



# **All About Your Liver** **A Toolkit for Educating Patients with** **Special Learning Needs**

*The VA Hepatitis C Resource Center Program  
and National Hepatitis C Program Office  
Veterans Health Administration  
U.S. Department of Veterans Affairs*





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# Contributors

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Dr. Indest, Dr. Davison, and Mr. Paulino led the development of this toolkit.

# Introduction

This educational program on hepatitis and the liver is designed for patients with special learning needs, such as severe and persistent mental illness (SPMI) or other cognitive impairments. Such patients are often at a higher-than-average risk to contract hepatitis C, yet they are often, and perhaps erroneously, deemed poor candidates for treatment. The intent of this material is to increase the patient's awareness of hepatitis C related issues, and to encourage the patient to seek out appropriate medical care. The intent of this manual is to assist the facilitator in offering the information in a format and style that is sensitive to the unique needs of veterans who have SPMI or other cognitive impairments. The instructor does not need to be an expert in liver health or SPMI to use this manual and conduct a class successfully.

This program, consisting of five classes, is designed to be presented in a group education setting but could conceivably also be taught individually. It may be used in an inpatient program or outpatient setting, such as a day treatment center, that serves veterans with SPMI or other special learning needs. Opiate treatment (methadone maintenance) programs are another likely venue for these classes, as their patients are at high risk for hepatitis C and often have difficulty attending to information after methadone dosing.

Ideally, patients should attend all of the first four classes and, if positive for hepatitis C, the fifth class on treatment. However, participation in any number of these classes will be beneficial, and hepatitis-C-negative veterans who are interested in learning about the treatment of hepatitis C should be allowed to attend the fifth class. This program is more directive than many educational programs and is designed to motivate patients who typically are not self-motivated.

After discussing the objectives and rationale for this educational program, this toolkit elaborates on the suggested tips for conducting this educational program. These steps range from meeting logistics to evaluation. The appendixes at the end of the toolkit include sample materials for use during your presentation, as well as additional sources of information regarding hepatitis C. The following materials are contained in this guidebook and/or on the companion CD-ROM for this toolkit:

- All About Your Liver slide set in PowerPoint format
- Instructor's Manual (this document)
- Logistical tools to assist with conducting the classes (Planning Grid, Sign-In Sheet, Sample Advertising Flyers, Sample Arrow Signs)
- Optional Pre- and Post-Tests (including Answer Keys and Instructor's Answers) for assessing patient learning
- A Certificate of Completion for acknowledging participation
- Participant handouts, including hepatitis C patient brochures, wallet cards, and a list of hepatitis C Internet resources
- Hepatitis C Support Group Guide containing in-depth information on initiating and maintaining hepatitis C educational and support groups
- User Feedback Form for suggesting improvements to this toolkit

# Objectives

The objectives of this educational program are to:

1. Help patients understand the importance of a healthy liver.
2. Teach patients about the diseases and behaviors that put the liver at risk.
3. Help patients understand what hepatitis is and what it means to have the hepatitis C virus.
4. Help patients understand the course of hepatitis C over a lifetime.
5. Help patients understand the common treatments used for hepatitis C.
6. Help patients understand how to prevent the spread of hepatitis C.
7. Encourage and motivate patients to seek out testing for hepatitis C.
8. Encourage and motivate patients to engage in healthy lifestyles and treatment of hepatitis C as appropriate.

## Benefits of a Hepatitis C Education Class for SPMI Patients

Implementing a standardized hepatitis C education class has numerous benefits for both patients and providers. Here are a few:

### FOR PATIENTS:

#### **1. Improved patient care by educating patients about hepatitis C.**

Education before the hepatitis C clinic appointment can reassure frightened patients and fill the often too-long gap between consult and first visit. Education helps patients understand what hepatitis is, what it means to have hepatitis C, and what its course is over a lifetime.

#### **2. Prevention of secondary transmission.**

Group education can inform patients how hepatitis C is and is NOT spread. This information helps patients understand how to prevent the spread of hepatitis C to their loved ones, co-workers, healthcare providers, and others. Conversely, hepatitis C education helps dispel myths about transmission (e.g., that it can be spread to children or grandchildren during normal play activity) and correct misconceptions about hepatitis C that might unnecessarily impact the patient's lifestyle.

#### **3. Promotion of liver health.**

Increased knowledge about hepatitis C infection is the first step toward successful self-care, and patients with liver disease need to understand the importance of healthy liver functioning. Group education teaches patients about the diseases and behaviors that put the liver at risk. It should encourage and motivate patients to engage in healthy lifestyles and treatment of hepatitis C as appropriate and reduce behaviors harmful to their liver health (e.g., alcohol consumption, excessive use of certain medications).



#### **4. Assistance in making informed treatment decision.**

A major objective of the group education class is to help patients understand the importance of testing for hepatitis C and the common treatments used for hepatitis C. Since SPMI patients as a group are at higher risk for hepatitis C, they should be encouraged to be tested so they can receive appropriate care. Furthermore, educating hepatitis-C-infected patients about treatment will assist them when it comes time for their hepatitis C clinic appointment to evaluate their treatment options, considering such factors as their hepatitis C genotype, medication side effects, duration of treatment, and odds of treatment success.

#### **5. Promotion of interpersonal learning.**

Patients learn from each other in group settings, and they often attend more to messages from peers than from “experts.” A group education class offers patients an opportunity to share and hear questions and concerns that other patients may have. This helps decrease stigma about hepatitis C infection as well as normalize many of the common fears and concerns patients may experience about having hepatitis C.

### **FOR PROVIDERS:**

#### **1. Health information relevant to a specialty population.**

This formatted program addresses liver diseases that are a special problem for the SPMI population while also reinforcing healthy activities of daily living. These brief classes contain all materials an instructor needs to conduct them and can easily be inserted into ongoing day treatment programs.

#### **2. Increased clinic efficiency.**

Giving basic education in a group setting allows hepatitis C clinicians to focus on other individual needs during the specialty care appointment. Face-to-face time between the provider and patient is very limited during these clinic appointments, and the more information a patient already has about the disease, the more time a provider can spend providing individualized patient care and answering specific questions regarding the patient’s case.

#### **3. Improved response time to patient needs.**

Patients can usually be scheduled more quickly for a group appointment such as the education class than for an individual appointment in a specialty hepatitis C clinic, which often has a longer waiting list. Prompt response to patients’ concerns following their hepatitis C diagnosis increases patients’ satisfaction with their healthcare.

#### **4. Reduction in specialty clinic no-show rate.**

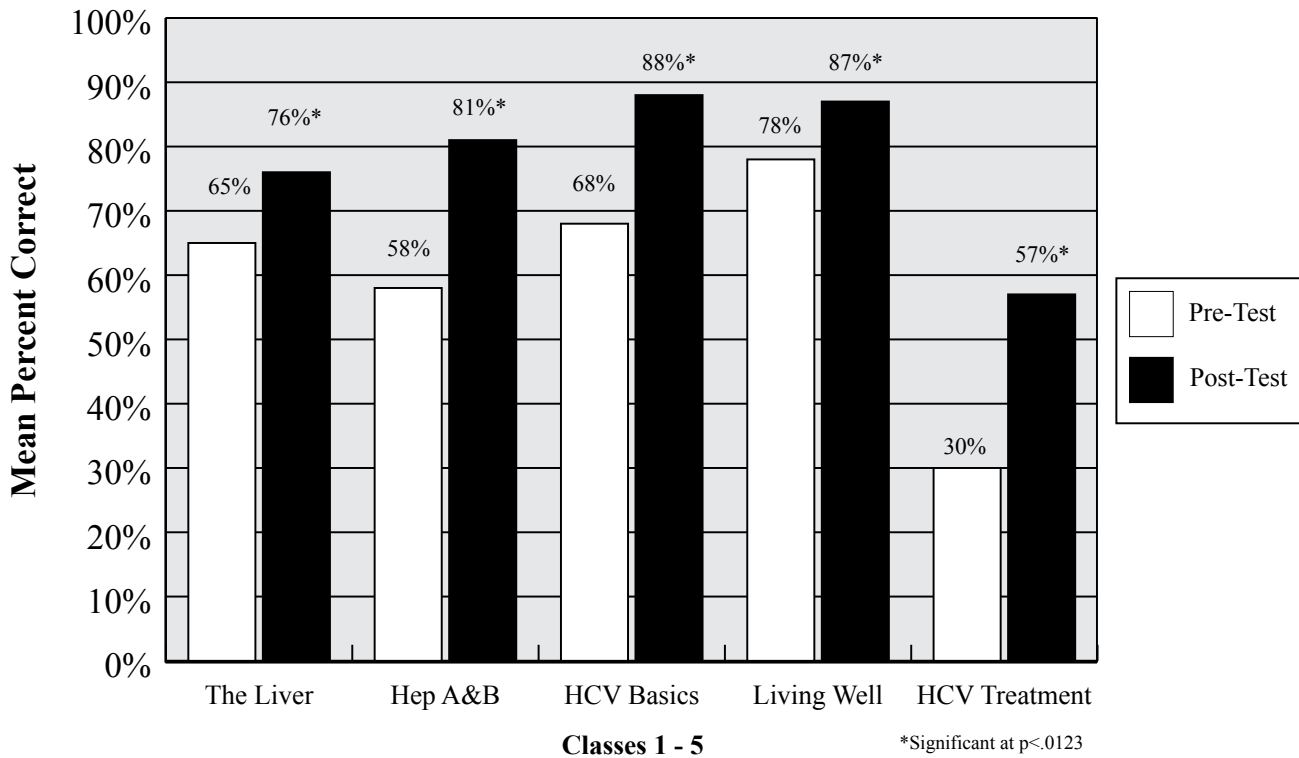
Scheduling patients for group education prior to their clinic appointment may decrease the no-show rate at initial hepatitis C clinic visits. However, this is likely true only if attendance at hepatitis C group education is a prerequisite for obtaining a specialty care appointment.

# Effectiveness of the Educational Intervention

The All About Your Liver education program has been piloted at the Portland VA Medical Center’s Day Treatment Program. Scores from pre- and post-test assessments suggest that patients with SPMI do benefit from such a class: post-test scores were significantly ( $p < .012$ ) higher than pre-test scores after all five classes (see Figure 1). Patients with SPMI are able to learn health-related information and apply it by answering written questions.

Figure 1

**SPMI Hepatitis C Education Group Pre-/Post-Test Results by Class**



Note:

- Class 1: The Liver
- Class 2: Hepatitis A and B
- Class 3: The Basics of Hepatitis C
- Class 4: Living Well
- Class 5: Treatment of Hepatitis C

# Guidelines for Implementation

The program is divided into five classes. The first four classes are designed to provide general education and to encourage patients to seek testing for hepatitis C. *The fifth class is for patients who have been diagnosed with the virus and are ready to consider or pursue treatment. It is not necessary for patients who are not positive for hepatitis C virus (HCV) and may confuse them; however, if such patients are intent on attending, they should not be discouraged.* You are encouraged to follow the recommended structure of the program described below.

## LOGISTICS

### 1. Planning

If a hepatitis C patient education class is not already established for your special population, the following considerations are helpful for planning the first and subsequent classes (see also Appendix D of this guide: “All About Your Liver Class Planning Grid”):

- When are most participants available?
- Is there adequate parking and bus service at this time of day?
- Do local traffic patterns allow for easy access to the facility at this time of day?
- Is there access to audiovisual equipment (e.g., LCD display, VCR, overhead projector)?
- Are the room size, configuration, and number of chairs sufficient for the class?
- Who will teach the class?
- Who will be responsible for opening and closing the room/facility?
- What written information or handouts will you provide for patients to take with them from the class?

### 2. Preparation

Preparation for the class should begin well before the scheduled start time. This toolkit contains many of the materials needed for conducting a successful hepatitis C patient education program (please see Appendix A for a complete list of resources available on this toolkit’s CD-ROM). The following checklist is provided as a reminder of typical class preparation steps (see also Appendix D of this guide: “All About Your Liver Class Planning Grid”).

- **Instructor** - This class can be facilitated by a wide variety of professionals: psychologists, social workers, counselors, nurses, health educators, etc. The instructor need not be an expert on the liver or on SPMI. The appendixes at the end of this guide provide a resource to facilitators who are unfamiliar with liver health information.

