



Hepatitis C Community Programme Central Region

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Progress, Challenges, Future





Hepatitis C is a blood-borne disease which causes inflammation of the liver. There are an estimated 50,000 people in New Zealand with the hepatitis C virus (HCV), with approximately 1,000 new cases each year. Hepatitis C can remain asymptomatic for decades. If diagnosed early, a person is able to make lifestyle changes that may help delay the onset of serious complications, undertake treatment to cure the disease, and take steps to ensure that they do not transmit it to someone else. If left unchecked, 20–25 percent of infected individuals will develop cirrhosis of the liver, 3–5 percent of whom will develop liver cancer each year. Hepatitis C is the leading cause of liver transplantation in New Zealand. Of the infected population, 50-60 percent remain undiagnosed and unaware of the risks associated with the disease.



There is a full time Programme Coordinator for the Hepatitis C Community Programme in the Central Region.
The coordinator is the first point of contact for anything Hepatitis C related

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Community Hepatitis C Programme Initiatives

- Assist DHB's to set up and publish Health Pathways
- Providing targeted testing of individuals at risk for Hepatitis C
- Raising community and GP awareness and education of the HCV virus
- Providing community based testing for liver elastography (fibrosan)
- Establishing systems to report on the delivery of Liver Scans in primary and secondary care settings
- Providing ongoing education and support to all stakeholders
- Working collaboratively with primary and secondary care to improve access to treat
- The creation of an HCV database of patients in order to complete community based testing, recalls and appropriate referral.



Health Pathways

Each region has been tasked by the MOH to set up a regional flavoured Health Pathway based on the MOH Hepatitis C Pathway.
The Central region has all 6 DHB's with published and working pathways.



Wellington, Hutt and Wairarapa

3D HealthPathway

In the Wellington region we use the 3D HealthPathway Hepatitis C

<https://3d.healthpathways.org.nz/>

Pathway: Medical-Gastroenterology-Liver Conditions-Chronic Hepatitis C (HCV)

The screenshot shows the homepage of the 3D HealthPathways website for Te Ara Taurima. The page features a blue header with the site name and navigation links. A search bar is located at the top left. The main content area is divided into several sections: 'What is HealthPathways?' with a brief description, 'Latest Localised Pathways' listing various medical conditions, 'About us' with contact information, and 'Pathway Development' explaining the process. On the right side, there are several featured services and logos, including 'HealthPathways Features', 'Drug Information', 'Health Navigator', and various local health providers like 'Te Awakairangi Health Services' and 'Well Health'. A 'Most Frequently Viewed Pathways' list is also present at the bottom right.



