

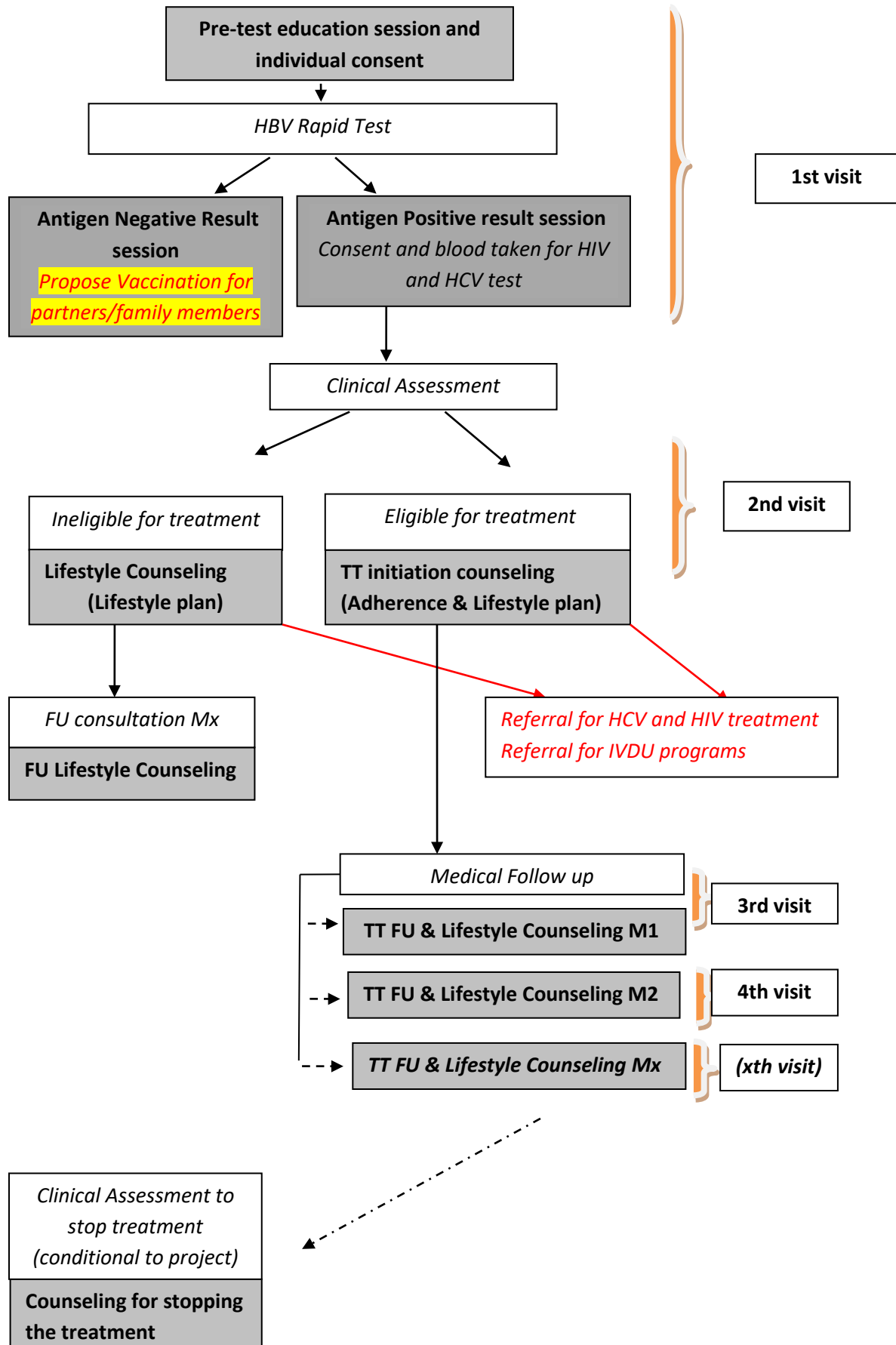
Patient education and counseling guide

For adults infected with Hepatitis B

MSF OCB August 2016*

***Adapted from OCB HVC guidelines March 2014**

Flow of counseling & education sessions on HBV



HBV Pre-test education session (For patients eligible for screening)