- **Handouts** - The national hepatitis C education brochures (see brochure order form located on the companion CD-ROM that goes with this guide), ABCs of Hepatitis patient brochure (contained on the CD-ROM), and patient education wallet cards (contained on the CD-ROM) can be printed as handouts for distribution to the class.
- **Pre-/Post-Tests** - Each class also comes with *optional* pre-tests and post-tests (see Appendix F), which can be used to measure whether your patients are learning from the classes. These are separate from the participatory quizzes, which are integrated into each class. If you wish to gauge your patients' learning, have patients complete the pre-test before the participatory quiz and then complete the post-test after the question-and-answer period.
- **Audiovisual Equipment** - You are encouraged to use the All About Your Liver PowerPoint slides (located on the CD-ROM accompanying this guide) for the classes. You may be able to show the slides from your computer network onto an LCD display or via a portable projector linked to a stand-alone computer or laptop. Owing to the size of the educational PowerPoint presentation, the best way to run the file is to download it from the CD-ROM onto the desktop or onto a specific directory of the computer connected to the LCD projector or view screen.
- **Flyers and Signs** - This toolkit contains several versions of signs and flyers that can be used to announce or direct individuals to the class. (Patients will easily get frustrated if they have to walk all over the hospital to find the meeting room!)
- **Food/Refreshments** - Food helps to attract patient participation. If possible, provide food that is healthy for patients with liver disease (i.e., avoid high-sugar sodas and caffeinated beverages). If you serve food, remember the little things everyone needs (napkins, utensils, serving spoons).
- **Room Environment** - Check temperature, lighting, and seat arrangement in advance. You may need to obtain a key beforehand to gain access to the room.
- **Announcements** - The education class is a great forum for disseminating information to patients, especially information about clinic policy, support groups, community resources, upcoming lectures, and opportunities for research participation.

### 3. Participatory Quiz

Each class begins with a participatory quiz, which introduces themes for the class. After going through the quiz as a group, each concept is again discussed during the main portion of the class.

### 4. Class Slide Show

PowerPoint slides are provided (on the CD-ROM) to help with the education process and engage patients using bright colors and motion. The class instructor advances through the slide show and simply reads each slide out loud. No further notes are required to teach the main objectives of the class; however, printouts of the slides, titled "Instructor's Reference to Slide Set," are included under "Class Content" for each class.

## **5. Question-and-Answer Period**

When the basic education is completed, the class is encouraged to ask any final questions. Since the main teaching strategy is to involve patients actively in the class, the instructor should elicit and answer questions during the lecture. However, the instructor must balance fielding questions to keep patients engaged with the time constraints needed to present all of his or her planned material before the group's attention wanders.

We anticipate that class members will ask questions that may be outside the expertise of many class instructors. We recommend that instructors direct class members to discuss their questions with their healthcare providers, since one of the goals of this program is to encourage patients to become active in seeking care for hepatitis C. In addition, the appendixes at the end of this guide provide a resource to facilitators who are unfamiliar with liver health information. You are encouraged to review these materials and make them available to your class as needed.

## **6. Preview of Next Class**

At the end of each class, the group is given a preview of the next class's topic as a way of encouraging them to attend.

## **7. Be Creative!**

Modifications may be needed for your particular clinical setting and population; therefore, clinicians are free to use selectively or adapt the various resources provided for each class. This guide is modular in format so that pieces may be selected or deleted to meet particular needs.

## **8. General Practice Note: START AND END ON TIME!**

### **EDUCATIONAL STRATEGIES**

Inherent in this guide are some approaches that have been found to be especially helpful in teaching new material to populations with special learning needs:

- The program is designed to be presented in brief classes; the objectives are simple and direct. Presenting *smaller amounts* of information at a time helps the learners focus and learn. It is not recommended that more than two classes be presented in one sitting. Once again, the intent is to connect with this special population in a way that will increase knowledge and the likelihood of treatment compliance.
- *Multiple examples* are used to illustrate concepts. This occurs during opening introductions, quizzes, and the slide show.
- *Repetition* is used to highlight important points and encourage learning.

- Information is relayed using **multiple modalities** to assist the learning process. Information is read, spoken, and heard. It is presented with text and graphics. Instructors are encouraged to be animated, using hand and body movements to emphasize or illustrate points, and to add interactive tasks in addition to the quizzes to involve participants more actively. Be creative: Consider incorporating your own interesting props or designing participatory activities to convey important concepts.
- Many concepts in this program are **significantly simplified** to enhance understanding. In other words, an attempt was made to remove any ambiguity or gray area from the educational material that could be confusing. This was deemed necessary because individuals with SPMI often struggle with complex concepts, abstract ideas, and ambiguity. For example, while the Centers for Disease Control and National Institutes of Health both report that limited alcohol consumption is acceptable for hepatitis C patients, this program suggests that anyone with hepatitis C should never drink alcohol. This simplified format may not be appropriate for individuals who can process complex concepts and independently make wise informed decisions.

### **SPECIAL CONSIDERATIONS FOR AN SPMI POPULATION**

Providing group education to the SPMI population often presents unique challenges. The following guidelines will assist you when such challenges arise.

- **Nonsensical or tangential comments.** Keep the class on task, given that tangential comments are common. Be supportive of the class member's attempts to participate, but ensure that the class does not get sidetracked. Example: "John, I am sure that it's difficult to work with your payee, but I'd like to get back to the issue of hepatitis."
- **Unusual or disruptive behavior.** This behavior is best dealt with directly. Identify the behavior as disruptive, and help the class member to stop the behavior and re-engage with the group. If s/he cannot or will not comply with your request, it may be necessary to excuse the participant from the class. Example: "Bob, you can't sit on the floor during this class. Let me help you get back in your chair."
- **Acute psychotic symptoms.** Some class members may be responding to internal stimuli such as hallucinations or delusional thoughts. If you notice such behavior, use orienting questions to help the person focus on the class concept. If the participant does not respond to this intervention, s/he may need to be excused from the class. Example: "Marilyn, it looks like your mind is on something else right now. Can you tell me what the group is talking about? Do you remember what this class is about?"
- **Non-responsiveness or catatonia.** Some class members may not respond to questions, may fall asleep, or may be unresponsive due to negative symptoms or medication side effects. Sometimes the entire class may appear non-responsive. *This may be a sign that it is time to use a more engaging or playful approach to the material.* There are several strategies that may be employed, but the overall

intent is for the instructor momentarily to pay more attention to the group's process than the class content. Example: "Is everyone still with me? Let's try something new to get your blood moving." The instructor may wish to lead the group in some activity involving movement, play, or humor.

- Incentives such as food or prizes (e.g., healthy snacks, personal hygiene products) may also be incorporated into the class. The Certificate of Class Completion (on the CD-ROM) is an incentive that can be given after each class or at the series' completion.

## **Class Content: A Program in Five Classes**

Each class is packaged separately with an Instructor's Outline, Participatory Quiz, Instructor's Copy of the Quiz with correct answers and rationales, and Instructor's Reference to Slide Set (hard copies of six slides per page). Together with the appropriate PowerPoint slides (contained on the CD-ROM), this is everything the instructor requires to conduct the class. Appendixes and the CD-ROM contain optional Pre- and Post-Tests, Certificates of Completion, and various patient brochures and handouts.

# Class 1: The Liver

1. Welcome class members.
  - a. Explain that this is the first in a series of classes about the liver and the diseases and behaviors that put the health of the liver at risk.
  - b. Ask class participants to let you know (by speaking up or raising a hand) if they have trouble understanding any terms used in this curriculum so that you may clarify.
  - c. Start with introductions. Ask each class member to state his/her name, as well as one thing that comes to mind when s/he thinks of the liver.
  - d. Confirm that the associations they make with the liver are based on experiences or popular beliefs, many of which are true, and some of which may not be true.
2. Pass out Participatory Quiz #1 titled “The Liver.”
  - a. Work through the quiz orally as a group.
  - b. Use the instructor’s version of the quiz to explain the correct answers.
3. Present the slide show titled “The Liver.”
  - a. Follow the slide show and read each slide aloud. Allow the class to make comments or ask questions along the way. Feel free to draw from HCRC resources to highlight or clarify information from the slide show.
  - b. On the last slide, encourage class members to learn more about the liver.
4. Wrap up.
  - a. Go around the room and ask each person to identify one fact that s/he remembers from today’s presentation. We recommend that you review the following points: what is the liver, what does the liver do, how can we tell if it’s healthy, and how do we keep it healthy.
  - b. Tell people that for the next class, we will be talking about hepatitis A and B, two viruses that can hurt your liver.
  - c. Offer VA educational materials found at your site.



# **All About Your Liver**

## **Participatory Quiz #1: The Liver**

1. What does your liver do?
  - a. Stores sugars, fats, and other nutrients
  - b. Cleans your blood
  - c. Makes chemicals used by your body
  - d. All of the above
2. True or false? You can live for several weeks or even months without a liver.
3. True or false? A “blood test” and a “biopsy” are the same thing.
4. What are some ways to be kind to your liver?
  - a. Don’t take medicines unless a doctor has told you to
  - b. Use very little or no alcohol
  - c. Never touch a drug needle (syringe) that has been thrown away
  - d. All of the above
5. True or false? Your liver is the largest organ inside your body.
6. Blood tests used to check your liver look to see if there are too many \_\_\_\_\_ in your blood.
  - a. enzymes
  - b. carbohydrates
  - c. fats
  - d. red cells
7. True or false? Hepatitis C and cancer are examples of illnesses that can affect the liver.
8. How can you find out more about your liver?
  - a. The American Liver Foundation
  - b. Your medical provider
  - c. The Hepatitis C Resource Center
  - d. All of the above

# All About Your Liver

## Instructor's Copy, Quiz #1: The Liver

1. What does your liver do?
  - a. Stores sugars, fats, and other nutrients
  - b. Cleans your blood
  - c. Makes chemicals used by your body
  - d. All of the above

Correct answer? D. The liver performs many unique and important tasks as it processes carbohydrates, proteins, fats, and minerals to be used in maintaining normal body functions. It also acts as a filter to remove alcohol and toxic substances from the blood and convert them to substances that can be eliminated from the body. It also plays a role in your immune system.

2. True or false? You can live for several weeks or even months without a liver.

Correct answer? False. You cannot live at all without your liver. It is a very important organ.

3. True or false? A “blood test” and a “biopsy” are the same thing.

Correct answer? False. The blood test used to test your liver's health looks for elevated levels of liver enzymes. It is a simple blood test. A biopsy is different; it requires a small piece of your liver to be removed with a needle.

4. What are some ways to be kind to your liver?
  - a. Don't take medicines unless a doctor has told you to
  - b. Use very little or no alcohol
  - c. Never touch a drug needle (syringe) that has been thrown away
  - d. All of the above

Correct answer? D. Do all you can to avoid infection and excess wear and tear on your liver. Also, remember to maintain a healthy diet.

5. True or false? Your liver is the largest organ inside your body.

Correct answer? True. Your skin is also considered an organ, and is the largest of them all, but it is not inside your body!

6. Blood tests used to check your liver look to see if there are too many \_\_\_\_\_ in your blood.
- enzymes
  - carbohydrates
  - fats
  - red cells

Correct answer? A. When your liver is sick, it works too hard and produces extra amounts of enzymes. So if there are too many enzymes in your blood, it tells your providers that something is wrong with your liver.

7. True or false? Hepatitis C and cancer are examples of illnesses that can affect the liver.

Correct answer? True. Both of these conditions are bad for your liver's health.

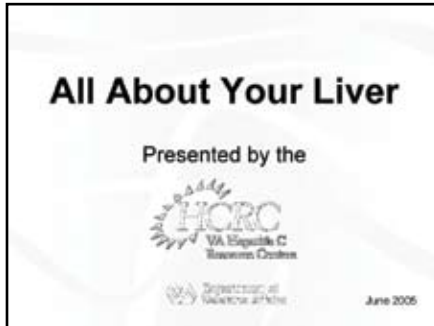
8. How can you find out more about your liver?
- The American Liver Foundation
  - Your medical provider
  - The Hepatitis C Resource Center
  - All of the above

Correct answer? D. There are many good sources for information on liver health.