Link to Health Pathway for MidCentral,
Whanganui and Hawkes Bay

<http://carepathways.waikatodhb.health.nz>



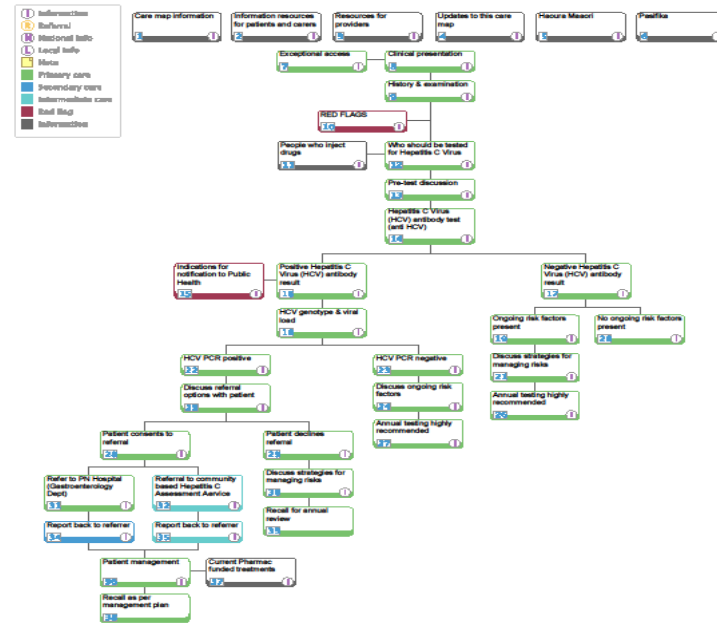
Mid Central Health

Hepatitis C - Suspected

Medicine > Hepatology > Hepatitis C

map of medicine

MidCentral District Health Board
Auckland District Health Board

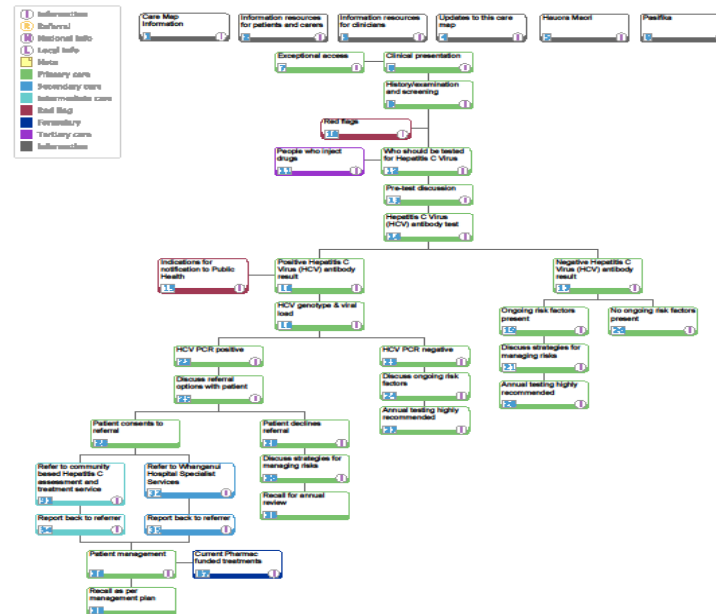


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Whanganui

Hepatitis C Medicine > Hepatology > Hepatitis C



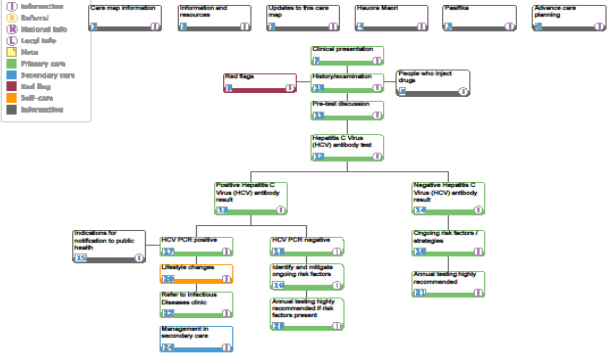
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Hawkes Bay

Hepatitis C - Suspected

Medicine > Hepatology > Hepatitis C





Finding Populations of HCV Positive Patients

It is thought that the largest population of undiagnosed HCV positive people sits in the group of People Who Inject Drugs (PWID). A lot of work is going into setting up clinics at needle exchanges in order to make contact with and offer support to PWID. Contact has also been made with the NZ Prostitutes Collective, Alcohol and drug services and Sexual Health services with the view to setting up clinics and or education sessions. Work is being done with GP's to find previously diagnosed patients and to talk to the demographic that may have been exposed.



Awareness

Targeted public awareness is required as it is estimated that half of those infected with the Hepatitis C virus are unaware they are infected.

Raising awareness and education for GP's and other primary and community care providers is also required, using a risk factor approach to target testing in primary care for people who have:

Ever injected drugs

Ever received a tattoo or body piercing using unsterile equipment

Had a blood transfusion before 1992

Ever lived or received medical treatment in a high risk country, South East Asia, the Indian Sub continent, The Middle East, or Eastern Europe

Ever been in prison

Been born to a mother living with Hepatitis C

Hepatitis C Quick Facts

Identifying Hepatitis C

Identifying those at risk

- 50% of HCV infected New Zealanders are undiagnosed
- 90% of HCV infections from IDU are due to past drug use (not present)
- More than 80% of people infected with HCV will develop chronic hepatitis C.

Who to ask

- All registered adults at their next annual check-up
- All new adults at their initial visit
- Children whose parents have HCV
- All immigrants or refugees from South East Asia, Indian subcontinent, Middle East, or Eastern Europe.

What to ask

1. Have you received a blood transfusion either in NZ prior to 1992 or at any time overseas?
2. Have you ever injected drugs?
3. Have you ever been jaundiced or had abnormal liver function?
4. Have you ever lived in or received health care in South East Asia, the Indian subcontinent, the Middle East, or Eastern Europe?
5. Have you ever been in prison?
6. Have you ever had tattooing or body piercing performed with unsterile equipment?
7. Does your mother or any household member have hepatitis C?

What can you do?

- Laminate the key questions and give to every individual arriving for an appointment
- Modify an existing health questionnaire to incorporate the key questions
- Link the key questions to an existing health consultation
- Run a hepatitis C awareness campaign.

Every adult should be asked at least once.

Any person answering yes to any of the Key Questions should be tested



Classification of Hepatitis C Diagnosis

A70z0.00





Teaching Package

Ministry of Health website has a very good teaching package for Doctors and Nurses about Hepatitis C and prescribing at a community level.