1. Introduction:

- Introduce yourself
- Explain the objective of the session (awareness about HBV, test procedures, informed consent)

2. Education:

- Assess what the patient knows already about HBV, modes of transmission etc.
- Use the HBV key messages (see annex 1) and provide the following information as required:
 - **What is HBV or hepatitis B?**
 - Hepatitis B is an infection caused by a virus called Hepatitis B virus (HBV). The word 'hepatitis' means inflammation (swelling) of the liver. The liver is an essential organ with a lot of important functions: it removes toxic substances from the blood and it makes sure there is enough sugar, vitamins, hormones to keep the body functioning. The liver is the organ most affected by HBV.
 - The first six months, the infection with the Hepatitis B virus is called **acute infection**. At this phase, most people don't notice any symptoms. The body usually gets rid of the virus on its own with the help of our immune system (the "soldiers" of our body that protect us against viruses/diseases) that fights off the virus. We say the virus is cleared. In this case, treatment will not be needed. About 1 person out of 5 will clear the virus.
 - Some people will develop a **chronic infection** (the younger you are exposed to HBV the more chances you have to develop a chronic infection later in life). You may not notice any symptoms for several years, as hepatitis B develops slowly.
 - Hepatitis B can lead to more serious problems and the liver will not be able to perform its functions anymore: a patient can develop cirrhosis, liver failure and liver cancer over a period of 25 to 30 years.
 - **How is HBV transmitted?**
 - HBV can be transmitted through direct contact with infected blood or body fluids (such as semen/vaginal secretions etc.)
 - There also cases of transmission from child-to-child in households though not completely clear how it happens
 - HBV can live outside of the body for days to weeks and is infectious even after blood has dried.
 - Unprotected sex is one way of transmission; it is thus important to use condoms.
 - Women who are infected can transmit the virus to their children during pregnancy or delivery. It's important to know if you are infected, to protect your children by the vaccine.
 - Syringes and other injection equipment, toothbrushes, razor blades, manicuring tools or other sharp objects, tattooing or body piercing materials can contain the hepatitis B virus.
 - HBV transmission is also possible through contaminated medical equipment like needles.
 - **How can you prevent hepatitis infection?**
 - You should always use condoms during sexual contacts.
 - Avoid contact with unsafe blood, even dried blood. Always make sure that medical and dental equipment is clean and safe, that syringes haven't been used and that razor blades are new.
 - You should avoid using injections when it is not needed. There is a vaccine for HVB. If you or someone of your family are at risk we can provide the vaccine in case of a negative result (vaccination can only protect **before** exposure to HBV).

- **What is the treatment for HBV?**

- Infected people who cleared the virus after 6 months (during the acute infection) do not need treatment.
- For patients with a chronic infection, making some changes in their lifestyle is the most important. They should avoid drinking alcohol and smoking and should make sure they eat enough fruits and vegetables and not too much fat food. This way, liver damage can be prevented and an infected person increases the chance to stay healthy.
- Hepatitis B can be treated, but this treatment is not necessary for everybody. This means some people will not be put on treatment, even with chronic infection.
- Treatment is available in this health center for patients who need it. It consists of a combination of drugs in one pill that needs to be taken every day. **The treatment will fight the virus and prevent from further liver damage.**

3. Explain testing procedures and ask for consent

HBV testing is done in 2 steps:

- A first test is a rapid test. This test will look if your immune system has had to fight against HBV. If the result is positive, it means that you have been infected with hepatitis B it does not mean that you are chronically infected. If your first test is positive, and you have no symptoms of complication of liver disease (cirrhosis...), we do not know if you have been infected long time ago or just recently. There is a need to do a second test 6 months later to see if your body has clear it or not. If the second test is still positive, that's means you are chronically infected and then need a medical evaluation to decide if a treatment is needed or not. On a second step, to check if you have the chronic infection. The doctor will make the diagnosis based on further investigation and tests. If he diagnoses a chronic HBV you might need to take the treatment to avoid getting ill.

We want to offer you the rapid test today. We recommend you to take the test but you are free to decide whether you will do it or not.

The test can be done right here, with a finger stick test by taking a very small drop of blood. You will know the result after 20 to 30 minutes. The results are confidential and will not be shared with anybody else. If the test is positive we are here to support you and offer you the health care you need free of charge.