# All About Your Liver

## Instructor's Reference to Slide Set #1: The Liver

Slide 1



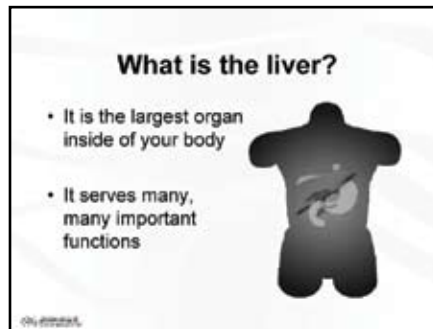
Slide 2



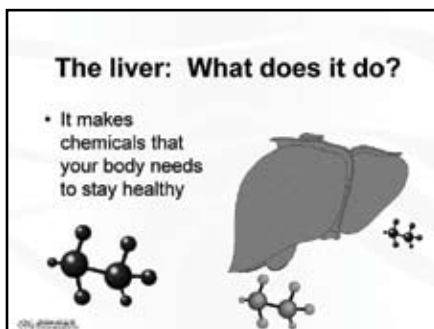
Slide 3



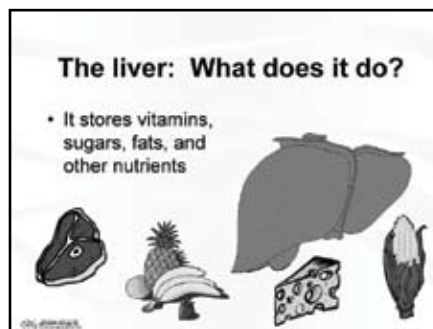
Slide 4



Slide 5



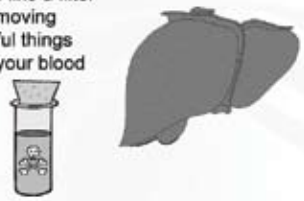
Slide 6



Slide 7

**The liver: What does it do?**

- It acts like a filter by removing harmful things from your blood




© 2010, 2011, 2012

Slide 8

**The liver: What does it do?**

- It helps guard against infection




© 2010, 2011, 2012

Slide 9

**The liver: If it is sick**

- When the liver does not function properly, sickness and even death can occur
- An example of a sickness that affects the liver is hepatitis C




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Slide 10

**The liver: If it is sick**

- If your liver is sick, it can lead to problems like:
  - Liver scarring (called fibrosis or cirrhosis)
  - Liver cancer



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Slide 11

**The liver: Testing its health**

- Blood tests
- Liver test




© 2010, 2011, 2012

Slide 12

**Blood tests**

- The blood test shows if there are too many liver enzymes in your blood
- If you have too many liver enzymes in your blood, it means your liver is not healthy




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Slide 13

### Liver test

- A test called a biopsy is used to see if your liver has fibrosis, cirrhosis, or cancer
- A needle removes a very small amount of tissue from the liver for testing
- Not always necessary – ask your doctor



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Slide 14

### The Liver: Keeping it healthy

- Have a good diet



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Slide 15

### The Liver: Keeping it healthy

- Avoid alcohol



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Slide 16

### The Liver: Keeping it healthy

- Don't inject illegal drugs



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Slide 17

### The Liver: Keeping it healthy

- Don't use over the counter medicine unless you really need it



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Slide 18

### The Liver: Keeping it healthy

- Don't expose yourself to others' blood



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Slide 19

**The Liver: Keeping it healthy**



- Practice safer sex

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Slide 20

**Summary**

- The liver does many important things for your body
- If your liver isn't healthy, you can get very sick or even die
- To keep your liver healthy
  - Avoid alcohol
  - Don't get other people's blood inside you

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Slide 21

**To learn more about the liver...**

- Ask your medical provider
- VA Hepatitis C Website
  - [www.hepatitis.va.gov](http://www.hepatitis.va.gov)
- American Liver Foundation
  - 1-800-GO-LIVER

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## Class 2: Hepatitis A and B

1. Welcome class members.
  - a. Explain that this is the second in a series of classes about the liver and the diseases and behaviors that put the health of the liver at risk.
  - b. Ask class participants to let you know (by speaking up or raising a hand) if they have trouble understanding any terms used in this curriculum so that you may clarify.
  - c. Start with introductions. Ask each class member to state his/her name, as well as one thing that comes to mind when s/he thinks of the word “hepatitis.”
  - d. Confirm that the associations they make to hepatitis are based on experiences or popular beliefs, many of which are true, and some of which may not be true.
2. Pass out Participatory Quiz #2 titled “Hepatitis A and B.”
  - a. Work through the quiz orally as a group.
  - b. Use the instructor’s version of the quiz to explain the correct answers.
3. Present the slide show titled “Hepatitis A and B.”
  - a. Follow the slide show and read each slide aloud. Allow the class to make comments or ask questions along the way. Feel free to add information that may be helpful to your class.
  - b. On the last slide, encourage class members to learn more about hepatitis A and B.
4. Wrap up.
  - a. Go around the room and ask each person to identify one fact that s/he remembers from today’s presentation. We recommend that you review the following points: what is a virus, what is hepatitis A and B, how are they spread, how do we treat these infections, and how do we prevent them.
  - b. Encourage class members to ask for a hepatitis A and B vaccination if they have not already had the virus.
  - c. Tell people that for the next class, we will be talking about hepatitis C, another virus that can hurt your liver.
  - d. Offer VA educational materials found at your site.



# **All About Your Liver**

## **Participatory Quiz #2: Hepatitis A and B**

1. What is one way that hepatitis A is transmitted to a person?
  - a. Dirty food or dirty water
  - b. Hugging
  - c. Sex
  - d. Sneezing
  
2. If your liver is sick, you can become “jaundiced.” What does that mean?
  - a. You are a very jolly fellow.
  - b. You need to be in the sun more.
  - c. Your skin looks yellow.
  - d. Your knees and elbows swell up.
  
3. How long does the hepatitis A infection last?
  - a. Twelve hours
  - b. Two days
  - c. A few weeks to months
  - d. Two years
  
4. Which of the following are symptoms of hepatitis A?
  - a. Fever, tiredness, loss of appetite, feeling like you might throw up, belly ache
  - b. Dark urine and yellow skin or eyes (jaundice)
  - c. Wild mood swings and increased appetite
  - d. Both A and B
  
5. How can someone get the hepatitis B virus?
  - a. Dirty food or dirty water
  - b. A hearty handshake
  - c. Sex
  - d. Sharing drug needles with someone else
  - e. Both C and D
  
6. True or false? You can get both the hepatitis A and hepatitis B vaccinations at the VA.
  
7. Hepatitis B symptoms may include...
  - a. Feeling sick to your stomach and throwing up
  - b. Feeling REALLY tired
  - c. Yellow skin and eyes
  - d. All of the above
  
8. True or false? Hepatitis A and B can be treated with medicines.

# All About Your Liver

## Instructor's Copy, Quiz #2: Hepatitis A and B

1. What is one way that hepatitis A is transmitted to a person?
  - a. Dirty food or dirty water
  - b. Hugging
  - c. Sex
  - d. Sneezing

Correct answer? A. This is the type of hepatitis that you hear about that people get from restaurants or from dirty water in underdeveloped countries. It can be spread when someone who has hepatitis A doesn't wash his/her hands after going to the bathroom and then handles food someone else is going to eat. The virus is not typically spread by sex or contact with blood, although any time you share a drug needle or use a dirty one, you are at risk of getting the other person's viruses.

2. If your liver is sick, you can become "jaundiced." What does that mean?
  - a. You are a very jolly fellow.
  - b. You need to be in the sun more.
  - c. Your skin looks yellow.
  - d. Your knees and elbows swell up.

Correct answer? C. The liver breaks down waste products in your body. A sick liver cannot do a good job of getting rid of waste products. One waste product is called bilirubin (say "billy-roo-bin"). When it begins to build up in the body, it makes the skin of the person turn a yellow-orange color. This is called jaundice (say "john-dis"). This is often seen with hepatitis.

3. How long does the hepatitis A infection last?
  - a. Twelve hours
  - b. Two days
  - c. A few weeks to months
  - d. Two years

Correct answer? C. On average, the virus clears the system in about two months. Some people may have the virus for longer, and some for less time.

4. Which of the following are symptoms of hepatitis A?
  - a. Fever, tiredness, loss of appetite, feeling like you might throw up, belly ache
  - b. Dark urine and yellow skin or eyes (jaundice)
  - c. Wild mood swings and increased appetite
  - d. Both A and B

Correct answer? D. The full list of symptoms on the Centers for Disease Control Web site includes jaundice (yellowish skin or eyes), fatigue (extreme tiredness), abdominal pain (belly ache), loss of appetite (not feeling hungry even though you haven't eaten in awhile), nausea (feeling like you might throw up), diarrhea, dark urine, and fever.

5. How can someone get the hepatitis B virus?
  - a. Dirty food or dirty water
  - b. A hearty handshake
  - c. Sex
  - d. Sharing drug needles with someone else
  - e. Both C and D

Correct answer? E. Infection occurs when blood or body fluids (semen, spit) from an infected person enter the body of a person who is not immune (not vaccinated). Hepatitis B virus is spread through having sex with an infected person without using a condom, through sharing needles or "works" when shooting drugs, through needlesticks or "sharps" exposures on the job, or from an infected mother to her baby during birth.

6. True or false? You can get both the hepatitis A and hepatitis B vaccinations at the VA.

Correct answer? True! Talk to your doctor today about getting vaccinated. It is easy to do and it may save your life.

7. Hepatitis B symptoms may include...
  - a. Feeling sick to your stomach and throwing up
  - b. Feeling REALLY tired
  - c. Yellow skin and eyes
  - d. All of the above

Correct answer? D. The Centers for Disease Control Web site lists the following symptoms related to hepatitis B: jaundice, fatigue, abdominal pain, loss of appetite, nausea, vomiting, and joint pain. In more serious cases, the stomach can also swell.

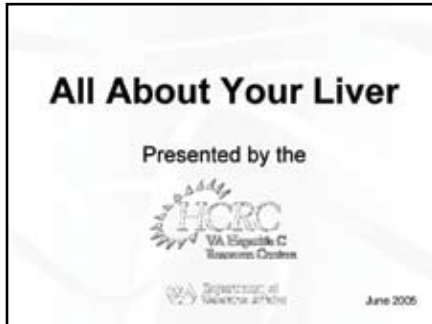
8. True or false? Hepatitis A and B can be treated with medicines.

Correct answer? True. Both viruses can be treated within two weeks of exposure by a medicine called immune globulin. Your provider may also recommend other medical treatments for these viruses.

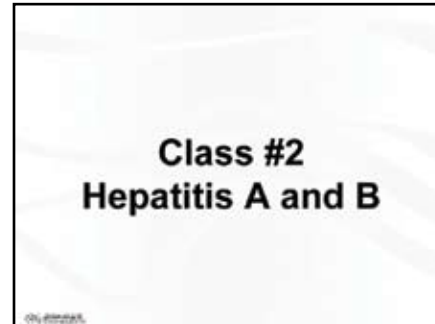
# All About Your Liver

## Instructor's Reference to Slide Set #2: Hepatitis A and B

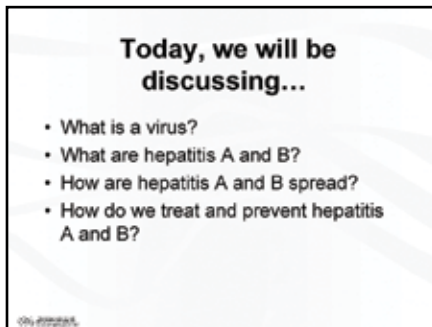
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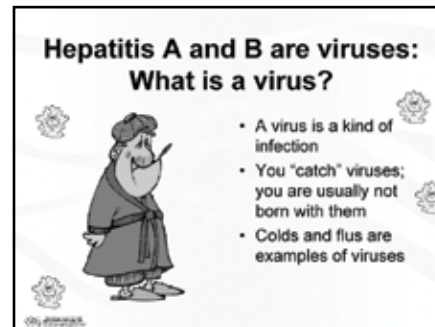
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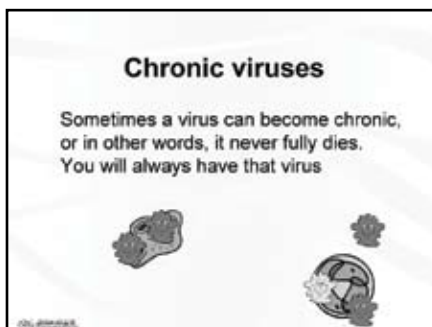
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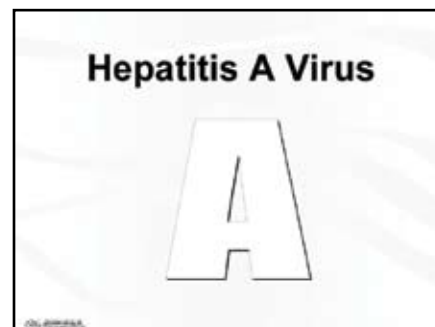
Slide 4



Slide 5




Slide 6



Slide 7

### Hepatitis A




- A virus that hurts your liver

© 2008, CDC

Slide 8

### Hepatitis A

- It is spread mostly by eating and drinking contaminated food and water
- The virus gets into the food and water when it is handled by someone who has the virus on their hands




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Slide 9

### How hepatitis A is spread

- First, a person who has hepatitis A uses the toilet
- The virus, which is found in the body's waste products, can get on the person's hands




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Slide 10

### How hepatitis A is spread

- When the person leaves the restroom, they do not wash their hands
- The virus is still on the person's hands




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Slide 11

### How hepatitis A is spread

- The virus can be spread to anything that the person touches
- If the person touches food, people who eat the food can get the virus




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Slide 12

### Hepatitis A: Symptoms

- Yellowing of the skin or eyes (called jaundice)
- Feeling very tired
- Dark urine
- Low-grade fever




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Slide 13

### Hepatitis A: Symptoms


- Stomach pain
- Not feeling very hungry
- Nausea
- Diarrhea



Slide 14

### Hepatitis A: Treatment


- The virus goes away on its own in a matter of weeks or months
- Rest and fluids are the best treatment
- Your doctor also has some medicines that can help



Slide 15

### Hepatitis A: Prevention


- Practice good personal hygiene
- Get the hepatitis A vaccine
  - The vaccine probably lasts a lifetime



Slide 16


### Personal Hygiene

- Wash your hands before handling food
- Wash your hands after using the bathroom
- Wash all fruits and vegetables



Slide 17


### Hepatitis B



Slide 18

### Hepatitis B


- Another virus that hurts your liver
- This virus is spread mostly by blood and sexual contact



Slide 19

**Hepatitis B: Symptoms**

- Yellowing skin or eyes (or jaundice)
- Not feeling hungry
- Feeling tired




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Slide 20

**Hepatitis B: Symptoms**

- Muscle, joint, or stomach pain
- Stomach upset, diarrhea, or vomiting




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Slide 21

**Hepatitis B: Treatment**

- The virus goes away in most people within several months, but for some it is a chronic illness
- It can be treated with medicines




