEA 5:00 PM - 5:30 PM				

HEPATITIS UPDATE PROGRAM (PROJECT PRAKASH)

MEDICAL OFFICERS/DOCTORS:



PROJECT PRAKASH:

PRogrammed **A**pproach to **K**nowledge **A**nd **S**ensitization on **H**epatitis

HEPATITIS UPDATE PROGRAM

Training of General Physicians on Viral Hepatitis

S. NO	TOPICS OF DISCUSSION	PRESENTER
1	Introduction to HUP Program	Dr. Archana R.
2	Approach to Abnormal LFT	Dr. Rakhi Maiwall
3	Non Invasive Assessment of Liver Fibrosis in Viral Hepatitis	Dr. Lovkesh Anand
4	Injection Safety & Needle Stick Injury	Dr. Ekta Gupta
5	Nutritional Management in Viral Hepatitis	Dr. Jaya Benjamin
6	Current Management of Chronic Hepatitis B	Dr. Manoj Sharma
7	Viral Hepatitis in Children	Dr. Rajeev Khanna
8	Current Therapy for Chronic Hepatitis C	Dr. Rakhi Maiwall
9	Evaluation of A Patient With Cirrhosis	Dr. Ankur Jindal
10	Indications of Liver Transplant	Dr. Ashok Chaudhary
11	Liver Cancer	Dr. S. K. Sarin
12	Case Presentations and Discussion	Panel Discussion

NURSES/PARAMEDICAL STAFF:



PROJECT PRAKASH

PRogrammed Approach to Knowledge And Sensitization on Hepatitis

HEPATITIS UPDATE PROGRAM

Training of Nurses & Paramedical Staff on Viral Hepatitis

S. NO	TOPICS OF DISCUSSION	PRESENTER
1	Approach to Abnormal LFT	Ms. Madhavi Verma
2	Infection Control Practices (Self & Others) and PPE	Ms. Tarika Sharma
3	Nurses Role in Early Detection of Complication of Chronic Hepatitis	Ms. Cicily Babu
4	Prevention of Blood Born Infections & PEP	Mr. Amit Kumar
5	Preparation and Mgmt. of Patient Under Going Liver Biopsy	Ms. Manjusree
6	Preparation and Mgmt. of Patient Under Going Tips & HVPG	Ms. Suma Simon
7	Assessment Scales for Critically Ill Hepatitis Patients	Ms. Bindhu B Nair
8	Management of Ascites	Ms. Anila Goswami
9	Management of Hepatic Encephalopathy	Ms. Anne
10	Nurses Role in Liver Dialysis, SLED and CRRT	Ms. Asha Varghese
11	PERI and Intra Operative Nursing Care of Patients Under Going Liver Transplantation	Mr. Sanjay Joshi
12	Post-Operative Nursing Care of Patients Under Going Liver Transplantation	Ms. Rosamma Xavior
13	Preparation and Mgmt. of Patient Under Going Colonoscopy & Endoscopy	Ms. P. Jamuna Rani