

PROJECT PRAKASH

KEY LEARNING POINTS

Training: Hepatitis Induction Program

Topic: Mental Health in Viral Hepatitis

Faculty: Ms. Jyotsna Gulati, Clinical Psychologist, ILBS

Period: 2021 - 2022

Attendees: In-Service Nurses

Counselling

- Promoting testing awareness
- Focus on specific population
- Creating an enabling environment
- Reduce stigma and discrimination

WHO 5 C's for hepatitis testing

- Consent > Confidentiality > Counselling > Correct > Connection

Ensure

- To provide pretest information
- Post test service and counselling – if the patient's test results are positive.
- Patients who test negative – offer vaccination
- Family screening & vaccination

Behavior health counselling

- The natural history of hepatitis B or C virus infection
- Standard treatment
- Common adverse effects and its management
- How to work with high-risk populations
- Management – mood & cognitive changes

Treatment Approaches

- Ensuring safety of the counsellor
- Providing reliable information about hepatitis
- Building the therapeutic relationship
- Helping patients understand their diagnoses
- Incorporating their needs in substance abuse treatment planning
- Developing a plan for prevention
- Using motivational approaches
- Confronting the social consequences of disclosing hepatitis status
- Addressing relapse
- Building support systems
- Providing effective case management

 **Stigma is associated with a lack of knowledge surrounding the transmission of viral hepatitis.**

Addressing Stigma & Discrimination

- By implementing positive messages regarding vaccination programs
- Raising awareness of the hepatitis virus by disseminating accurate information about transmission
- Using online support groups and social media

Addressing Relapse

- A diagnosis of viral hepatitis might increase a patient's potential for relapse to alcohol or drug use.
- The diagnosis might also exacerbate depression and anxiety, which are known triggers for a SUD relapse.
- The professional can start conversations about relapse by asking the patients appropriate questions.