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Slide 22

**Hepatitis B: Prevention**

- Get the hepatitis B vaccine
  - The vaccine probably lasts a lifetime
- Avoid making contact with someone else's blood or body fluids



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Slide 23

**Summary**

- Hepatitis A & B are viruses that can make you sick
- Wash your hands after going to the bathroom
- Get vaccinated for hepatitis A & B if you need to
  - Ask your doctor

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Slide 24

**To learn more about hepatitis A & B**

- Ask your medical provider
- VA Hepatitis C Website
  - [www.hepatitis.va.gov](http://www.hepatitis.va.gov)
- American Liver Foundation
  - 1-800-GO-LIVER

© VA Medical Center

## Class 3: The Basics of Hepatitis C

1. Welcome class members.
  - a. Explain that this is the third in a series of classes about the liver and the diseases and behaviors that put the health of the liver at risk.
  - b. Ask class participants to let you know (by speaking up or raising a hand) if they have trouble understanding any terms used in this curriculum so that you may clarify.
  - c. Start with introductions. Ask each class member to state his/her name, as well as one fact about hepatitis that s/he remembers from the previous class.
  - d. Reinforce correct answers and prompt class members who struggle with this assignment.
2. Pass out Participatory Quiz #3 titled “The Basics of Hepatitis C.”
  - a. Work through the quiz orally as a group.
  - b. Use the instructor’s version of the quiz to explain the correct answers.
3. Present the slide show titled “The Basics of Hepatitis C.”
  - a. Follow the slide show and read each slide aloud. Allow the class to make comments or ask questions along the way. Feel free to add information that may be helpful to your class.
  - b. On the last slide, encourage class members to learn more about hepatitis C.
4. Wrap up.
  - a. Go around the room and ask each person to identify one fact that s/he remembers from today’s presentation. We recommend that you review the following points: what is hepatitis C, how common is it, how is it spread, what is the course of the virus, and how can one get tested for hepatitis C.
  - b. Encourage class members to consider being tested for hepatitis C if they have not already done so.
  - c. Tell people that for the next class, we will be talking about how to take care of yourself if you have hepatitis C.
  - d. Offer VA educational materials found at your site.



# **All About Your Liver**

## **Participatory Quiz #3: The Basics of Hepatitis C**

1. What is one of the ways that hepatitis C is spread to a person?
  - a. Dirty food
  - b. Dirty water
  - c. Sharing drug needles
  - d. Sneezing
2. True or false? Most people who have hepatitis C will have it for their entire lives.
3. True or false? You can get vaccinated for hepatitis C.
4. Which of the following are symptoms of hepatitis C?
  - a. Loss of hunger, feeling like you might throw up, and belly aches
  - b. Dark urine and yellow skin or eyes (jaundice)
  - c. Hearing loss
  - d. Both A and B
5. True or false? You can actually have the hepatitis C virus for several years and show no symptoms.
6. What is cirrhosis of the liver?
  - a. Your liver doubles in size
  - b. Your liver shrinks to the size of a peanut
  - c. Your liver gets scarred
  - d. Your liver turns blue
7. True or false? Most people who have hepatitis C will die from hepatitis-C-related complications.
8. Which of these will not spread the hepatitis C virus?
  - a. Kissing
  - b. Playing with children
  - c. Sharing eating utensils
  - d. All of the above
9. What tests can tell you if you have hepatitis C?
  - a. A blood test
  - b. A urine test
  - c. A throat culture test
  - d. An IQ test

# All About Your Liver

## Instructor's Copy, Quiz #3: The Basics of Hepatitis C

1. What is one of the ways that hepatitis C is spread to a person?
  - a. Dirty food
  - b. Dirty water
  - c. Sharing drug needles
  - d. Sneezing

Correct answer? C. Like hepatitis B, the hepatitis C virus is spread by blood contact.

2. True or false? Most people who have hepatitis C will have it for their entire lives.

Correct answer? True. About 85 percent of those infected with the virus will have it the rest of their lives.

3. True or false? You can get vaccinated for hepatitis C.

Correct answer? False. There is no vaccine for hepatitis C. Living a safe and healthy lifestyle is the best way to prevent infection.

4. Which of the following are symptoms of hepatitis C?
  - a. Loss of hunger, feeling like you might throw up, and belly aches
  - b. Dark urine and yellow skin or eyes (jaundice)
  - c. Hearing loss
  - d. Both A and B

Correct answer? D. Do these symptoms sound familiar? They should, because they are very similar to hepatitis A and B symptoms.

5. True or false? You can actually have the hepatitis C virus for several years and show no symptoms.

Correct answer? True. Just because you have the virus in your body does not mean you will have symptoms. Some people may be infected 10 or 15 years before they experienced symptoms.

6. What is cirrhosis of the liver?
- Your liver doubles in size
  - Your liver shrinks to the size of a peanut
  - Your liver gets scarred
  - Your liver turns blue

Correct answer? C. In cirrhosis of the liver, scar tissue replaces normal, healthy tissue, blocking the flow of blood through the organ and preventing it from working as it should.

7. True or false? Most people who have hepatitis C will die from hepatitis-C-related complications.

Correct answer? False. Fewer than 5 percent of those infected with the hepatitis C virus will die from related complications.

8. Which of these will not spread the hepatitis C virus?
- Kissing
  - Playing with children
  - Sharing eating utensils
  - All of the above

Correct answer? D. Most everyday activities will not spread the hepatitis C virus.

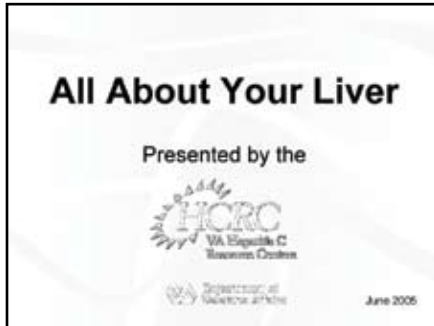
9. What tests can tell you if you have hepatitis C?
- A blood test
  - A urine test
  - A throat culture test
  - An IQ test

Correct answer? A. You can talk to your doctor about getting tested for hepatitis C. Blood tests are very easy and safe.

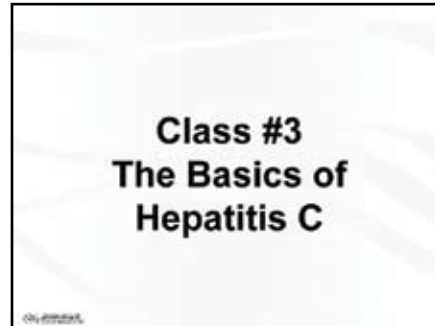
# All About Your Liver

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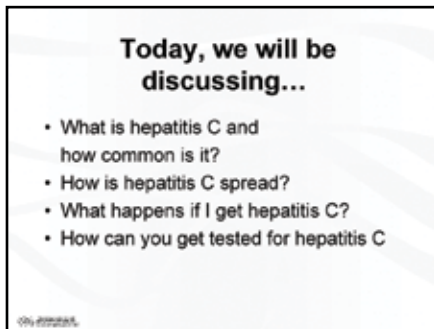
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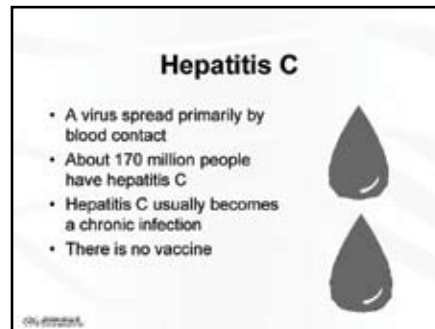
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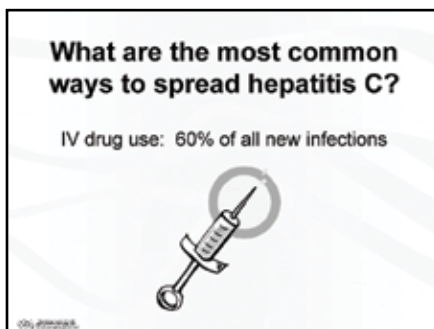
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Slide 4



Slide 5



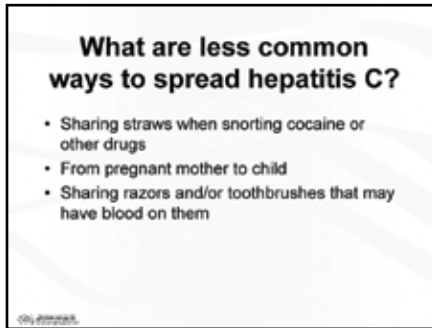
Slide 6



Slide 7

**What are less common ways to spread hepatitis C?**

- Sharing straws when snorting cocaine or other drugs
- From pregnant mother to child
- Sharing razors and/or toothbrushes that may have blood on them




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Slide 8

**What are the least common ways to spread hepatitis C?**


- Body piercing, tattooing & acupuncture with unsterilized needles
- Sexual transmission



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Slide 9


**Hepatitis C is NOT spread by:**  
Sneezing & coughing



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Slide 10

**Hepatitis C is NOT spread by:**  
Hugging or kissing



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Slide 11

**Hepatitis C is NOT spread by:**  
Handshakes



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Slide 12

**Hepatitis C is NOT spread by:**  
Holding hands

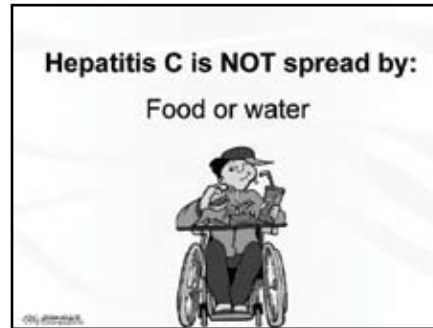


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Slide 13



Slide 14



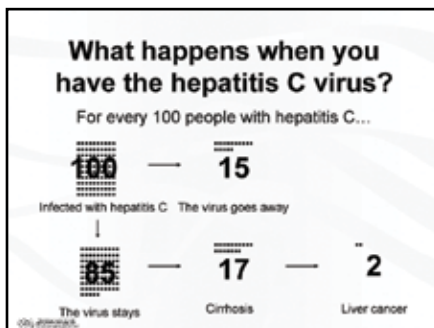
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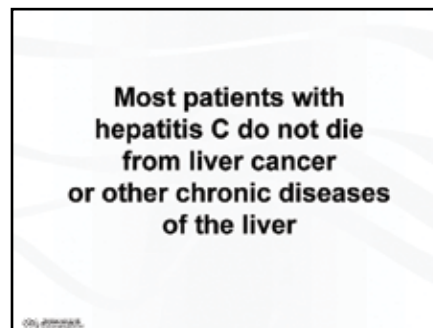
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Slide 17

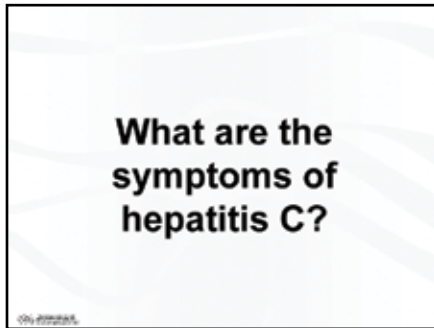


Slide 18



Slide 19

**What are the symptoms of hepatitis C?**




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Slide 20

**How will I know if I have hepatitis C?**

- Many people have no symptoms of the hepatitis C virus for years
- Many symptoms are very mild, and people think they are a sign of aging or some other condition like the flu




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Slide 21

**Hepatitis C: Possible symptoms**

- Fatigue
- Discomfort or pain in the upper abdomen
- Loss of appetite




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Slide 22

**Hepatitis C: Possible symptoms**

- Jaundice (yellow skin or eyes)
- Aching or swelling joints
- Trouble sleeping
- Dark urine




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Slide 23

**Hepatitis C: More severe symptoms**

- Problems thinking clearly or concentrating
- Scarring of the liver (cirrhosis)
- Liver failure



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Slide 24

**Should you be tested for hepatitis C?**

**Yes!**

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Slide 25

**Especially if you...**

- Have ever injected or snorted drugs
- Received a blood transfusion before 1992
- Are a Vietnam-era veteran
- Have had multiple sex partners
- Have tattoos or body piercings

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Slide 26

**Testing is also recommended if you:**

- Have gotten someone else's blood inside you
- Have had liver problems
- Have a history of drinking a lot of alcohol
- Want to be tested

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Slide 27

**There is only one way to know for sure...**



**You must have a blood test**

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Slide 28

**Talk to any healthcare provider about being tested for hepatitis C**

- **It's Easy**
- **It's Safe**
- **It's Simple**

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Slide 29

**Summary**

- Hepatitis C is a virus that can make you sick. Once you get it, it usually stays in you your entire life
- Sharing IV needles can spread hepatitis C, but it is NOT easy to get in other ways
- You should get tested for hepatitis C

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Slide 30

**To learn more about hepatitis C**

- Ask your medical provider
- VA Hepatitis C Website  
– [www.hepatitis.va.gov](http://www.hepatitis.va.gov)
- American Liver Foundation  
– 1-800-GO-LIVER

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## **Class 4: Living Well**

1. Welcome class members.
  - a. Explain that this is the fourth in a series of classes about the liver and the diseases and behaviors that put the health of the liver at risk.
  - b. Ask class participants to let you know (by speaking up or raising a hand) if they have trouble understanding any terms used in this curriculum so that you may clarify.
  - c. Start with introductions. Ask each class member to state his/her name, as well as one fact about hepatitis C that s/he remembers from the previous class.
  - d. Reinforce correct answers and prompt class members who struggle with this assignment.
2. Pass out Participatory Quiz #4 titled “Living Well.”
  - a. Work through the quiz orally as a group.
  - b. Use the instructor’s version of the quiz to explain the correct answers.
3. Present the slide show titled “Living Well.”
  - a. Follow the slide show and read each slide aloud. Allow the class to make comments or ask questions along the way. Feel free to add information that may be helpful to your class.
  - b. On the last slide, encourage class members to follow the recommendations for healthy living.
  - c. Inform participants where they can find more information (ideally from the VA).
4. Wrap up.
  - a. Go around the room and ask each person to identify one fact that s/he remembers from today’s presentation. We recommend that you review the following points: how to have a healthy lifestyle, including diet, exercise, relaxation, sleep, etc.
  - b. Encourage class members to pursue a healthy lifestyle and communicate with healthcare providers.
  - c. Tell people that for the next class, we will be talking about treatments for hepatitis C. **Only those who have hepatitis C need to attend the next class, since it will focus on hepatitis C treatment.**
  - d. Offer VA educational materials found at your site.

