



Patient Treatment Tracking Chart

Patient Name: _____

	<i>Normal Values</i>	Before Treatment	Month 1	Month 2	Month 3	Month 4	Month 5	Month 6	Month 7	Month 8	Month 9	Month 10	Month 11
Date													
WBC # x 1,000 per mm ³	5-10												
Neutrophils # x 1,000 per mm ³	2.2-8.6												
Hemoglobin g/dl	12-18												
Hematocrit %	37-52												
Platelets # x 1,000 per mm ³	150-400												
ALT u/l	12-46												
T. Bili mg/dl	0.1-1.2												
HCV RNA (viral load) IUs	<i>undetectable</i>												
Interferon													
Ribavirin													
Other meds													
Side effects													

Track Your Own Treatment

This flowchart will help you track your progress on hepatitis C treatment. It was designed for you to take to visits with your health care provider while you are on treatment. You can record the changes in your lab tests as you discuss them with your provider, and also remind yourself about the dosages of the medications you are taking and the side effects you have been experiencing. At each visit, you can record the date at the top of a column, and then enter the information going down the column.

You can begin by recording your lab values before you start treatment, as these will be the ones to which you will compare any changes. You can compare these with the “Normal Values” column. The results of your first set of labs on treatment can be recorded in the “Month 1” column, and so on.

The following are descriptions of the rows in the table:

- **White blood cell (WBC) count:** White blood cells fight infections.
- **Neutrophils:** Neutrophils are a specific group of white blood cells that fight bacterial infections in particular.
- **Hemoglobin:** Hemoglobin is a protein that gives red blood cells their color. Measuring the level of hemoglobin gives an estimate of the number of red blood cells you have. Red blood cells carry oxygen through the body.
- **Hematocrit:** Like hemoglobin, hematocrit gives an estimate of the number of red blood cells in your body. It expresses the percent of the blood that is made up of red blood cells.
- **Platelets:** These are fragments of cells that help your blood to clot when you have a cut or other injury.
- **Alanine aminotransferase (ALT):** This refers to a protein, or *enzyme*, that is present in the body, mostly in the liver. Liver damage causes ALT levels in the bloodstream to be higher than normal.
- **Total bilirubin (T. bili):** Bilirubin is a chemical in the blood that comes from the breakdown of red blood cells. Bilirubin is processed in the liver, and therefore is a marker of liver function.
- **HCV RNA (viral load):** This is a measure of the amount of hepatitis C virus in the blood. A goal is to have this value reduced 100-fold when you have completed 12 weeks of interferon and ribavirin therapy.

- **Interferon:** This row is for recording the amount of interferon you are asked to give yourself as an injection.
- **Ribavirin:** This row is for recording the amount of ribavirin you are asked to take every day (1 pill contains 200 mg of ribavirin).
- **Other meds:** This row is for recording certain other medications you are taking in addition to interferon and ribavirin. For example, patients sometimes receive injections of **erythropoietin** (Epogen or Procrit) to help to boost the body’s production of red blood cells or **G-CSF** (granulocyte colony-stimulating factor, or Neupogen) to help boost production of white blood cells. **Antidepressants** and other medications also can be recorded here.

- **Side effects:** Common side effects, including **fatigue, headache, nausea, insomnia, fever, hair loss, muscle ache, depression, and skin rash**, can be recorded here.