

GROUND RULES

THE SESSIONS ARE FOR EVERYONE
TO ENJOY AND LEARN FROM

- Work **TOGETHER** as a group.
- **SUPPORT** each other in getting the most from the sessions.
- **RESPECT** other people's opinions.
- There is no such thing as a **STUPID** question.
- Unless otherwise stated:
**WHAT IS SAID IN THE ROOM
STAYS IN THE ROOM**

HEPATITIS

LEARNING OBJECTIVES

AT THE END OF THIS MODULE PARTICIPANTS SHOULD BE ABLE TO:

- Understand that there are several types of viral hepatitis;
- Understand that hepatitis affects the liver;
- Understand the role of the liver;
- Understand how viral hepatitis can be prevented;
- Understand the basics of hepatitis A, B and C;
- Understand there are vaccines to prevent hepatitis A and B.
- Understand the difference between acute and chronic infection;
- Understand the tests for viral hepatitis;
- Understand how treatments for viral hepatitis work;
- Understand the basics of co-infection.

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HEPATITIS A

KEY FACTS

- Infectious.
- Always acute (short term).
- Never chronic (long term).
- Symptoms not always present.
- Transmitted via
 - - Food (usually seafood);
 - - Contaminated water;
 - - Crockery and utensils washed in contaminated water;
 - - Human faeces (shit);
 - - **Urine (piss) in a low concentration.**
- Vaccine available, usually given when going on holiday (effective for up to 10 years).
- Diagnosed by antibody test.
- Treatment not always necessary:
 - Plenty of fluids and rest;
 - Anti-diarrhoea medication;
 - Anti-sickness medication.

HEPATITIS B

KEY FACTS

- Highly infectious.
- 90% of infections are acute (short term).
- 10% of infections are chronic (long term).
- If left untreated a chronic infection can lead to serious liver damage.
- Symptoms are not always present.
- Hepatitis B virus is present in:
 - Blood.
 - Semen;
 - Vaginal fluid;
 - Breast milk;
 - **Urine and Saliva (in low concentrations).**
- Usually sexually transmitted.
- Vaccine available (effective for up to 5 years) and booster vaccines are available.
- Diagnosed by blood tests for presence of antibodies and virus.

HEPATITIS B

KEY FACTS CONTD





- Treatment for acute infection:
 - Plenty of fluids;
 - Anti-diarrhoea medication;
 - Anti-sickness medication.
- Treatment for chronic infection:
 - Antiviral drugs to reduce and hopefully clear the virus from the body

HEPATITIS C

KEY FACTS

- Infectious.
- 20% of infections are acute (short term).
- 80% of infections are chronic (long term).
- If left untreated it can lead to serious liver damage.
- Symptoms not always present.
- Transmitted via:
 - Blood - High risk;
 - Mother to baby - Low risk;
 - Sexual activity - Low risk.
- No vaccine available.
- Diagnosed by blood test for presence of antibodies and virus.
- Treatment for chronic infection:
 - Antiviral drugs to reduce and hopefully clear the virus from the body.