<http://learnonline.health.nz/course/category.php?id=>





Other Resources

<http://www.health.govt.nz/our-work/diseases-and-conditions/hepatitis-c>

<http://hep-druginteractions.org/>

http://www.nzsg.org.nz/cms2/uploads/Hepatitis%20C%20Guidance_FINAL%20July%202011.pdf

<http://www.medsafe.govt.nz/profs/datasheet/v/viekiraPaktab.pdf>

<http://www.medsafe.govt.nz/profs/datasheet/v/viekirapak-rbvtab.pdf>

<http://www.viekira.co.nz/locations/>



What to ask

1. Have you ever injected drugs?
2. Have you received a blood transfusion prior to 1992?
3. Have you ever been in prison?
4. Have you ever been jaundiced or had abnormal liver function?
5. Have you ever lived in or received health care in South East Asia, the Indian subcontinent, the Middle East or Eastern Europe?
6. Does your mother or household member have chronic HCV infection?
7. Have you ever received a tattoo or body piercing using unsterile equipment?



Viekira-Pak +/- Ribavirin



Harvoni

Treats all genotypes but currently not funded for all patients

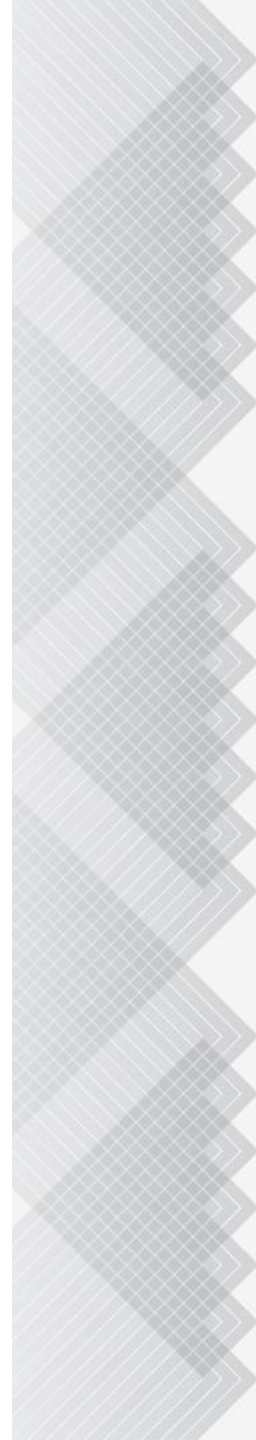
Prescribed for those with decompensated Cirrhosis.

Only prescribed through secondary care.

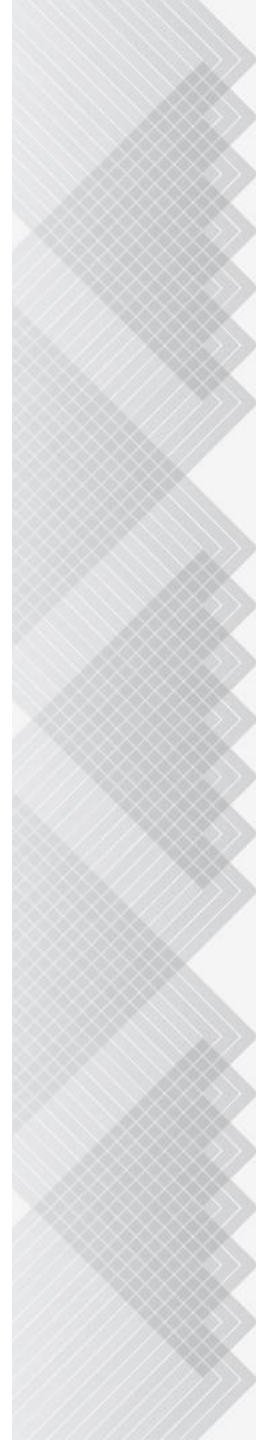


New DAA: Maviret

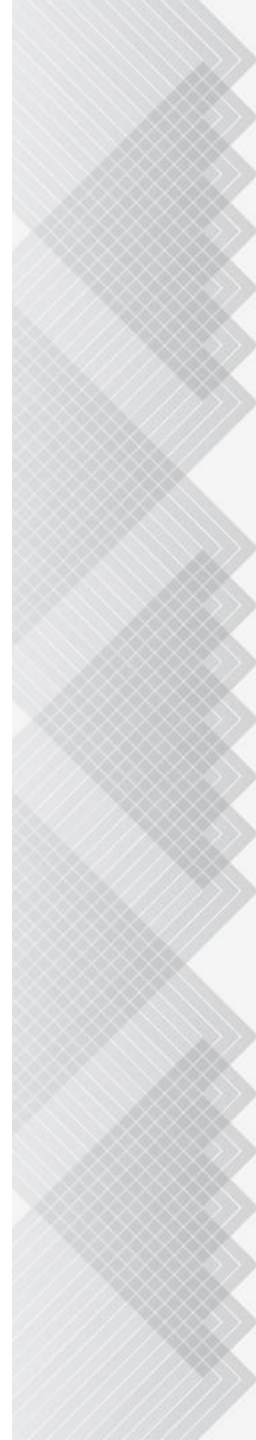
Covers all genotypes- we will eventually phase out the
genotype blood test
Easy to prescribe in primary care
Few side effects
Few drug interactions



Hep C Buyers Club



WINZ payments



Questions?