**If the session is done in group, continue individually from this point onwards.*

- Do you have any questions about the test? Do you agree to take the HBV test now?

4. Perform the rapid test.

**Antigen negative result session
(right after the rapid test)**

1. Explain the test result

- The result of the test is negative. This means that at the moment, there is no sign in your blood that you have been exposed to the hepatitis B virus.

2. Risk reduction plan

- Do you remember the ways of transmission of the hepatitis B virus?
- What can you do in your daily life to make sure you do not become infected?
- Do you feel that you might encounter difficulties in applying one of these precautions? (*Explore condom use/safe sex, medical treatment through injections, drug use, sharing razor blades/sharp objects...*)
- **If available/pertinent, explain again the vaccination (3 doses) as a way to reduce the risk of HBV infection.**

3. Closing of session

- Ask if the patient has any questions.

Antigen positive result session

(after the rapid test)

1. Sharing of the result

- The result of your test is positive. This means that you have been exposed and infected to the hepatitis B virus. There is a chance that if recent infection (<6M) your body could clear the virus and that you will no longer be infected.
- However, it is also possible that you have a chronic infection, which could slowly affect your liver throughout your life.
- If the test is positive and you already have symptoms of complications of liver disease, your doctor will propose you to start the treatment without delay

2. Testing of household members

- Can you tell me about the ways of transmission of the virus? (Verify and complete knowledge)
- People living closely run the risk of transmitting the virus to each other in the same household with close contact..
- It is recommended that you invite your household members and partners also for testing to be sure that nobody else in your family is infected and **that they can be vaccinated.** Can you invite them for an HBV test? What could keep you from talking about it to your family?

Make a note in the patient's file about who should come for testing; follow up at next session

3. Explain further HBV testing procedures

- We now need to take further tests to know whether you have a chronic hepatitis B infection. For these tests we will need to take some blood and send it to the lab.
- Since HBV is also transmitted through contact with contaminated blood, you could also be infected with other viruses that are spread through blood contact, like hepatitis C and HIV. As these other infections might have an influence on the hepatitis B infection and could make the treatment to be different in each case, it is important to know whether you are infected by Hepatitis C and/or by HIV.
- We would therefore like to take some blood to send for testing for HIV to make sure you receive the right treatment. Please refer to the counseling guide for HIV pre-test and post-test counseling (Patient education and counseling handbook for HIV/TB infected adult patients, MSF March 2012).

4. Consent

It is your choice to take the tests. All results are confidential and will not be shared with anyone else. Do you agree to take the tests?

5. Perform and/or refer for the different types of tests

Lifestyle session (for patients not eligible to start the treatment)

1. Introduction

- Introduction of the counsellor
- Check what doctor told the patient and assess how the patient feels
- We performed several tests to see how the disease has progressed and what the effects are on your liver. Based on the results the doctor has decided that at this point it is not necessary to put you on treatment.

2. Reasons for non-eligibility

- What do you remember about how the virus affects the body?
- As we discussed in the previous session, HBV acts very slowly. In the majority of infected people, the virus remains stable and doesn't cause any severe damage to the liver or other organs. As you do not have any sign of major liver damage you will not be put on treatment. By taking some basic precautions it is possible to control HBV and not become ill.
- Can we discuss some of these precautions?

3. Discuss with the patient the following information:

- Hepatitis B is a disease that affects your life, but with some effort and changes in your lifestyle you can live a healthy life.
- First of all, what is important in your life? What can motivate you to stay healthy?
- Is there anyone you have told about your previous test result?
- What do you remember about the ways the virus is transmitted? Could you tell me which of your habits could pose a risk of transmission? Have you ever injected drugs? Or have you ever used injections not for medical reasons?

4. Make a lifestyle plan

Discuss the following lifestyle steps and together with the patient fill out an individual lifestyle plan (see annex 2).

Lifestyle step 1: Keeping a healthy diet**Explain lifestyle goal:**

What you eat and drink has direct consequences for your liver. Your eating habits are important to keep your liver well so that it can remove the toxic substances from your body. The best way to keep your liver healthy is to take care of your body weight and to have a well-balanced diet:

Eat plenty of fruits and vegetables and whole-wheat grains. Limit meat consumption and avoid as much as possible food high in fat or sugar. Drink plenty of water throughout the day.