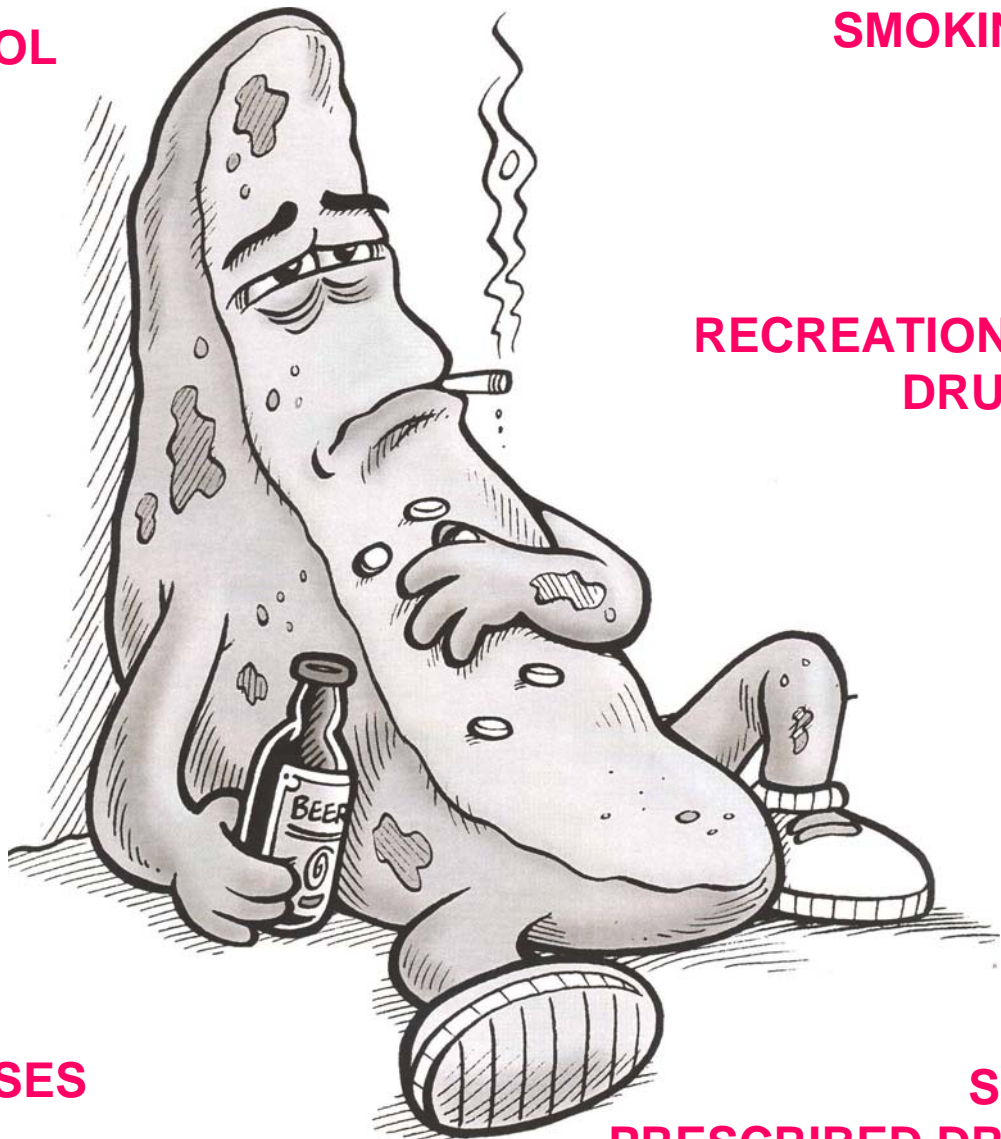
HEPATITIS FACT TABLE

	HEPATITIS A 100% acute	HEPATITIS B 90% acute & 10% chronic	HEPATITIS C 20% acute & 80% chronic
TRANSMISSION 	Contaminated food and water. Human faeces (shit) and urine (piss)	Blood. Sexual Contact. Mother to baby.	Blood Mother to baby. Sexual Contact.
VACCINE 	Available. Sometimes combined with hep B vaccine. 2 separate injections. Effective for up to 10 years.	Available. Sometimes combined with hep A vaccine. 3 separate injections plus booster. Effective for up to 5 years.	No vaccine available
TESTING 	Antibody blood test.	Antibody blood test. Blood test for presence of virus (DNA).	Antibody blood test. Blood test for presence of virus (RNA).
TREATMENT 	Treatment not always necessary. Plenty of fluids and rest. Anti-sickness and anti-diarrhoea medication.	Treatment for chronic infection. Interferon by injection for up to 6 months And/or Antiviral tablets or capsules possibly for several years.	Treatment for chronic infection. Interferon by injection for up to 12 months And Antiviral tablets or capsules for up to 12 months.

WHAT IRRITATES YOUR LIVER?

ALCOHOL

SMOKING



**RECREATIONAL
DRUGS**

**OTHER
ILLNESSES**

**SOME
PRESCRIBED DRUGS**

HEPATITIS B VACCINE

3 INJECTIONS + A BOOSTER

- Effective for up to 5 years.
 - From:
 - GUM or sexual health clinic;
 - Drug agencies;
 - Antenatal clinic;
 - Some GPs.
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STANDARD SCHEDULE

3 injections over 6 months + a booster after 5 years.

ACCELERATED SCHEDULE

3 injections over 2 months - booster at 12 months.

SUPER ACCELERATED SCHEDULE

3 injections over 21 days - booster at 12 months.

ALL SCHEDULES

Second booster 5 years after first one AND every 5 years from then on.