# All About Your Liver

## Participatory Quiz #4: Living Well

1. True or false? You should be ashamed of the fact that you have hepatitis C.
2. True or false? If you have a lifelong illness like hepatitis C, having a healthy lifestyle is as important as the treatment you will get from your provider.
3. Which of the following will help you sleep better?
  - a. Listen to loud music
  - b. Take a 4-hour nap before dinner
  - c. Avoid caffeine, nicotine, alcohol, and street drugs
  - d. Stay in bed all day until you are sleepy
4. If you're feeling down or depressed about having hepatitis C, what can you do to feel better?
  - a. Join a support group
  - b. Learn more about hepatitis C
  - c. Talk to someone you trust
  - d. All of the above
5. True or false? If you have hepatitis C, you should not exercise.
6. What is one of the most important things you can do if you have hepatitis C?
  - a. Avoid other people so you don't spread it to them
  - b. Stop drinking alcohol
  - c. Get a liver transplant
  - d. Get a blood transfusion
7. True or false? You can catch or spread hepatitis C by sharing needles or straws to do street drugs.
8. When it comes to your liver, when is it time to call a doctor?
  - a. When your urine is very dark
  - b. When you develop dandruff
  - c. When your eyes and/or skin turns yellow
  - d. Both A and C

# All About Your Liver

## Instructor's Copy, Quiz #4: Living Well

1. True or false? You should be ashamed of the fact that you have hepatitis C.

Correct answer? False. Nobody asks to have hepatitis C, even if they engage in risky behavior. It does not mean that you are a bad person. However, feelings of shame or embarrassment are not uncommon. Remember that there are over 170 million people in the world who have hepatitis C.

2. True or false? If you have a lifelong illness like hepatitis C, having a healthy lifestyle is as important as the treatment you will get from your provider.

Correct answer? True. The choices you make regarding your lifestyle will greatly affect your health, even if you are getting good treatment from a medical provider. Hepatitis C is a condition you will probably have for the rest of your life, so the lifestyle you choose makes a big difference!

3. Which of the following will help you sleep better?
  - a. Listen to loud music
  - b. Take a 4-hour nap before dinner
  - c. Avoid caffeine, nicotine, alcohol, and street drugs
  - d. Stay in bed all day until you are sleepy

Correct answer? C. These substances have been found to interfere with sleep. Loud music will keep you awake, and taking long naps late in the day will make it harder to fall asleep at night. Staying in bed all day will prevent you from being active during the day, and being active can help you feel better and sleep better at night.

4. If you're feeling down or depressed about having hepatitis C, what can you do to feel better?
  - a. Join a support group
  - b. Learn more about hepatitis C
  - c. Talk to someone you trust
  - d. All of the above

Correct answer? D. It is important to stay socially involved with others when you are dealing with a chronic illness. It is also helpful to learn as much as you can about the illness.

5. True or false? If you have hepatitis C, you should not exercise.

Correct answer? False. If you become inactive, your quality of life will suffer. We know that one of the symptoms of hepatitis C is feeling tired, but it is important to find a way to keep physically active.

6. What is one of the most important things you can do if you have hepatitis C?
- Avoid other people so you don't spread it to them
  - Stop drinking alcohol
  - Get a liver transplant
  - Get a blood transfusion

Correct answer. B. It is very important to avoid alcohol, street drugs, and too many prescription drugs, because these things can damage your liver. Getting a blood transfusion or a liver transplant will not make the virus go away.

7. True or false? You can catch or spread hepatitis C by sharing needles or straws to do street drugs.

Correct answer? True. Sharing needles or straws may expose you to another person's blood. That is how hepatitis C is spread.

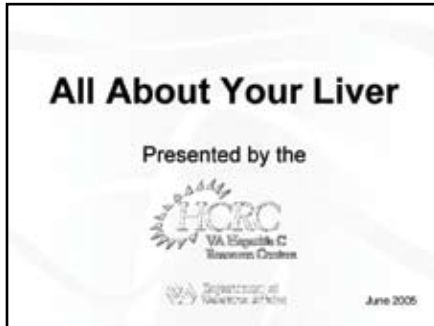
8. When it comes to your liver, when is it time to call a doctor?
- When your urine is very dark
  - When you develop dandruff
  - When your eyes and/or skin turns yellow
  - Both A and C

Correct answer? D. If you experience either of these, it may indicate that there is a serious problem that a healthcare worker can help you with. You should also call your doctor if your stools are light colored or if you have flu-like symptoms or serious pain for many days. All of these problems may be symptoms of hepatitis. (The instructor may also suggest that it's a good idea to call your provider if you're having other medical problems, such as blood in your stools or urine, or side effects from medications.)

# All About Your Liver

## Instructor's Reference to Slide Set #4: Living Well

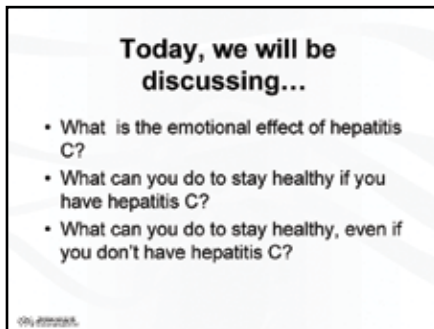
Slide 1



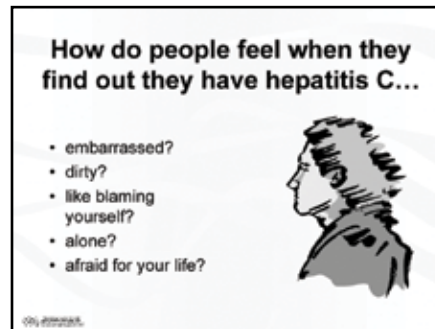
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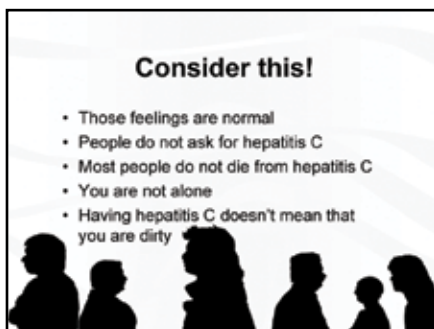
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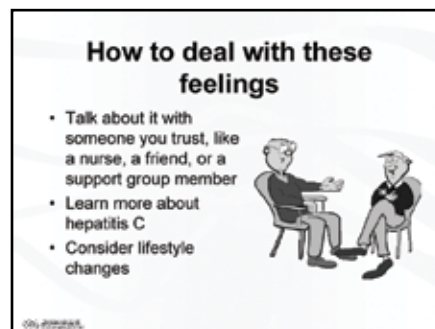
Slide 4



Slide 5



Slide 6



Slide 7

**Whether or not you have hepatitis C, there are some things you can do to stay healthy!**



Slide 8

**Making healthy lifestyle choices**




Having a healthy lifestyle is just as important as taking medicine or seeing a doctor, whether or not you have hepatitis C

Slide 9

**Diet and Nutrition**


- Eat a healthy, balanced diet
- If you have questions about diet and nutrition, your healthcare provider can refer you to a nutritionist



Slide 10

**Hygiene**


- Wash your hands often
- Bathe no less than 3 times a week
- Brush and floss your teeth daily
- Practice safer sex
- Keep your clothes and living space clean



Slide 11

**Exercise Regularly**

- Any activity counts! Find something you like to do, like walking or gardening
- It's never too late to start exercising
- Start small and slowly increase your workout
- Check with your healthcare provider before starting an exercise program



Slide 12

**Relaxation**

- Try taking a hot bath or shower
- Listen to relaxing music or sounds
- Drink a hot, non-caffeinated beverage
- Avoid stressful people, places, and things



Slide 13

### Sleep

- Good sleep helps you stay healthy
- If you have sleep problems
  - Have a regular bed time and wake-up time
  - Avoid caffeine, nicotine, alcohol, and drugs
  - Avoid long naps during the day



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Slide 14

### Substance Use

- Excessive alcohol use can damage your liver and make conditions like hepatitis C worse
- Sharing drug equipment is dangerous
- There are ways to help you stop using alcohol and drugs. Talk to your health care provider

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Slide 15

### Medical care

- Take all medications as they are prescribed
- Ask your healthcare provider before taking vitamins, herbal supplements, or over-the-counter medicines



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Slide 16

### When is it time to call a doctor?

- If you're bothered by side effects from your medications
- If you have flu-like symptoms, serious pain, or serious discomfort for more than a day
- If your skin and/or eyes turn yellow
- If your urine is very dark or stools are very light, or if you see blood in your urine or stools



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Slide 17

### Summary

- Most people do not die from hepatitis C
- Keeping healthy is important
- If you have hepatitis C, avoiding alcohol is one of the best things you can do to stay healthy

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Slide 18

### To learn more about hepatitis C

- Ask your medical provider
- VA Hepatitis C Website
  - [www.hepatitis.va.gov](http://www.hepatitis.va.gov)
- American Liver Foundation
  - 1-800-GO-LIVER

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# Class 5: Treatment of Hepatitis C

(This class is intended for patients who are HCV positive)

1. Welcome class members.
  - a. Explain that this is the fifth and final class in a series about the liver and the diseases and behaviors that put the health of the liver at risk.
  - b. Ask class participants to let you know (by speaking up or raising a hand) if they have trouble understanding any terms used in this curriculum so that you may clarify.
  - c. Start with introductions. Ask each class member to state his/her name, as well as one fact s/he has heard about treating hepatitis C.
  - d. Reinforce correct answers and prompt class members who struggle with this assignment.
2. Pass out Participatory Quiz #5 titled “Treatment of Hepatitis C.”
  - a. Work through the quiz orally as a group.
  - b. Use the instructor’s version of the quiz to explain the correct answers.
3. Present the slide show titled “Treatment of Hepatitis C.”
  - a. Follow the slide show and read each slide aloud. Allow the class to make comments or ask questions along the way. Feel free to add information that may be helpful to your class.
  - b. On the last slide, encourage class members to learn more about hepatitis C treatment.
  - c. Inform participants about where they can find more information about hepatitis C treatment (ideally from the VA).
4. Wrap up.
  - a. Go around the room and ask each person to identify one fact that s/he remembers from today’s presentation. We recommend that you review the following points: what are the goals of hepatitis C treatment, what are the treatment options, how effective is the treatment, and side effects of treatment.
  - b. Encourage class members to speak with their healthcare providers about treatment options.
    - i. Help them identify the name of their primary care provider.
    - ii. Identify the date of their next appointment.
    - iii. Coach class members on how to ask about treatment options.
  - c. Offer VA educational materials found at your site. Remind them that even though this is the last class, there are still VA clinicians who are available to answer questions and assist in other ways.



# **All About Your Liver**

## **Participatory Quiz #5: Treatment of Hepatitis C**

1. What medicine is often used to treat hepatitis C?
  - a. Penicillin
  - b. Interferon
  - c. Aspirin
  - d. Vitamin C
  
2. About how many patients have a good response to combination therapy (interferon and ribavirin)?
  - a. 10 percent
  - b. 90 percent
  - c. 50 percent
  - d. 5 percent
  
3. True or false? A liver transplant will cure you of hepatitis C.
  
4. How long must I take the medications when being treated for hepatitis C?
  - a. No one knows
  - b. Three to twelve months
  - c. Two years
  - d. This is a trick question, since there is no medicine for hepatitis C
  
5. What is the most common emotional side effect of the medicines used to treat hepatitis C?
  - a. Depression
  - b. Hallucinations
  - c. Nightmares
  - d. Mania
  
6. True or false? Lifestyle changes can be just as important as medical treatments you may receive for hepatitis C.
  
7. Before you can be considered for medical treatment, what requirements must you meet?
  - a. You must have a residence.
  - b. You cannot be actively abusing street drugs or alcohol.
  - c. You must have a good history of treatment compliance.
  - d. All of the above
  
8. True or false? There can be serious side effects from the medical treatment for hepatitis C.

# All About Your Liver

## Instructor's Copy, Quiz #5: Treatment of Hepatitis C

1. What medicine is often used to treat hepatitis C?
  - a. Penicillin
  - b. Interferon
  - c. Aspirin
  - d. Vitamin C

Correct answer? B. Interferon is a medicine often used to treat viral infections, including hepatitis C. A patient with hepatitis may take the other medicines listed, but they are not used to treat the actual virus.

