

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

<p><b>What is Hepatitis B virus (HBV)?</b></p>	<ul style="list-style-type: none"> <li>- Hepatitis means swelling (inflammation) of the liver</li> <li>- The main function of the liver is to remove all toxic substances from the body</li> <li>- There are many causes of hepatitis, for example, drinking too much alcohol, various drugs, medication and also several different virus can cause hepatitis</li> <li>- One virus that causes hepatitis is called the <b>Hepatitis B virus ( HBV)</b></li> </ul>
<p><b>What happens if someone gets infected by Hepatitis B?</b></p>	<ul style="list-style-type: none"> <li>- HBV will cause a short-term <b>acute infection</b>, with or without symptoms for example</li> <li>- Most patients infected by HBV will be able to clear the virus or keep it under control without treatment</li> <li>- 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.</li> <li>- Few patients will develop a chronic infection called <b>chronic hepatitis B</b></li> <li>- Many people with <b>chronic Hepatitis B (CHB)</b> remain well, but can still pass on the virus to others</li> <li>- Some people with CHB will develop serious liver problems that may require treatment</li> <li>- The younger you are exposed to HBV, the more chances you have to develop later in life a <b>CHB</b></li> </ul>
<p><b>How is transmitted?</b></p>	<ul style="list-style-type: none"> <li>- 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</li> <li>- HBV is mainly passed on by unprotected sexual contact, sharing needles/razors and from mother to child</li> </ul>
<p><b>What are the symptoms?</b></p>	<ul style="list-style-type: none"> <li>- In acute phase less the half of the cases will have symptoms like nausea, vomiting, tummy pains, fever may look yellow ( jaundice)</li> <li>- Patients with CHB may have jaundice, fatigue, bleeding, cirrhosis, ascites</li> </ul>
<p><b>How can Hepatitis B be prevented?</b></p>	<ul style="list-style-type: none"> <li>- By Hepatitis B vaccination before exposure to HBV</li> <li>- By using condoms when you have sexual contact</li> <li>- By not sharing syringes, razors or any sharp objects</li> <li>- By using clean and safe medical and dental equipment and procedures</li> </ul>
<p><b>How is hepatitis B diagnosed?</b></p>	<ul style="list-style-type: none"> <li>- 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,</li> <li>- These tests measure the activity of the liver function, blood cells measurement and the amount of virus in the blood</li> <li>- With all these information the doctor will know if the liver is swollen (inflamed), how well it is working and if treatment is needed</li> </ul>
<p><b>Who will need treatment?</b></p>	<ul style="list-style-type: none"> <li>- All patients co-infected with HIV</li> <li>- Patients with HCB infection with symptoms e.g jaundice, fatigue, bleeding, cirrhosis, ascites or if index ration is &gt;2. Index ration is calculated by your doctor based on liver and blood tests</li> </ul>
<p><b>What is the treatment for Active Chronic Hepatitis B?</b></p>	<ul style="list-style-type: none"> <li>- 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</li> <li>- For patients co-infected with HIV, the treatment is the same for HIV with 3 drugs combined in one pill</li> </ul>
<p><b>What to do if treatment is not needed?</b></p>	<ul style="list-style-type: none"> <li>- 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)</li> <li>- Hepatitis can become worse if the patient drinks alcohol. To keep your liver healthy, it is best to avoid alcohol as much as possible</li> <li>- 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</li> <li>- The best thing to keep the liver healthy is to take care of body weight and to have a well-balanced diet</li> <li>- Patients will have to go for checkups including blood tests every 6 months</li> </ul>
<p><b>What to do when on treatment ?</b></p>	<ul style="list-style-type: none"> <li>- All the steps mentioned above are also crucial for people on treatment for CHB</li> <li>- It is very important to take the pills every day; no treatment interruptions without consulting with your doctor</li> <li>- 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</li> <li>- 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.</li> <li>- If side effects persist treatment should not be interrupted without medical advice</li> </ul>