Identify barriers:

- *What do your meals look like currently? Who does the cooking at home?*
- *How easily could you change your diet, for example eating more fruit or vegetables?*
- *At what moments do you tend to eat greasy or sweet snacks?*

Make a plan:

- *How and with whom could you discuss healthy food preparation at home?*
- *How can you make sure you limit fat intake and ensure enough vegetables and fruit?*
- *What could be a healthy snack?*

- **Lifestyle step 2: Avoiding alcohol and drugs**

Explain lifestyle goal:

Hepatitis can become worse when you drink alcohol. To keep your liver healthy, it is best to avoid alcohol as much as possible.

Using drugs is also a heavy burden for your liver as it has to remove a lot more toxins. The best thing would be to avoid all recreational drugs.

Identify barriers:

In a non-judgmental way, do the screening for substance abuse:

1. *Have you felt you should cut down on your drinking or drug use?*
2. *Have people annoyed you by criticizing about your drinking or drug use?*
3. *Have you ever felt bad or guilty about your drinking or drug use?*
4. *Have you ever had a drink or used drugs first thing in the morning to steady your nerves or to get rid of a hangover?*

Do you feel it is possible for you to diminish alcohol intake/ drug use? How ready do you feel to quit, on a scale from 1 to 10 (where 1 is not feeling ready at all, and 10 is feeling absolutely ready)?

Make a plan:

⇒ *Two or more “yes” answers at the screening suggest a potential problem of alcohol abuse and specialized care might be needed. Refer to the appropriate services.*

What would you need to feel stronger about quitting or diminishing drinking? (If you used the scale: ‘What would be needed to bring you from a score 5 to 7?’ (or 6 to 8, etc.))

- **Lifestyle step 3: Quit using tobacco (for smokers only)**

Explain lifestyle goal:

There is evidence that smoking increases the damage to your liver. To ensure that the treatment has the desired effect and to prevent further damage, it would be advisable to stop using tobacco.

Identify barriers:

- *How many cigarettes do you smoke a day?*
- *Do you feel the urge to smoke right after you wake up?*
- *Have you tried to quit before? What might be holding you back to stop smoking?*

Make a plan:

- *How ready do you feel to quit smoking? What could help you to feel more ready to stop?*
- *What could be a way to put your thoughts off smoking? What are some activities you can do instead when you feel the urge for smoking?*
- *Who could be your buddy to stop smoking? Either someone who will quit the same time, or someone you can talk to when you feel the urge for a cigarette.*
- *For some people, it helps to define a specific day to stop smoking and throw away any remaining cigarettes. Which could be your stop-smoking day?*

5. Closure of session

- Summarize and ask if the patient has any more questions.
- Give the lifestyle plan to the patient and keep a copy in the patient’s file.
- Give appointment for next session.

**Treatment initiation session
(for patients eligible for treatment)**

1. Introduction

- Welcome the patient and explain the objective of the counseling session.
- In the past period we did some tests, to see how the virus was progressing. The doctor estimated that it is important for you to take the treatment, because there is already some damage to your liver. The treatment should prevent hepatitis B virus to cause more damage to the liver and to control the symptoms. Are you ready to start the treatment? How do you feel about that?

2. Treatment education and making an adherence plan

Together with the patient, discuss and fill out the conclusions in the patient's adherence plan – see Annex 2.

- **My reasons to stay healthy:**

Hepatitis B is a disease that affects your life, but with some effort and changes in your lifestyle and by being adherent to your treatment you can live a healthy life.

First of all, what is important in your life? What can motivate you to stay healthy?

- **Adherence step 1: Creation of a medication schedule**

Explain adherence goal:

*As the disease is chronic, the treatment is for **lifelong**. The treatment consists of 2 different types of medication combined in **one pill** that you need to take **every day**. It is very important that you take the pills every day, and that you never stop the treatment without consulting with your doctor. (If you interrupt the treatment there is a high risk of the disease to be reactivated leading to severe damage to your liver. If not treated on time, it can be life-threatening).*

Identify barriers:

What does a regular day look like for you (time you wake up/sleep/go to work...)? How about the weekend?