2. About how many patients have a good response to combination therapy (interferon and ribavirin)?
  - a. 10 percent
  - b. 90 percent
  - c. 50 percent
  - d. 5 percent

Correct answer? C. This number may vary depending on the actual medicine you use and the genotype of hepatitis C that you have.

3. True or false? A liver transplant will cure you of hepatitis C.

Correct answer? False. A transplant will provide you with a healthier liver, but the virus will still be in your system.

4. How long must I take the medications when being treated for hepatitis C?
  - a. No one knows
  - b. Three to twelve months
  - c. Two years
  - d. This is a trick question, since there is no medicine for hepatitis C

Correct answer? B. Depending on your particular situation, your provider may recommend a course treatment that lasts between 3 and 12 months.

5. What is the most common emotional side effect of the medicines used to treat hepatitis C?
- Depression
  - Hallucinations
  - Nightmares
  - Mania

Correct answer? A. Depression is the most common side effect of combination therapy. Other emotional side effects include feeling tired, anxious, irritable, or moody.

6. True or false? Lifestyle changes can be just as important as medical treatments you may receive for hepatitis C.

Correct answer? True. Lifestyle changes such as abstaining from alcohol, good diet, and exercise will improve the quality of your life and keep your liver healthier. You must not give up good lifestyle habits once you begin treatment for hepatitis C.

7. Before you can be considered for medical treatment, what requirements must you meet?
- You must have a residence.
  - You cannot be actively abusing street drugs or alcohol.
  - You must have a good history of treatment compliance.
  - All of the above

Correct answer? D. Remember, not everyone will receive treatment, but these are some basic requirements before you're considered. The most important thing to have in place is a stable life.

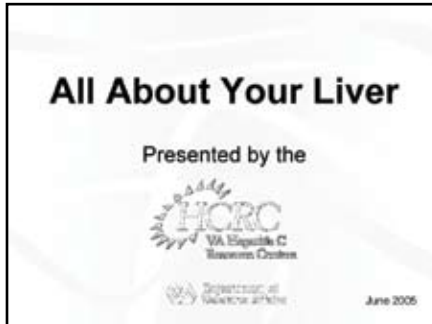
8. True or false? There can be serious side effects from the medical treatment for hepatitis C.

Correct answer? True. The physical side effects include having a fever and chills, feeling sick to your stomach, having headaches and muscle aches, losing your hair, not being able to sleep (insomnia), as well as emotional side effects that cause you to be depressed or irritable.

# All About Your Liver

## Instructor's Reference to Slide Set #5: Treatment of Hepatitis C

Slide 1



Slide 2



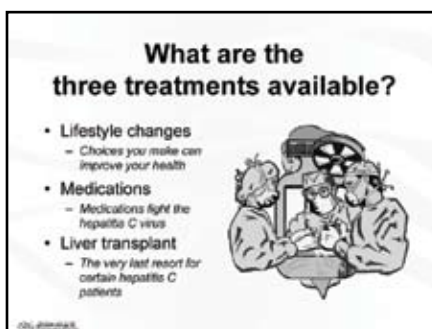
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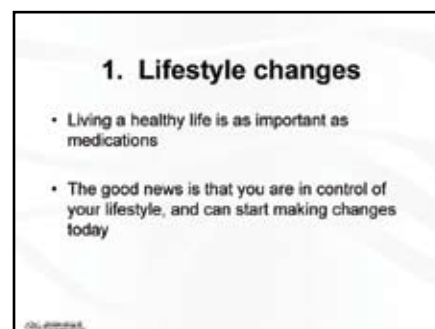
Slide 4



Slide 5



Slide 6



Slide 7



Slide 8



Slide 9



Slide 10



Slide 11



Slide 12



Slide 13

## 2. Medications

- The most common medicine for hepatitis C is called "Combination Therapy" because it uses two different drugs
- You get a weekly injection of Interferon
- You take a pill twice a day called Ribavirin
- Treatment will last 3 to 12 months

Slide 14

## Additional Medication Treatment facts

- You may be given other medications for side effects
- Treatment is easier with support from friends or family
- Medications are right for some people and not for others

Slide 15

## Side Effects of Interferon & Ribavirin

- You might get physical and emotional side effects from combination therapy
- These side effects can be very serious
- Talk with your provider about the possible side effects

Slide 16

## Does it work?

Combination Therapy makes the hepatitis C virus go away about 50% of the time

Slide 17

## Requirements of medication treatment

- You must be clean and sober
- You should have a social support system
- You must maintain regular contact with all care providers

Slide 18

## 3. Liver Transplant

- Getting a liver transplant means that your unhealthy liver is replaced with a healthy liver
- Getting a new liver does not take away the hepatitis C virus

Slide 19

**Liver Transplant**


- Very few people are good candidates for this surgery
- The transplant process is physically and emotionally stressful
- There are many lifestyle requirements for people who have liver transplants

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Slide 20

**Other Recommendations**

- Join a support group
- Ask about community resources
- Go to the VA library for more information



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Slide 21

**Summary**

- Treatment is available for hepatitis C
- Having a healthy lifestyle is as important as medical treatments
- If you have the hepatitis C virus, talk to your healthcare provider about treatment. It may or may not be right for you

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Slide 22

**To learn more about hepatitis C**

- Ask your medical provider
- VA Hepatitis C Website  
– [www.hepatitis.va.gov](http://www.hepatitis.va.gov)
- American Liver Foundation  
– 1-800-GO-LIVER

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# Appendix A

## CD-ROM Contents

The companion CD-ROM for this manual contains a variety of resources and tools to help conduct a hepatitis C education class for populations with special learning needs. Other resources may also be used.

1. Instructor's Manual
2. Slide Set in PowerPoint Format
3. Instructor's References to Slide Sets
4. Class Planning Grid
5. Sample Advertising Flyers
6. Sample Arrow Signs
7. Class Sign-in Sheet
8. Certificate of Completion
9. Pre-/Post-Tests
10. Pre-/Post-Tests Scoring Key
11. Instructor's Answers for Pre-/Post-Tests
12. Hepatitis C Web Links (useful Web sites)
13. The ABCs of Hepatitis (Patient Education Brochure)
14. Hepatitis Brochures
15. Hepatitis Brochures Order Form
16. Patient Wallet Cards (hepatitis C information and health tips)
17. User Feedback Form
18. "Living with Hepatitis" Video Series
  - Hepatitis and Your Liver
  - Hepatitis A & B
  - Hepatitis C Defined
  - Treatment for Hepatitis C
19. Other Hepatitis C Resource Center Products
  - Conducting and Coordinating a Patient Education Class on Hepatitis C: A Toolkit for Providers
  - Initiating and Maintaining a Hepatitis C Support Group: A How-To Program Guide
  - Treatment of Patients with Cirrhosis and Portal Hypertension
  - Management of Psychiatric and Substance Use Disorders in Patients with Hepatitis C: A Reference for Hepatitis C Care Providers



# Appendix B

## Materials for Conducting the Class

### Participant Materials

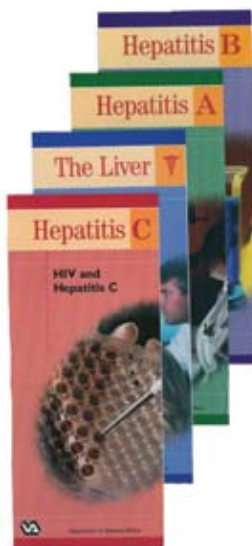
All of these patient materials are located on the companion CD-ROM that goes with this document and on the Web version of this document at [www.hepatitis.va.gov](http://www.hepatitis.va.gov)



Hepatitis C Resources List: Instructors can hand out this list of Internet sites that offer more information to patients.

Certificates of Completion: Instructors can prepare these in acknowledgment of the patients' hard work of learning. They can be awarded at the end of each class or only at the end of the final class in the program.

ABCs of Hepatitis (patient brochure): This two-sided color brochure can be printed directly from the PDF file on the CD-ROM. It offers a quick comparison of hepatitis A, B, and C and so is a helpful patient handout to reinforce the information in this program's five classes.



Patient Brochures: The VA has developed a series of patient education brochures on hepatitis C and related topics. The brochures are available in print versions from your facility Employee Education System contact, in PDF on the CD-ROM, or as a PDF you can access from any computer by visiting [www.hepatitis.va.gov/vahep?page=pt-01-00](http://www.hepatitis.va.gov/vahep?page=pt-01-00)



Wallet Cards: These two-sided cards provide useful information on hepatitis C and general health tips. About the size of credit cards, they fit nicely into patients' wallets for easy reference. The cards are available in PDF on the CD-ROM, or as a PDF you can access from any computer by visiting [www.hepatitis.va.gov/vahep?page=pt-01-02](http://www.hepatitis.va.gov/vahep?page=pt-01-02)

### Exercise Makes a Difference

- Check with your health care provider before beginning an exercise routine.
- Exercise regularly (at least 30 minutes 3 times per week)
- Things like walking and gardening count!

A cartoon illustration of a man with a mustache, wearing a blue suit and a red tie, running happily. He is wearing brown shoes and has a determined expression.

## **Instructor Materials**

All of these patient materials are located on the companion CD-ROM that goes with this document and on the Web version of this document at [www.hepatitis.va.gov](http://www.hepatitis.va.gov)

PowerPoint: Use these files to conduct PowerPoint presentations (five classes) of the All About Your Liver education class.

Participatory Quizzes: Begin each class with its respective participatory quiz. Ask each question aloud to the class and let the class discuss the answer as a group. This is a good way to build participation and generate interest. These interactive quizzes should not be confused with the optional pre- and post-tests to measure learning.

Pre-/Post-Tests (optional): It is often beneficial for instructors to assess participant learning through the administration of a pre- and post-test. Participants complete the respective pre-test before the start of the class. Upon completion of the class, participants complete the respective post-test (using the same questions). These tests should not be confused with the participatory quizzes used in each class. Evaluation of the results can yield valuable information about not just learning content, but the effectiveness of other aspects of the classroom experience.

Class Sign-In Sheet: Instructors may find this useful to record numbers of participants and their names.

Sample Advertising Flyers: These are examples of easy-to-print flyers for instructors to use when advertising the hepatitis C education class.

Sample Arrow Signs: Post these to lead participants through the facility to the class.

## **Other Resources for Providers**

Available on the HCRC Web site ([www.hepatitis.va.gov](http://www.hepatitis.va.gov)) and also located on the companion CD-ROM that goes with this document.

