

PROJECT PRAKASH KEY LEARNING POINTS

Training: Hepatitis Induction Program

Topic: Nursing Management & Patient Education & Counselling

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Period: 2018 – 2020

Attendees: In-service Nurses

Treatment goals for Viral Hepatitis

- To alleviate/diminish signs and symptoms
- To arrest viral growth and multiplication
- To avoid progression into complications
- To reduce morbidity and mortality
- To ensure patient recovery as soon as possible
- To improve Quality of Life
- To prevent the transmission of infection

Nursing Management

HAV	HEV	HBV	HCV
<p>Role of nurse is to educate the patient and care giver:</p> <p>Give healthy foods from all of the 5 food groups</p> <p>Avoid alcohol</p> <p>Drink 6 to 8 glasses of liquid each day.</p> <p>Wash hands well before eating and after using the toilet.</p>	<p>Nursing intervention may include:</p> <p>Monitor hydration</p> <p>Monitor prothrombin time</p> <p>Teach self-administration of anti-emetics</p> <p>Encourage gradual resumption of activities and mild exercises</p> <p>Stress importance of proper personal & public hygiene</p> <p>Encourage protection for close contacts</p> <p>Explain precautions and prevention of transmission</p>	<p>Patient and Family counselling and support:</p> <p>Explain the importance of adherence, monitoring and follow up.</p> <p>Limit or avoid alcohol and quit smoking</p> <p>For HBV+ pregnant women: Avoid close or intimate contact with others</p> <p>Avoid injury to upper abdomen.</p> <p>Make sure to eat a healthy diet.</p> <p>After child is born, mother should be able to breastfeed the infant.</p>	<p>Patient education is a key aspect is HCV treatment. A nurse should tell patients to:</p> <p>Take medicine as directed by doctor</p> <p>Tell the patient about follow-up visit & its importance.</p> <p>Regular blood tests to check the function of the liver. Keep all appointments.</p>

Patient Education & Counselling

- Enteric isolation
- Encourage rest during acute or symptomatic phase
- Improve nutritional status
- Observe for melena
- Provide optimum skin and oral care.
- Limit activity when fatigued

Other important key points to be shared with HBV & HCV patients and family as part of counselling:

Inform: **risk for transmission** to sex partners.
Use Barrier protection.

Avoid sharing personal items such as toothbrushes or razors.

Donating blood, organs, tissue, or semen can spread HBV to others.

DO NOT spread by sneezing, hugging, holding hands, coughing, sharing eating utensils or drinking glasses, or through food or water.

Cover all cuts and sores.

Clean up blood spills with diluted household bleach (1:10). Leave the solution 10 min before wiping it away.

Ensure sexual partner(s), household members, and drug use partner(s) are tested and immunized/vaccinated.

Living well with HBV – Encourage patients to

- Enjoy physical activities. There are no restrictions on working out or sports, including contact sports.
- Eat a healthy diet.
- Allow children to go to school or day care and to play with other children.
- Kissing or sharing food/utensils pose no risk for transmission.

Nursing Priorities

- Reduce demands on liver while promoting physical well-being.
- Prevent complications.
- Enhance self-concept and acceptance of situation.
- Provide information about disease process, prognosis, and treatment needs.
- Counsel HBsAg-positive female who are pregnant to reduce the risk of mother-to-child transmission.