Make a plan:

What would be the best time for you to take your medication?

Is there anything in your daily routine that you can link to taking your medication?

- **Adherence step 2: remembering to take medication and managing missed doses**

Explain adherence goal:

It is normal sometimes to forget to take medication. But there are some tricks that can make it easier for you to remember the drugs. If however, it happens and you forget a dose, take it as soon as you remember and continue with your usual medication schedule.

Identify barriers:

What difficulties have you previously faced with remembering to take medication (like antibiotics or other)? How have you previously reminded yourself to take medication?

Make a plan:

What reminders can you use to remember taking the medication (ex. cell phone alarm or involve family members)? What will you do if you forget a dose?

- **Adherence step 3: Dealing with side effects**

Explain adherence goal:

The medication you take fights the hepatitis B virus. Although this medication does not have many side effects the type and the severity of the side effects depend on each person. Some

common side effects you may experience are fatigue, headache and sometimes nausea. IF side effects persist ask your doctor for advice and do not interrupt the treatment. In some patient it could have effect on your kidney, so doctor could ask you to do blood test in order to check your kidney function.

Identify barriers:

How do you feel about the possibility of side effects? What will you do when some of these appear?

Make a plan:

- If headache persists or you feel very weak, please come back to the clinic and talk about it with the doctor, who can advise you what to do. Do not decide to stop treatment without medical approval.
- What could you do when you feel tired? Is there a way to schedule short naps during the day?
- Remember to drink enough water, to eat balanced meals and to get enough rest; this will also help feeling less tired.
- We will test your blood several times during treatment to make sure all is well.

- **Adherence step 4: Identify a support system**

Explain adherence goal:

It can be a big help if you have someone close to you who is aware that you have hepatitis B. Sharing some of the things you experience can relieve the burden. The other person will be able to help you remember to take your medication if needed or to respect your appointments at the clinic.

Identify barriers:

- Is there anyone you have told about your previous test result?
- What makes you reluctant to tell people about this result or the treatment?

Make a plan:

- Who could you talk to about your condition and who is most likely to offer you support?
- How/ what could you tell this person about your health condition?

- **Adherence step 5: Prevention of transmission**

Explain lifestyle goal:

To protect the people around you, it is important to make sure they don't become infected and that they get tested. In case they are negative **we can provide the vaccine.**

Identify barriers:

- What do you remember about the ways the virus is transmitted?
- Could you tell me which of your habits could pose a risk of transmission?
- Have you ever injected drugs? Or have you ever used injections not for medical reasons?

Make a plan:

- How could you make sure not to share razor blades or toothbrushes? Is there a specific place you can keep yours?

For suspected IV drug users:

- Talk about the importance of use of clean needles and other tools and refer to the appropriate services.

- **Adherence step 6: Planning for future appointments**

Explain adherence goal:

During the coming months you will need to come regularly to the clinic for medical follow-up and counseling about lifestyle adaptations.

Identify barriers:

- How do you get to the clinic?

- *In the past, have you encountered any difficulty in coming to the health center?*
- *What could prevent you in the future from respecting your appointment?*

Make a plan:

- *Is there anyone in your household who can help you out when something interferes with your appointment?*
- *How can you make sure you remember the appointment?*
- *Would you agree if a community health worker contacts or visits you if you miss an appointment?*

Write down the correct phone number and address, also the number of a contact person.

3. Lifestyle key messages (education in a nutshell):

- Your treatment will be more effective if, apart from taking your pills, you take as well as some other precautions. Our lifestyle has a big influence on our health. If our body stays healthy, it will also be more able to fight the virus. It is therefore important to:
 - Keep a healthy diet and exercise regularly
 - Avoid drinking alcohol and recreational drugs
 - Cut smoking
- This way, you will protect your liver from further damage and you will be able to have a healthy life.
- In the next session we will have more time to discuss in details about these necessary lifestyle changes.

4. Closure of session

- Summarize and ask if the patient has any more questions.
- Give the adherence plan to the patient and keep a copy in the patient's file.
- Give appointment for next session one month after the initiation of treatment (M1).