- Conducting and Coordinating a Patient Education Class on Hepatitis C: A Toolkit for Providers
- Initiating and Maintaining a Hepatitis C Support Group: A How-To Program Guide
- Treatment of Patients with Cirrhosis and Portal Hypertension
- Management of Psychiatric and Substance Use Disorders in Patients with Hepatitis C
- “Living with Hepatitis” Video Series

# Appendix C

## Hepatitis C Web Links

### *Federal Health Organizations*

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VA National Hepatitis C Program	<a href="http://www.hepatitis.va.gov">www.hepatitis.va.gov</a>
Centers for Disease Control Hepatitis Branch	<a href="http://www.cdc.gov/ncidod/diseases/hepatitis">www.cdc.gov/ncidod/diseases/hepatitis</a>
Health Finder	<a href="http://www.healthfinder.gov">www.healthfinder.gov</a>
Food and Drug Administration	<a href="http://www.fda.gov">www.fda.gov</a>
National Center for Complementary and Alternative Medicine	<a href="http://nccam.nih.gov">nccam.nih.gov</a>
National Institute of Diabetes, Digestive & Kidney Diseases	<a href="http://www.niddk.nih.gov">www.niddk.nih.gov</a>
National Institutes of Health	<a href="http://health.nih.gov/result.asp/323">health.nih.gov/result.asp/323</a>
National Library of Medicine	<a href="http://www.nlm.nih.gov">www.nlm.nih.gov</a>
National Institute of Allergy and Infectious Diseases	<a href="http://www.niaid.nih.gov/default.htm">www.niaid.nih.gov/default.htm</a>

### *Non-Federal Health Organizations*

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American Association for the Study of Liver Disease	<a href="http://www.aasld.org">www.aasld.org</a>
American Gastroenterology Association	<a href="http://www.gastro.org">www.gastro.org</a>
American Liver Foundation	<a href="http://www.liverfoundation.org">www.liverfoundation.org</a>
Healing Well	<a href="http://www.healingwell.com">www.healingwell.com</a>
Hepatitis Foundation International	<a href="http://www.hepfi.org">www.hepfi.org</a>
National Foundation for Depressive Illness	<a href="http://www.depression.org">www.depression.org</a>
National Network for Immunization Information	<a href="http://www.immunizationinfo.org">www.immunizationinfo.org</a>
World Health Organization	<a href="http://www.who.int/health_topics/hepatitis/en">www.who.int/health_topics/hepatitis/en</a>
Society of Gastroenterology Nurses and Associates	<a href="http://www.sgna.org">www.sgna.org</a>
United Network for Organ Sharing (UNOS)	<a href="http://www.unos.org">www.unos.org</a>



### ***Patient Support***

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Adverse Event Reporting Program	<a href="http://www.fda.gov/medwatch/index.html">www.fda.gov/medwatch/index.html</a>
Alcoholics Anonymous World Services	<a href="http://www.alcoholics-anonymous.org">www.alcoholics-anonymous.org</a>
HCV Advocate	<a href="http://www.hcvadvocate.org">www.hcvadvocate.org</a>
Hepatitis Central	<a href="http://www.hepatitis-central.com">www.hepatitis-central.com</a>
HIV and Hepatitis	<a href="http://www.hivandhepatitis.com">www.hivandhepatitis.com</a>
Medscape Resource Center	<a href="http://www.medscape.com">www.medscape.com</a>
Rx List	<a href="http://www.rxlist.com">www.rxlist.com</a>
Hepatitis Neighborhood	<a href="http://www.hepatitisneighborhood.com">www.hepatitisneighborhood.com</a>
Hep C Connection	<a href="http://www.hepc-connection.org">www.hepc-connection.org</a>
Hepatitis Education Project	<a href="http://www.scn.org/health/hepatitis">www.scn.org/health/hepatitis</a>

### ***Clinical Trials***

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Center Watch	<a href="http://www.centerwatch.com">www.centerwatch.com</a>
Clinical Trials Registry	<a href="http://www.clinicaltrials.gov">www.clinicaltrials.gov</a>
Veritas Medicine	<a href="http://www.veritasmedicine.com">www.veritasmedicine.com</a>

### ***Travel Information***

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CDC Healthy Travel Information	<a href="http://www.cdc.gov/travel/index.htm">www.cdc.gov/travel/index.htm</a>
WORLD Traveler Hepatitis Information	<a href="http://www.travelsafely.com">www.travelsafely.com</a>

### ***Mental Health***

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Center for Mental Health Services	<a href="http://www.mentalhealth.org">www.mentalhealth.org</a>
Mental Help Net	<a href="http://www.mentalhelp.net">www.mentalhelp.net</a>

# Appendix D

## All About Your Liver Class Planning Grid

Program Title	
Class Date	
Contact Person	
Instructor	
Expected Attendance	
Room Reserved	
Patients Scheduled	
Directions/Letters Sent	
Flyers/Signs Posted	
Sign-in Sheet	
Pre-/Post-tests	
Handouts	
Audiovisual Equipment	
Food/Refreshments	
Room Environment	
Announcements	



# Appendix F

## **Optional Pre- and Post- Tests**

It is often beneficial for instructors to assess participant learning through the administration of a pre- and post-test. Participants complete the respective pre-test before the start of class. Upon completion of the class, participants complete the respective post-test (using the same questions). These tests should not be confused with the participatory quizzes used in each class. Evaluation of the results can yield valuable information about not just learning content, but the effectiveness of other aspects of the classroom experience.

# Liver Health Knowledge Pre-Test

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Last Four of SSN: \_\_\_\_\_

## Class 1 - The Liver

1. The liver serves only a few functions.  
 True             False             Don't know
2. The liver acts like a filter to remove waste products from your blood.  
 False             True             Don't know
3. The liver stores sugars, fats, vitamins, and nutrients.  
 True             False             Don't know
4. Alcohol will help keep your liver healthy.  
 True             False             Don't know
5. A good diet will help keep your liver healthy.  
 False             True             Don't know
6. It is O.K. to share drug use equipment if your liver is not sick.  
 True             False             Don't know
7. A liver biopsy and liver enzyme blood tests are ways that provider can see if your liver is healthy.  
 False             True             Don't know
8. Everyone should get a liver biopsy.  
 True             False             Don't know



# Liver Health Knowledge Post-Test

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Last Four of SSN: \_\_\_\_\_

## Class 1 - The Liver

1. The liver serves only a few functions.  
 True             False             Don't know
2. The liver acts like a filter to remove waste products from your blood.  
 False             True             Don't know
3. The liver stores sugars, fats, vitamins, and nutrients.  
 True             False             Don't know
4. Alcohol will help keep your liver healthy.  
 True             False             Don't know
5. A good diet will help keep your liver healthy.  
 False             True             Don't know
6. It is O.K. to share drug use equipment if your liver is not sick.  
 True             False             Don't know
7. A liver biopsy and liver enzyme blood tests are ways that provider can see if your liver is healthy.  
 False             True             Don't know
8. Everyone should get a liver biopsy.  
 True             False             Don't know

# Liver Health Knowledge Pre-Test

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Last Four of SSN: \_\_\_\_\_

## Class 2 - Hepatitis A & B

1. Viruses cannot be transmitted from one person to another.  
 True             False             Don't know
2. A "chronic" virus is one that goes away quickly.  
 False             True             Don't know
3. Hepatitis A and hepatitis B are viruses that affect the liver.  
 True             False             Don't know
4. Hepatitis A is spread mostly by contaminated food and water.  
 True             False             Don't know
5. Washing your hands with soap and water does little to prevent the spread of hepatitis A.  
 False             True             Don't know
6. Hepatitis B is spread mostly through blood and sexual contact.  
 True             False             Don't know
7. There is a treatment for hepatitis B.  
 False             True             Don't know
8. There is no known vaccine for hepatitis A and hepatitis B.  
 True             False             Don't know

# Liver Health Knowledge Post-Test

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Last Four of SSN: \_\_\_\_\_

## Class 2 - Hepatitis A & B

1. Viruses cannot be transmitted from one person to another.  
 True             False             Don't know
2. A "chronic" virus is one that goes away quickly.  
 False             True             Don't know
3. Hepatitis A and hepatitis B are viruses that affect the liver.  
 True             False             Don't know
4. Hepatitis A is spread mostly by contaminated food and water.  
 True             False             Don't know
5. Washing your hands with soap and water does little to prevent the spread of hepatitis A.  
 False             True             Don't know
6. Hepatitis B is spread mostly through blood and sexual contact.  
 True             False             Don't know
7. There is a treatment for hepatitis B.  
 False             True             Don't know
8. There is no known vaccine for hepatitis A and hepatitis B.  
 True             False             Don't know

# Liver Health Knowledge Pre-Test

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Last Four of SSN: \_\_\_\_\_

## Class 3 - The Basics of Hepatitis C

1. Hepatitis C is a virus that is transmitted by blood.  
 True             False             Don't know
2. There is no vaccine for hepatitis C.  
 False             True             Don't know
3. Many people have no symptoms of the hepatitis C virus for years.  
 True             False             Don't know
4. Hepatitis C can be spread by sharing injection drug equipment, or straws for snorting.  
 True             False             Don't know
5. Hepatitis C cannot be spread by sharing razors and toothbrushes.  
 False             True             Don't know
6. Hepatitis C can be spread by contaminated food and water.  
 True             False             Don't know
7. Most people with hepatitis C will die from liver disease.  
 False             True             Don't know
8. Getting tested for hepatitis C is a difficult procedure.  
 True             False             Don't know

# Liver Health Knowledge Post-Test

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Last Four of SSN: \_\_\_\_\_

## Class 3 - The Basics of Hepatitis C

1. Hepatitis C is a virus that is transmitted by blood.  
 True             False             Don't know
2. There is no vaccine for hepatitis C.  
 False             True             Don't know
3. Many people have no symptoms of the hepatitis C virus for years.  
 True             False             Don't know
4. Hepatitis C can be spread by sharing injection drug equipment, or straws for snorting.  
 True             False             Don't know
5. Hepatitis C cannot be spread by sharing razors and toothbrushes.  
 False             True             Don't know
6. Hepatitis C can be spread by contaminated food and water.  
 True             False             Don't know
7. Most people with hepatitis C will die from liver disease.  
 False             True             Don't know
8. Getting tested for hepatitis C is a difficult procedure.  
 True             False             Don't know

# Liver Health Knowledge Pre-Test

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Last Four of SSN: \_\_\_\_\_

## Class 4 - Living Well

1. Most people who have hepatitis C will die from it.  
 True             False             Don't know
2. It is good to talk with someone if you are feeling badly about having hepatitis C.  
 True             False             Don't know
3. You should not use alcohol or street drugs if you have hepatitis C.  
 True             False             Don't know
4. Drinking alcohol before bed can help with sleep problems.  
 False             True             Don't know
5. Exercising and eating a good diet can help your liver stay healthy.  
 True             False             Don't know
6. Bathing and washing your hands are examples of good hygiene.  
 False             True             Don't know
7. If you have hepatitis C you should avoid contact with others.  
 False             True             Don't know
8. You should call your provider if your skin or eyes turn yellow.  
 True             False             Don't know

# Liver Health Knowledge Post-Test

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Last Four of SSN: \_\_\_\_\_

## Class 4 - Living Well

1. Most people who have hepatitis C will die from it.  
 True             False             Don't know
2. It is good to talk with someone if you are feeling badly about having hepatitis C.  
 True             False             Don't know
3. You should not use alcohol or street drugs if you have hepatitis C.  
 True             False             Don't know
4. Drinking alcohol before bed can help with sleep problems.  
 False             True             Don't know
5. Exercising and eating a good diet can help your liver stay healthy.  
 True             False             Don't know
6. Bathing and washing your hands are examples of good hygiene.  
 False             True             Don't know
7. If you have hepatitis C you should avoid contact with others.  
 False             True             Don't know
8. You should call your provider if your skin or eyes turn yellow.  
 True             False             Don't know

# Liver Health Knowledge Pre-Test

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Last Four of SSN: \_\_\_\_\_

## Class 5 - Treatment of Hepatitis C

1. Everyone with hepatitis C should be treated with medications.  
 True                       False                       Don't know
2. Sometimes combination therapy medicine can make the hepatitis C virus go away.  
 False                       True                       Don't know
3. Healthy lifestyle choices are an important part of hepatitis C treatment.  
 True                       False                       Don't know
4. Most people with hepatitis C will need a liver transplant.  
 True                       False                       Don't know
5. Combination therapy medicine can cause serious physical and emotional side effects.  
 False                       True                       Don't know
6. You must be clean and sober to get combination therapy medicine for hepatitis C.  
 True                       False                       Don't know
7. People with hepatitis C get liver transplants even when their livers are working well.  
 False                       True                       Don't know
8. Having a good support system will make your hepatitis C treatment easier.  
 True                       False                       Don't know



# Liver Health Knowledge Post-Test

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Last Four of SSN: \_\_\_\_\_

## Class 5 - Treatment of Hepatitis C

1. Everyone with hepatitis C should be treated with medications.  
 True             False             Don't know
2. Sometimes combination therapy medicine can make the hepatitis C virus go away.  
 False             True             Don't know
3. Healthy lifestyle choices are an important part of hepatitis C treatment.  
 True             False             Don't know
4. Most people with hepatitis C will need a liver transplant.  
 True             False             Don't know
5. Combination therapy medicine can cause serious physical and emotional side effects.  
 False             True             Don't know
6. You must be clean and sober to get combination therapy medicine for hepatitis C.  
 True             False             Don't know
7. People with hepatitis C get liver transplants even when their livers are working well.  
 False             True             Don't know
8. Having a good support system will make your hepatitis C treatment easier.  
 True             False             Don't know

# Appendix G

## All About Your Liver Pre-/Post-Test Scoring Key

<b>#1 The Liver</b>	
1.	F
2.	T
3.	T
4.	F
5.	T
6.	F
7.	T
8.	F

<b>#2 Hep A&amp;B</b>	
1.	F
2.	F
3.	T
4.	T
5.	F
6.	T
7.	T
8.	F

<b>#3 Basics HepC</b>	
1.	T
2.	T
3.	T
4.	T
5.	F
6.	F
7.	F
8.	F

<b>#4 Living Well</b>	
1.	F
2.	T
3.	T
4.	F
5.	T
6.	T
7.	F
8.	T

<b>#5 Treatment</b>	
1.	F
2.	T
3.	T
4.	F
5.	T
6.	T
7.	F
8.	T

# Appendix H

## **All About Your Liver Pre-/Post-Test #1: The Liver Instructor's Answers**

1. The liver serves only a few functions.

Correct answer? False! The liver performs MANY unique and important tasks as it processes carbohydrates, proteins, fats, and minerals to be used in maintaining normal body functions. It also acts as a filter to remove alcohol and toxic substances from the blood and convert them to substances that can be eliminated from the body. It also plays a role in your immune system.

2. The liver acts like a filter to remove waste products from your blood.

Correct answer? True! The liver acts as a filter to remove alcohol and other toxic substances from the blood and convert them to substances that can be eliminated from the body.

3. The liver stores sugars, fats, vitamins, and nutrients.

Correct answer? True! The liver stores sugars, fats, vitamins, and other nutrients.

4. Alcohol will help keep your liver healthy.

Correct answer? False! Alcohol is not good for your liver. Avoiding alcohol can help keep your liver healthy.

5. A good diet will help keep your liver healthy.

Correct answer? True! A good diet is healthy for your liver. Eating healthy foods can give your liver the vitamins, minerals, and other nutrients it needs.

6. It is O.K. to share drug use equipment if your liver is not sick.

Correct answer? False! Sharing equipment to use drugs can let other people's blood inside you, which can make your liver sick. Needles, cookers, and filters are different kinds of drug use equipment that you should not share.

7. A liver biopsy and liver enzyme blood tests are ways that a doctor can see if your liver is healthy.

Correct answer? True! These are both tests a doctor can use to see if your liver is healthy. A biopsy removes a small piece of your liver using a needle. Liver enzyme tests are simple blood tests that look for whether you have too many liver enzymes in your blood. When your liver is sick, it works too hard and produces extra amounts of enzymes. So if there are too many enzymes in your blood, it tells your providers that something is wrong with your liver.

8. Everyone should get a liver biopsy.

Correct answer? False! A biopsy is not always necessary: your provider can tell you if you need one. Biopsies check for liver scarring (called “fibrosis” and “cirrhosis”) and liver cancer.

## **All About Your Liver**

### **Pre-/Post-Test #2: Hepatitis A and B**

#### **Instructor's Answers**

1. Viruses cannot be transmitted from one person to another.

Correct answer? False! One person can catch a virus from another person. Colds and flus are types of viruses.

2. A “chronic” virus is one that goes away quickly.

Correct answer? False! “Chronic” means it lasts a long time: a chronic virus may last your whole life.

3. Hepatitis A and hepatitis B are viruses that affect the liver.

Correct answer? True! Both hepatitis A and hepatitis B affect the liver.

4. Hepatitis A is spread mostly by contaminated food and water.

Correct answer? True! This is the type of hepatitis that you hear about that people get from restaurants or from dirty water in underdeveloped countries. It can be spread when someone who has hepatitis A doesn't wash his/her hands after going to the bathroom and then handles food someone else is going to eat. The virus is not typically spread by sex or contact with blood, although any time you share a drug needle or use a dirty one, you are at risk of getting the other person's viruses.

5. Washing your hands with soap and water does little to prevent the spread of hepatitis A.

Correct answer? False! Hepatitis A can be spread when someone who has it doesn't wash his/her hands after going to the bathroom and then handles food someone else is going to eat. The virus is not typically spread by sex or contact with blood, although any time you share a drug needle or use a dirty one, you are at risk of getting the other person's viruses.

6. Hepatitis B is spread mostly through blood and sexual contact.

Correct answer? True! Infection occurs when blood or body fluids (semen, spit) from an infected person enter the body of a person who is not immune (not vaccinated). Hepatitis B is spread through having sex with an infected person without using a condom, through sharing needles (or “works”) when shooting drugs, through needlesticks (or “sharps”) on the job, or, rarely, from an infected mother to her baby during birth.

7. There is a treatment for hepatitis B.

Correct answer. True! The virus can be treated within 2 weeks of exposure by a medicine called immune globulin. Your provider may also recommend other medical treatments for this virus.

8. There is no known vaccine for hepatitis A and hepatitis B.

Correct answer? False! Talk to your doctor today about getting vaccinated. It is easy to do, and it may save your liver.

## **All About Your Liver**

### **Pre-/Post-Test #3: The Basics of Hepatitis C**

#### **Instructor's Answers**

1. Hepatitis C is a virus that is transmitted by blood.

Correct answer? True! Hepatitis C virus is spread by contact with infected blood.

2. There is no vaccine for hepatitis C.

Correct answer? True! There is no vaccine for hepatitis C. Living a safe and healthy lifestyle is the best way to prevent infection.

3. Many people have no symptoms of the hepatitis C virus for years.

Correct answer? True! Just because you have the virus in your body does not mean you will have symptoms. Some people may be infected 10 or 15 years before they experienced symptoms.

4. Hepatitis C can be spread by sharing injection drug equipment or straws for snorting.

Correct answer? True! Sharing equipment to use drugs can let other people's blood inside you, which can transmit hepatitis C. Needles, cookers, filters, and straws are different kinds of drug use equipment that you should not share.

5. Hepatitis C cannot be spread by sharing razors and toothbrushes.

Correct answer? False! Razors and toothbrushes can have small amounts of blood on them after they are used. Sharing them can let other people's blood inside you, which can transmit hepatitis C. Every person should have his or her own razor and toothbrush that is not shared. Most everyday activities will not spread the hepatitis C virus.

6. Hepatitis C can be spread by contaminated food and water.

Correct answer? False! Hepatitis A is spread by contaminated food and water. Hepatitis C is spread through blood.

7. Most people with hepatitis C will die from liver disease.

Correct answer? False! Fewer than 5 percent of those infected with the hepatitis C virus will die from problems caused by it.

8. Getting tested for hepatitis C is a difficult procedure.

Correct answer? False! Getting tested for hepatitis C is a simple blood test that is very easy and safe. You can talk to your provider about getting tested.



**All About Your Liver**  
**Pre-/Post-Test #4: Living Well**  
**Instructor's Answers**

1. Most people who have hepatitis C will die from it.

Correct answer? False! Most people do not die from hepatitis C: Fewer than 5 percent of those infected with the hepatitis C virus will die from problems caused by it.

2. It is good to talk with someone if you are feeling badly about having hepatitis C.

Correct answer? True! Talking with someone you trust is a good way to deal with bad feelings. Many people with hepatitis C have felt ashamed or embarrassed at some point. However, nobody asks to have hepatitis C, even if they engage in risky behavior. It does not mean that you are a bad person. Remember that there are over 170 million people in the world who have hepatitis C. It is important to stay socially involved with others when you are dealing with a chronic illness.

3. You should not use alcohol or street drugs if you have hepatitis C.

Correct answer? True! It is very important to avoid alcohol, street drugs, and too many prescription drugs, because these things can damage your liver.

4. Drinking alcohol before bed can help with sleep problems.

Correct answer? False! Although some people may believe that alcohol helps them fall asleep, it actually makes you sleep very poorly and leaves you still feeling tired in the morning.

5. Exercising and eating a good diet can help your liver stay healthy.

Correct answer? True! The choices you make regarding your lifestyle will greatly affect your health, even if you are getting good treatment from a medical provider. Hepatitis C is a condition you will probably have for the rest of your life, so the lifestyle you choose makes a big difference! Exercise will keep you active. If you become inactive, your quality of life will suffer. We know that one of the symptoms of hepatitis C is feeling tired, but it is important to find a way to keep physically active. Eating a healthy diet will help your body work better.

6. Bathing and washing your hands are examples of good hygiene.

Correct answer? True! Bathing and washing your hands are important ways to keep yourself clean and healthy.

7. If you have hepatitis C you should avoid contact with others.

Correct answer? False! It is important to stay socially involved with others when you are dealing with a chronic illness. It is also helpful to learn as much as you can about illness by talking to people who know about hepatitis C. Hepatitis C is spread through blood, so there is no reason to worry about giving it to other people in normal everyday situations.

8. You should call your provider if your skin or eyes turn yellow.

Correct answer? True! If you experience either of these, it may indicate that there is a serious problem that a healthcare worker can help you with. You should also call your doctor if your stools are light or if you have flu-like symptoms or serious pain for many days. All of these problems may be symptoms of hepatitis. (The instructor may also suggest that it's a good idea to call your provider if you're having other medical problems, such as blood in your stools or urine, or side effects from medications.)

## **All About Your Liver**

### **Pre-/Post-Test #5: Treatment of Hepatitis C**

#### **Instructor's Answers**

1. Everyone with hepatitis C should be treated with medications.

Correct answer? False! Medications are right for some people and not for others: Your provider can help decide if you need medications.

2. Sometimes combination therapy can make the hepatitis C virus go away.

Correct answer? True! Combination therapy can make the virus go away in about 50 percent of the people who finish it. This number may vary depending on the actual medicine you use and the genotype of hepatitis C that you have.

3. Healthy lifestyle choices are an important part of hepatitis C treatment.

Correct answer? True! Lifestyle choices such as abstaining from alcohol, good diet, and exercise will improve the quality of your life and keep your liver healthier. Even if you begin treatment for hepatitis C, you cannot give up good lifestyle habits.

4. Most people with hepatitis C will need a liver transplant.

Correct answer? False! Very few people are good candidates for a liver transplant; however, most people with hepatitis C will not get sick enough to need a transplant. If you take care of your liver through healthy lifestyle choices, and especially avoiding alcohol, you will be less likely to need a liver transplant.

5. Combination therapy medicine can cause serious physical and emotional side effects.

Correct answer? True! The physical side effects include having a fever and chills, feeling sick to your stomach, having headaches and muscle aches, losing your hair, and not being able to sleep (insomnia). Emotional side effects include becoming depressed, irritable, moody, or anxious.

6. You must be clean and sober to get combination therapy medicine for hepatitis C.

Correct answer? True! Remember, not everyone will receive treatment, but these are some basic requirements before you're considered. The most important thing to have in place is a stable life, and drugs and alcohol will make your life unstable.

7. People with hepatitis C get liver transplants even when their livers are working well.

Correct answer? False! Liver transplant is a treatment of last resort for people whose livers have almost stopped working. Very few people are good candidates for a liver transplant, and even fewer will ever get a transplant, because there are not enough donated livers. Luckily, most people with hepatitis C will not get sick enough to need a transplant. If you take care of your liver through healthy lifestyle choices, and especially avoiding alcohol, you will be less likely to need a liver transplant.

8. Having a good support system will make your hepatitis C treatment easier.

Correct answer? True! The treatment can make you feel tired and unhappy. Talking with someone you trust is a good way to deal with bad feelings. And friends and family can help you with everyday chores like cooking or cleaning. If your provider gives you combination therapy medicine, you could be on it for as long as 3 to 12 months! Having people to talk to and help you out is a very important part of planning to finish your treatment. Even if you are not taking combination therapy medicine, it is important to stay socially involved with others when you are dealing with a chronic illness.

# User Feedback Form for This Toolkit

The Hepatitis C Resource Center would like to hear from you about this edition of All About Your Liver. To share your opinions, please complete this two-page survey and mail it to the address listed below. Your answers will be used in the development of future editions of this guide. Thank you!

1. Overall, how useful did you find this guide?

Very useful

Somewhat useful

Not at all useful

2. Did you find this guide to be

a. Well organized?

Yes

No

If not, why not? \_\_\_\_\_

b. Easy to read?

Yes

No

If not, why not? \_\_\_\_\_

c. Up to date?

Yes

No

If not, why not? \_\_\_\_\_

3. Would you recommend this guide to other healthcare providers?

Yes

No

4. Which sections did you find most useful? Why?

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5. What additional information would you like to have included in the guide?

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6. What sections do you think should be left out of the guide?

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7. Were there parts you thought were inaccurate? If so, please suggest changes.

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8. How could this guide be improved?

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9. What is your occupation?

---

10. Is there someone at your VA facility who would use this guide to start an HCV education class?

- Yes, me       Yes, somebody else       No, nobody

11. After reading the guide, how prepared to do you feel to start your own HCV education class?

- Very prepared       Somewhat prepared       Not at all prepared

12. What are the barriers to starting an HCV education class in your facility?

- No staff       No time       Hard to identify patients/get referrals  
 Other: \_\_\_\_\_

13. If there were someone at the HCRC to consult with on starting or running an HCV education class, would you contact him/her?

- Yes       No

**THANK YOU FOR YOUR TIME!**

Northwest Hepatitis C Resource Center  
VA Puget Sound Health Care System  
1660 S Columbian Way (S-111-HCRC)  
Seattle, WA 98108

## **About VA Programs in Hepatitis C**

The Department of Veterans Affairs (VA) leads the country in hepatitis C screening, testing, treatment, research, and prevention. VA is the largest single provider of medical care to people with hepatitis C infection in the United States.

The National Hepatitis C Program works to ensure that veterans with or at risk for hepatitis C receive the highest quality health care services from the VA system. Led by the VA's Public Health Strategic Health Care Group (PHSHG) and carried out by VA medical facilities across the country, the hepatitis C program has a comprehensive approach to hepatitis C prevention and treatment that includes screening, testing and counseling, patient and provider education, optimal clinical care, and management of data to improve program quality continuously.

The Hepatitis C Resource Centers (HCRC), a part of the National Hepatitis C Program, develop best practices in clinical care delivery, patient education, provider education, prevention, and program evaluation that can be used by the entire VA healthcare system and other medical care systems. They function as field-based clinical laboratories for the development, testing, evaluation, and dissemination of new and innovative products and services for improving the quality of hepatitis C clinical care and education in every VA medical facility.

VA provides extensive information on hepatitis C for healthcare providers, veterans and their families, and the public at [www.hepatitis.va.gov](http://www.hepatitis.va.gov).

[www.hepatitis.va.gov](http://www.hepatitis.va.gov)

