

Ways to Manage Your Hepatitis C

- These topics are very important to your health
- No patients do these perfectly
- It's best to work on one at a time
- Alcohol is the single biggest threat to liver health
- You won't be pushed into changing
- Which one do you want to discuss?

HEP C TREATMENT



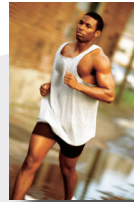
OTHER DRUG USE



SMOKING



ACTIVITY & FOOD



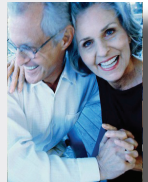
STRESS



ALCOHOL



SUPPORT



OTHER



LABS & FOLLOW UP



Steps for Brief Intervention:

1. **Select one topic collaboratively, for example, *alcohol*** (see front)

2. **Ask patient's view on this topic:**

- How **important** is it to you to change *your drinking* (on a scale of 1-10)?
- Why didn't you give yourself a lower number?
- What would it take for you to give yourself a higher number?
- How **confident** are you in your ability to change *your drinking* (on a scale of 1-10)?
- Why didn't you give yourself a lower number?
- What would it take for you to give yourself a higher number?

3. **Summarize your patient's view**

4. **Exchange information (*using the 5A's method*)**

- **Asses** or evaluate alcohol use
- **Advise** patients on why it's important to reduce/abstain from alcohol
- **Agree** to set goals collaboratively
- **Assist** by anticipating barriers and problem-solving solutions
- **Arrange** follow-up

5. **Close on good terms**