M1 treatment follow up and lifestyle session

1. Introduction

- Welcome and congratulate the patient for being on treatment already for a month.
- Explain the objectives of the session (“to discuss about your adherence and lifestyle plans”).
- Assess how the patient feels with regards to his treatment; check if he has been facing any psychosocial difficulties over the last month.

2. Assess adherence

- During the last 7 days, in total, how many times did you miss any of your pills?
What could have caused you to miss the dose?
Or
- During the last month, how much of the prescribed medication did you take? For most people this is not all of them. Can you indicate on the scale? 0% means you did not take any, 100% means you took all of them.

Show the scale on ANNEX 3 (tools for follow up counselling)

3. Review the adherence plan and discuss more steps

Go through the steps of the adherence plan that was put together during last time and check if there are any issues. Discuss how obstacles were dealt with and review the adherence steps if necessary.

Continue with few more steps in the adherence plan:

Adherence step 7: Avoiding self-medication

Explain adherence goal:

For the treatment to work, it is important you don't mix with other medication that was not prescribed here at the health center. There could be some drug interaction that can be dangerous. Always consult your doctor first, before taking any other treatment like antibiotics, paracetamol or any herbal treatments.

Identify barriers:

- *In what cases do you do take medication that is not prescribed?*
- *What type of medication do you take without a prescription?*
- *Would could prevent you from first checking with your doctor, before taking other medication or herbal treatment?*

Make a plan:

What can you do if you have complaints and you feel you need medication to lighten the pain?

Adherence step 8: Keeping extra doses and planning for trips

Explain adherence goal:

For the treatment to work, it is important you take the pills every day. It is advisable to always carry with you some of your pills in case you do not return home on time. Also, you will need to ensure you have enough pills with you in case of traveling.

Identify barriers:

- *Do you plan to travel in the coming months?*
- *Has it happened that you suddenly had to leave on a trip?*
- *Do you regularly go away to a place that is far away from your Health facility?*

Make a plan:

*Where could you carry a couple of extra doses of your pills in case you don't make it home in time?
What can you keep them in (plastic bag or container)?*

How will you make sure you have sufficient medication when you travel?

If you decide to move far away from the clinic for a longer period, you should attend another health facility for medical follow-up. You should get your file here before leaving and a transfer letter from your doctor. Also keep the phone number of this health facility in your phone so that you can contact us in case it is needed.

3. Make a Lifestyle plan: diet, alcohol, tobacco

Let's discuss now a life style plan and few precautions you can take regarding your diet, and tobacco and alcohol use.

Refer to the Lifestyle steps of Lifestyle counseling Session.

4. Closure of session

- Summarize and ask if the patient has any questions.
- Give the complete adherence plan and the lifestyle plan to the patient and keep copies in the patient's file.
- Give appointment for next session after a month (M2).

Treatment and lifestyle follow-up session at M2, M3 and then every 3 months
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1. Introduction

- Welcome and congratulate the patient for being on treatment.
- Explain the objectives of the session.
- Assess how the patient feels regarding his treatment and his lifestyle changes. Evaluate if he has been facing any psychosocial difficulties that could affect his health condition and if he is always motivated to continue his treatment.
- Ensure a HIV negative patient repeats the HIV test every 3 months.

2. Assess adherence

- During the last 7 days, in total, how many times did you miss any of your pills?
What was it that caused you to miss the dose?
or
- During the last month, how much of the prescribed medication did you take? For most people this is not all of them. Can you indicate on the scale? 0% means you did not take any, 100% means you took all of them.

Show the scale on ANNEX 3 (tools for follow up counselling)

3. Review adherence and lifestyle plan

- Go through the steps of the adherence and the lifestyle plan that were put together during the previous sessions.
- Discuss how obstacles were dealt with and review the adherence and/or lifestyle steps if necessary.

4. Closure of session

Check if patient has any further questions and make a new appointment.

**Stopping treatment session
for rare cases (1/10 patients)**

1. Introduction

- Welcome the patient and explain the goal of the session.
- Congratulate the patient for having been on treatment and having a lifestyle that has been helpful for his condition.
- Assess how is feeling overall with regards to his health condition.

2. Education on need for follow-up test after treatment completion

- Your doctor has assessed that you can stop the treatment for now;
- This doesn't mean you have been cured but that your health condition has improved to the point that currently you don't need to take any medication.
- However some patients can develop symptoms again. It's thus important that you come to see the doctor in case of any symptoms and for the monitoring follow up.

Verify again phone number, address and contact person for defaulter tracing purposes as in adherence plan.

3. Lifestyle plan

Discuss how the patient can continue adopting healthy habits and following the different steps in the lifestyle plan, without being judgmental or criticizing in case changes are not easy to be reached.

4. Revise education on how to prevent future transmission of Hepatitis B

- Do you remember the ways of transmission of the hepatitis B virus?
- Could you tell me which of your habits could pose a risk of transmission?
- Evaluate if family members and partners have been tested and vaccinated
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5. Closure of session

Check if the patient has any further questions and let him know that he is welcome to come back in the future if there are any questions or preoccupations he would like to discuss with the counselor. Plan the next appointment for monitoring pur

ANNEX 1 Key messages in counselling and education for Patients with HBV

What is Hepatitis B virus (HBV)?	<ul style="list-style-type: none"> - Hepatitis means swelling (inflammation) of the liver - The main function of the liver is to remove all toxic substances from the body - There are many causes of hepatitis, for example, drinking too much alcohol, various drugs, medication and also several different virus can cause hepatitis - One virus that causes hepatitis is called the Hepatitis B virus (HBV)
What happens if someone gets infected by Hepatitis B?	<ul style="list-style-type: none"> - HBV will cause a short-term acute infection, with or without symptoms for example - Most patients infected by HBV will be able to clear the virus or keep it under control without treatment - Clearing capacity depends on the age when HBV infection occurs. Earlier you get it in your childhood age more risk you have to become chronically infected. - Few patients will develop a chronic infection called chronic hepatitis B - Many people with chronic Hepatitis B (CHB) remain well, but can still pass on the virus to others - Some people with CHB will develop serious liver problems that may require treatment - The younger you are exposed to HBV, the more chances you have to develop later in life a CHB
How is transmitted?	<ul style="list-style-type: none"> - You can only get HBV if you come into direct contact with an infected person's blood or body fluids such as vaginal secretion and semen - HBV is mainly passed on by unprotected sexual contact, sharing needles/razors and from mother to child
What are the symptoms?	<ul style="list-style-type: none"> - In acute phase less the half of the cases will have symptoms like nausea, vomiting, tummy pains, fever may look yellow (jaundice) - Patients with CHB may have jaundice, fatigue, bleeding, cirrhosis, ascites
How can Hepatitis B be prevented?	<ul style="list-style-type: none"> - By Hepatitis B vaccination before exposure to HBV - By using condoms when you have sexual contact - By not sharing syringes, razors or any sharp objects - By using clean and safe medical and dental equipment and procedures
How is hepatitis B diagnosed?	<ul style="list-style-type: none"> - The test is rapid one checking for Hepatitis B antigen which mean a part of his body will be identify by the test If the rapid test is positive, that means you have the virus. However the test could not do the difference between recent and chronic infection. So if you have no symptoms of liver disease, doctor/nurse will ask you to take a test again in 6 months. If you already have liver disease complication, doctor/nurse may propose you to start treatment asap - The doctor may order additional bloods tests - These measure the activity of the liver function, blood cells measurement and the amount of virus in the blood - With all these information the doctor will know if the liver is swollen (inflamed), how well it is working and if treatment is needed
Who will need treatment?	<ul style="list-style-type: none"> - All patients co-infected with HIV - Patients with HCB infection with symptoms e.g jaundice, fatigue, bleeding, cirrhosis, ascites or if index ration is >2. Index ration is calculated by your doctor based on liver and blood tests
What is the treatment for Active Chronic Hepatitis B?	<ul style="list-style-type: none"> - A combination of two anti-retroviral medication either Tenofovir/Lamivudine or Tenofovir/Emtricitabine, usually combined in one pill per day. Treatment is lifelong - Entecavir will be used for children or in case of contraindication of tenofovir - For patients co-infected with HIV, the treatment is the same for HIV with 3 drugs combined in one pill
What to do if treatment is not needed?	<ul style="list-style-type: none"> - The partners and children of HBV+ patients need to be screened and in case they are not infected must receive hepatitis B vaccine (3 doses) - Hepatitis can become worse if the patient drinks alcohol. To keep your liver healthy, it is best to avoid alcohol as much as possible - Using drugs is also a heavy burden for the liver as it has to remove a lot more toxins. The best thing would be to avoid all recreational drugs - The best thing to keep the liver healthy is to take care of body weight and to have a well-balanced diet - Patients will have to go for checkups including blood tests every 6 months
What to do while on treatment?	<ul style="list-style-type: none"> - All the steps mentioned above are also crucial for people on treatment for CHB - It is very important to take the pills every day; no treatment interruptions without consulting with your doctor - in case of interruption of the treatment there is a high risk for the disease to be reactivated; this may lead to severe damage to the liver that can be life threatening if not treated - The treatment has minor side effects like feeling fatigue, headache and nausea that usually last for a couple of weeks at the beginning of the treatment. If side effects persist treatment should not be interrupted without medical advice

Annex 2: Adherence and lifestyle plan template

Name patient: Date of start the treatment:.....

Phone number: Address:.....

Adherence plan	
My motivation to stay healthy / start treatment is:	
Adherence step 1: Medication schedule	
Best time to take treatment is:.....	
Special attention in weekend or on holidays:.....	
Adherence step 2: Reminders and managing missed doses	
My trick to remember the medication is:.....	
If I miss a dose, I will:.....	
Adherence step 3: Side effects	
When I experience side effects, I will.....	
To prevent fatigue, I will.....	
Adherence step 4: Support system	Disclosure: ok / not ok
I have not shared my HBV test result because	
I will disclose to:.....	
If necessary, the person who can help me disclose to my family is	
Household members to be tested:.....	
Adherence step 5: Prevention of transmission	
Possible risk behaviors are	
I will limit transmission risk by	
Adherence step 6: Future appointments	Agrees to home visit: Yes No
How will I get to my appointments:	
Back-up plan if anything interferes with the appointment:.....	
How will I remember my appointments:	
Phone number of contact person:	
Adherence step 7: Avoiding self-medication	

When I feel a headache or have other complaints, I will:.....

.....

Adherence step 8: Keeping extra doses and Planning for trips

I will keep extra doses at:.....

When I suddenly have to travel, I will:.....

If I find myself without medication, I will:.....

Lifestyle plan

Lifestyle step 1: Balanced diet

Action plan to ensure enough fruit and vegetables:.....

.....

Food/snacks to cut back on are:.....

I will replace these by:.....

I will discuss diet adaptations with:

Lifestyle step 2: Avoiding alcohol

I will drink no more than doses/glasses of alcohol per day

What can help me to drink less alcohol/ use less drugs:.....

Result screening questions:

Lifestyle step 3: Avoiding tobacco

My motivation to stop smoking/using tobacco:.....

When I feel the urge to smoke, I will do the following activity:.....

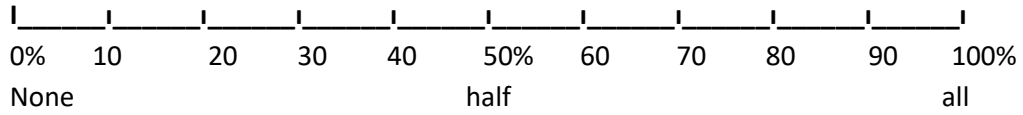
The person who can support me in my efforts to stop smoking is:

ANNEX 3 Tools for Follow-up Counselling sessions

First review of adherence and/or lifestyle on date

Estimate of missed pills/ last 7 days: Cause:.....

How much of my prescribed medication I took in the past month?



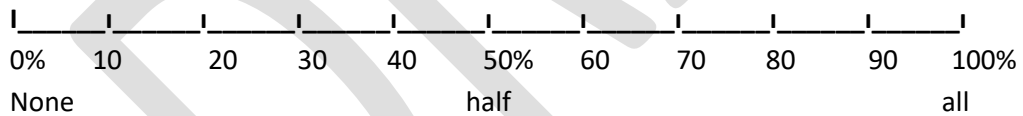
Remarks:

Special attention:

Second review of adherence and/or lifestyle on date

Estimate of missed pills/ last 7 days: Cause:.....

How much of my prescribed medication I took in the past month?



Remarks:

Special attention: