

APRIL 2025 HIPC NEWSLETTER

In This Issue

TRANSFUSION-TRANSMITTED HEPATITIS

> INTRODUCTION

- TYPES
- SYMPTOMS
- RISK FACTORS
- CAUSES
- TRANSMISSION
- DIAGNOSIS
- COMPLICATION
- TREATMENT
- PREVENTION
- KEY FACTS
- HAI DATA-

FEBRUARY AND MARCH 2025

- HAND HYGIENE
COMPLIANCE AUDIT DATA

Important Dates

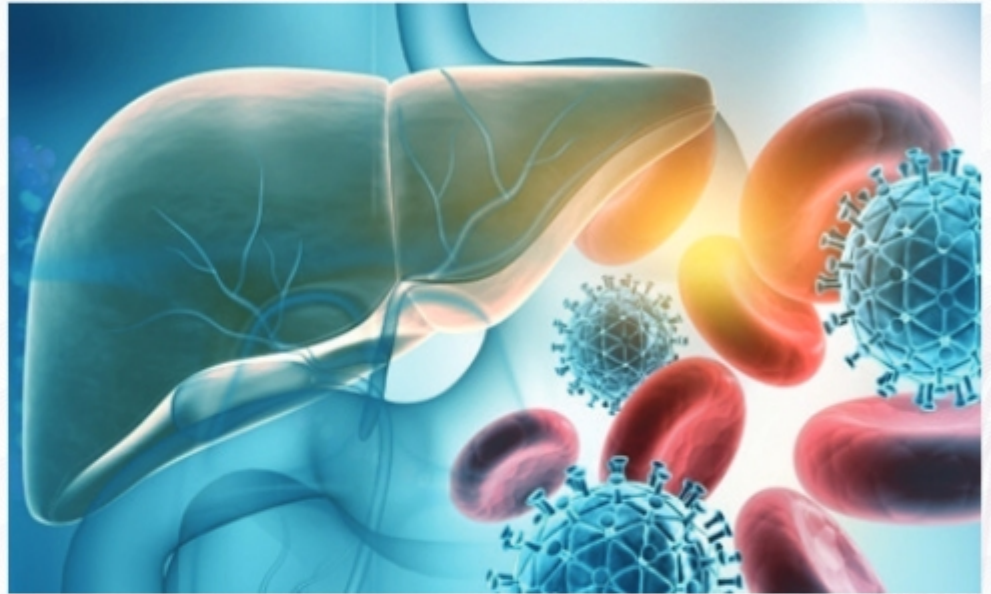
- | World Hand Hygiene Day-
May 5th
- | Global Hand washing day
–October 15th
- | AMR Awareness
Week-18-24 November
- | International Infection
Prevention Week –Every
3rd Week Of October

Guideline Updates Quick Links

- <https://www.mayoclinic.org/diseases-conditions/hepatitis-b/symptoms-causes/syc-20366802>
- <https://www.who.int/news-room/fact-sheets/detail/hepatitis-b>
- https://en.wikipedia.org/wiki/Hepatitis_C
- <https://www.pennmedicine.org/for-patients-and-visitors/patient-information/conditions-treated-a-to-z/hepatitis-c>

HEPATITIS B

Hepatitis B is an infection of the liver caused by the hepatitis B virus. The infection can be acute (short and severe) or chronic (long term).



TYPES

- **Acute HBV infection** lasts less than six months. Your immune system likely can clear the hepatitis B virus from your body. You should recover fully within a few months. Most people who get HBV infections as adults have an acute infections. But these can lead to a chronic infections.
- **Chronic HBV infection** lasts six months or longer. It lingers because the immune system can't fight off the infection. Chronic hepatitis B virus infection may last a lifetime. It can lead to serious illnesses such as cirrhosis and liver cancer. Some people with chronic hepatitis B may have no symptoms at all. Some may have ongoing tiredness and mild symptoms of acute hepatitis.

SYMPTOMS

Most people do not experience any symptoms when newly infected. Some people have acute illness with symptoms that last several weeks:

- yellowing of the skin and eyes (jaundice)
- dark urine
- Fatigue
- nausea
- vomiting
- pain in the abdomen.



When severe, acute hepatitis can lead to liver failure, which can lead to death.

Although most people will recover from acute illness, some people with chronic hepatitis B will develop progressive liver disease and complications like cirrhosis and hepatocellular carcinoma (liver cancer). These diseases can be fatal.

MODE OF TRANSMISSION

Hepatitis B is caused by the hepatitis B virus (HBV). The virus passes from person to person through blood, semen or other body fluids. It does not spread by sneezing or coughing.

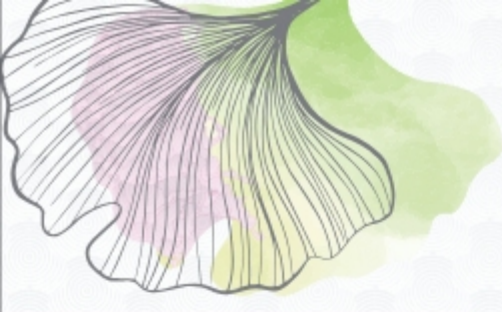
Common ways that HBV can spread are:

- **Sexual contact.**
- **Sharing of needles.**
- **Accidental needlesticks.**
- **Vertical transmission**

RISK FACTORS

Hepatitis B (HBV):

- **Sexual contact**
- **Sharing needles**
- **Mother-to-child transmission**
- **Contact with infected blood**
- **Healthcare settings**
- **Other:** People on dialysis, those with HIV or other liver diseases, and those in prisons may also be at higher risk.



DIAGNOSIS

It is not possible on clinical grounds to differentiate hepatitis B from hepatitis caused by other viral agents; hence laboratory confirmation of the diagnosis is essential. Several blood tests are available to diagnose and monitor people with hepatitis B.

- HBsAg
- Anti-HBs
- Anti-HBc

Physical examination, ultrasound, fibroscan can also be performed to assess degree of liver fibrosis and scarring and monitor progression of liver disease.

COMPLICATIONS

Having a chronic HBV infection can lead to serious health conditions called complications. These include:

- Liver cirrhosis.
- Hepatocellular carcinoma.
- Liver failure.
- Development of Carrier state
- Other conditions. People with chronic hepatitis B may develop kidney disease or inflammation of blood vessels.

TREATMENT

- Tenofovir or entecavir are used for treatment..
- Healthy diet and drink plenty of liquids to prevent dehydration from vomiting and diarrhoea.

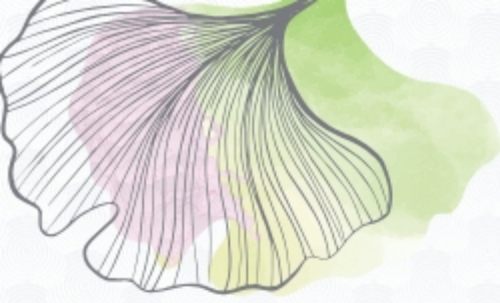
Treatment can

- slow the advance of cirrhosis
- reduce cases of liver cancer
- improve long term survival

HEPATITIS C

Hepatitis C is an infectious disease caused by the hepatitis C virus (HCV) that primarily affects the liver, it is a type of viral hepatitis.





TYPES

The two types of hepatitis C are defined below.

ACUTE HEPATITIS C

Clinical feature may range from mild illness with few or no symptoms to a serious condition that could require hospitalization.

Less than half of people who get hepatitis C are able to clear the virus in the first 6 months after infection without treatment.

CHRONIC HEPATITIS C

Most people who get infected will develop a chronic, or lifelong, infection. Left untreated, chronic hepatitis C can cause serious health problems including liver disease, liver failure, liver cancer, and even death. Chronic hepatitis C is a leading cause of liver cancer and the leading cause of liver transplants in the United States.

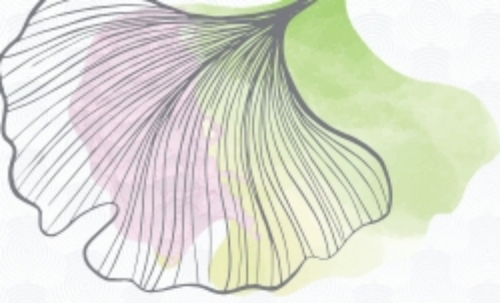
SYMPTOMS

- Jaundice.
- Dark-colored urine.
 - Itchy skin.
 - Bleeding easily.
- Bruising easily.
- Fatigue.
- Not wanting to eat.
- Fluid buildup in the stomach area, called ascites.
- Swelling in the legs.
- Weight loss.
- Confusion, drowsiness and slurred speech, called hepatic encephalopathy.
- Spiderlike blood vessels on the skin, called spider angiomas.

MODE OF TRANSMISSION

- Blood and Body Fluids
- Sexual Contact
- Mother to Child
- Shared Needles
- Healthcare Settings.
- Unsafe injections or exposures to sharp instruments
- Tattoos and body piercing with unsterilized equipment
- Living with someone who has a chronic HBV infection





RISK FACTORS

- Long-term kidney dialysis
- Have regular contact with blood at work (such as a health care worker)
- Have unprotected sexual contact with a person who has HCV
- Babies born to mothers with HCV
- Received a tattoo or acupuncture with needles that were not disinfected properly after being used on another person (risk is very low with practitioners who have a tattoo license or permit or an acupuncture license)
- Received an organ transplant from a donor who has HCV
- IV drug abuses.
- Share personal items, such as toothbrushes and razors, with someone who has HCV (less common)
- Received a blood transfusion

COMPLICATIONS

A number of things can increase your risk of getting cirrhosis, including

- Drinking alcohol
- Smoking
- Being overweight
- Having type 2 diabetes
- Getting hepatitis C at an older age
- Having HIV
- Having another type of hepatitis, such as hepatitis B

Overall, up to 1 in every 3 people infected with hepatitis C will develop cirrhosis within 20 to 30 years. Some of these will then go on to develop liver failure or liver cancer.

DIAGNOSIS

If a screening test shows hepatitis C, other blood tests can:

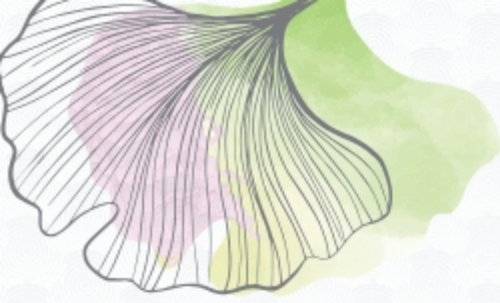
- RTPCR- Show the genotype of the virus.
- -Real time RTPCR- viral load

Tests for liver damage

One or more of the following tests looks for liver damage in chronic hepatitis C.

- Magnetic resonance elastography (MRE).
- Transient elastography.
- Liver biopsy. Blood tests.





TREATMENT

• Antiviral medicines

Antiviral medicines treat hepatitis C. They're used to clear the virus from the body. The goal of treatment is to have no hepatitis C virus found in the body for at least 12 weeks after treatment ends.

Some newer antiviral medicines, called direct-acting ,such as;

- NS5A inhibitors
- NS5B inhibitors
- Protease inhibitors

• Liver transplantation.

• Vaccinations.

There's no vaccine for hepatitis C. But a health care provider will likely recommend vaccines against the hepatitis A and B viruses. These are viruses that also can cause liver damage and make hepatitis C worse.

PREVENTION OF HEP B & C

Hepatitis B is preventable with a vaccine.

All babies should receive the hepatitis B vaccine as soon as possible after birth (within 24 hours). This is followed by two or three doses of hepatitis B vaccine at least four weeks apart.

Booster vaccines are not usually required for people who have completed the three-dose vaccination series.

The vaccine protects against hepatitis B for at least 20 years and probably for life.

Hepatitis B can be passed from mother to child. This can be prevented by taking antiviral medicines to prevent transmission, in addition to the vaccine.

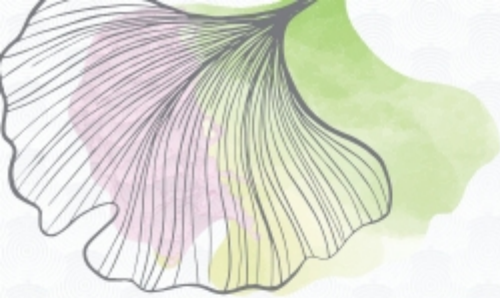
To reduce the risk of getting or spreading hepatitis B:

- Practice safe sex by using condoms and reducing the number of sexual partners
- Avoid sharing needles or any equipment used for injecting drugs, piercing, or tattooing
- Wash your hands thoroughly with soap and water after coming into contact with blood, body fluids, or contaminated surfaces
- Get a hepatitis B vaccine if working in a healthcare setting.

The following might protect from hepatitis C infection:

- **Stop using illegal drugs.** If you use illegal drugs, seek help.
- **Be careful about body piercing and tattooing.** For piercing or tattooing, look for a shop that's known to be clean. Ask questions about how the equipment is cleaned. Make sure the employees use





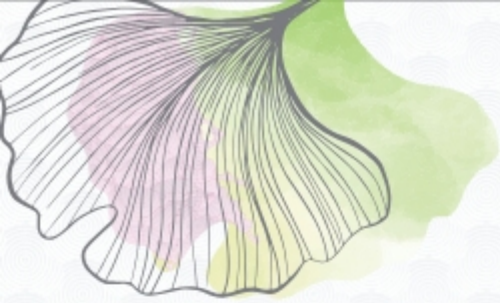
sterile needles. If employees won't answer questions, look for another shop.

- **Practice safer sex.** Don't have sex without protection with any partner whose health status you don't know. Don't have sex with more than one partner. The risk of couples who only have sex with each other getting hepatitis C through sex is low.

KEY FACTS

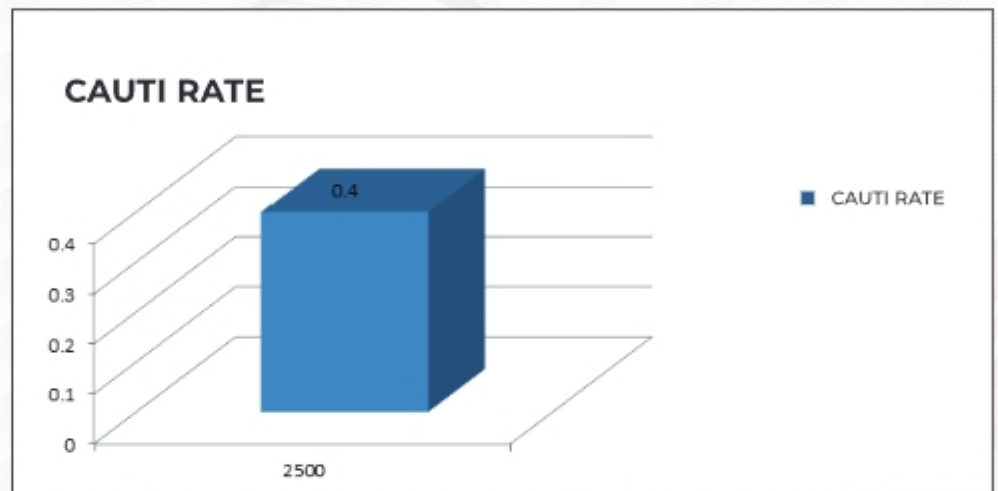
- Hepatitis is a general term used to describe inflammation of the liver.
- Hepatitis can be an acute (short-term) infection or a chronic (long-term) infection
- Viral hepatitis is the most common type. It is caused by one of several viruses -- hepatitis viruses A, B, C, D, and E.
- A, B, and C are the most common.
- To prevent infection, children — or anyone who has not been previously vaccinated — should be vaccinated against hepatitis B . There are no vaccines against hepatitis types C.



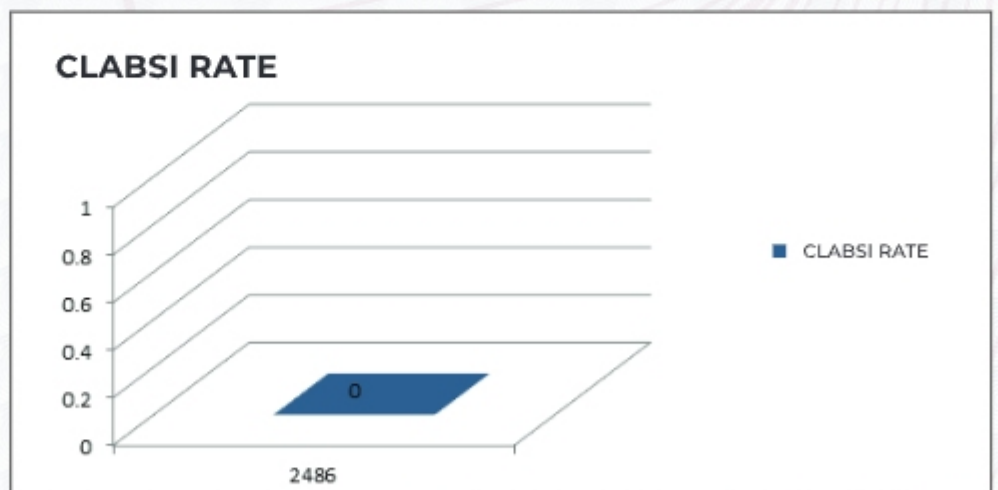


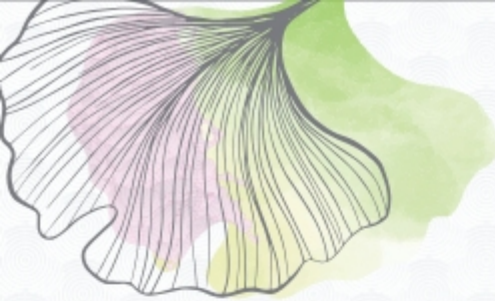
HAI DATA - FEBRUARY & MARCH -25

CAUTI RATE-FEBRUARY-25



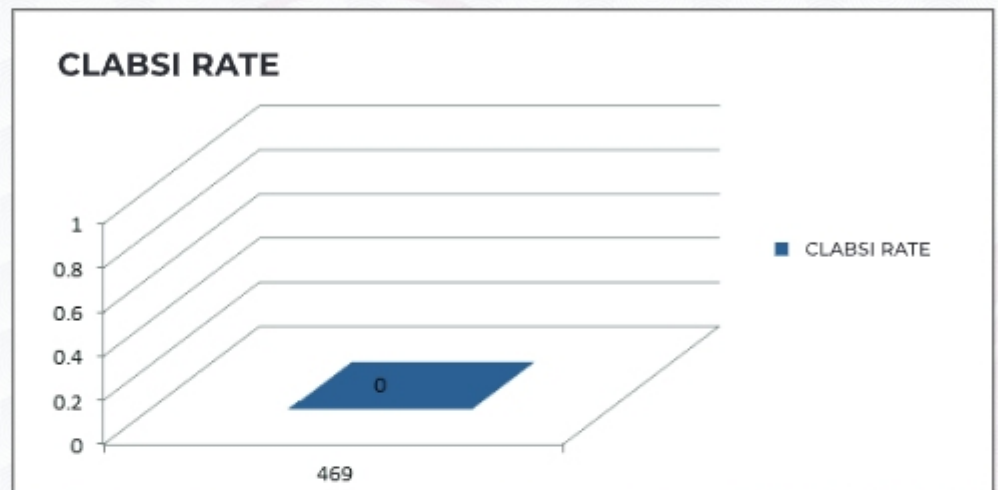
CAUTI RATE – MARCH-25



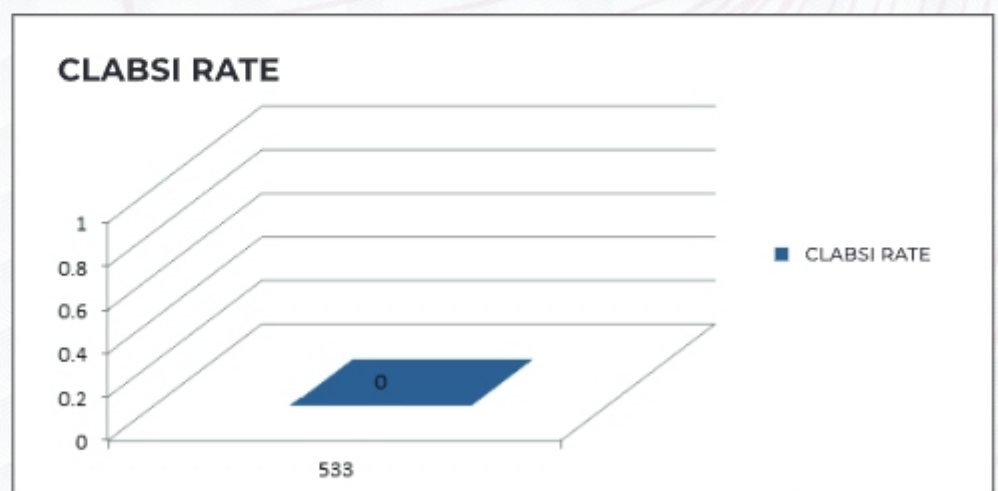


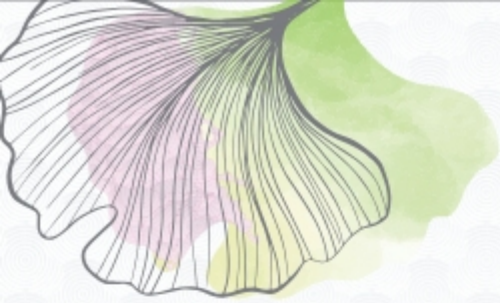
HAI DATA - FEBRUARY & MARCH -25

CLABSI RATE - FEBRUARY-25



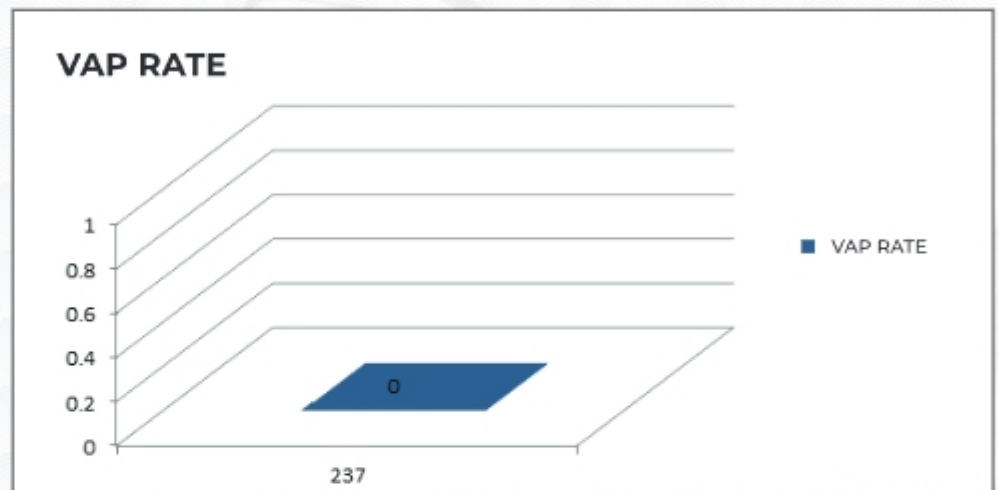
CLABSI RATE – MARCH-25



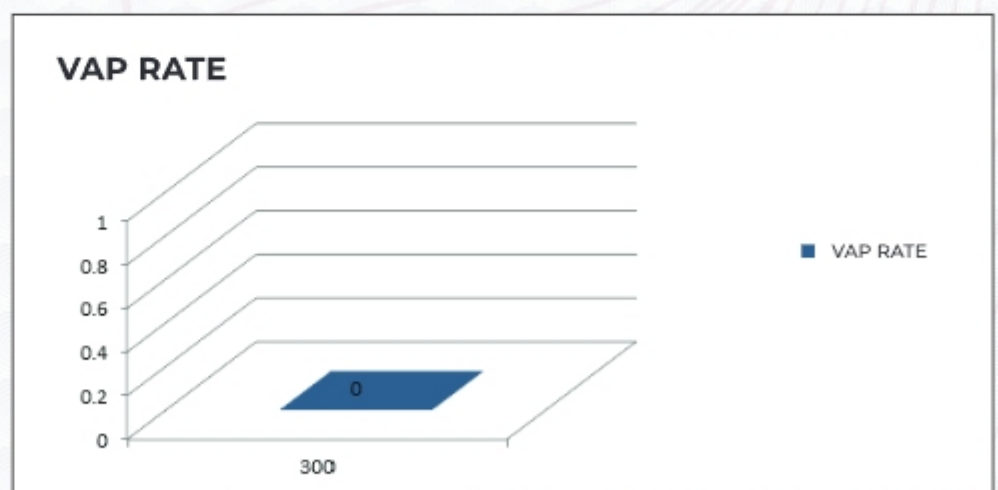


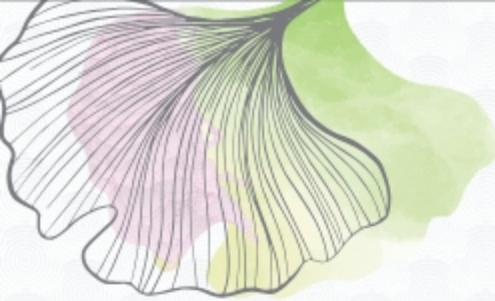
HAI DATA - FEBRUARY & MARCH -25

VAP RATE - FEBRUARY-25



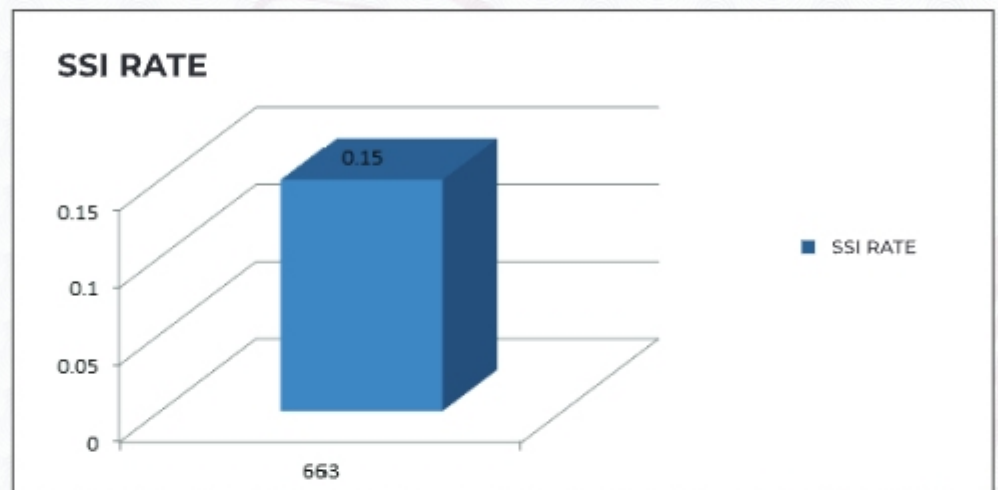
VAP RATE – MARCH-25



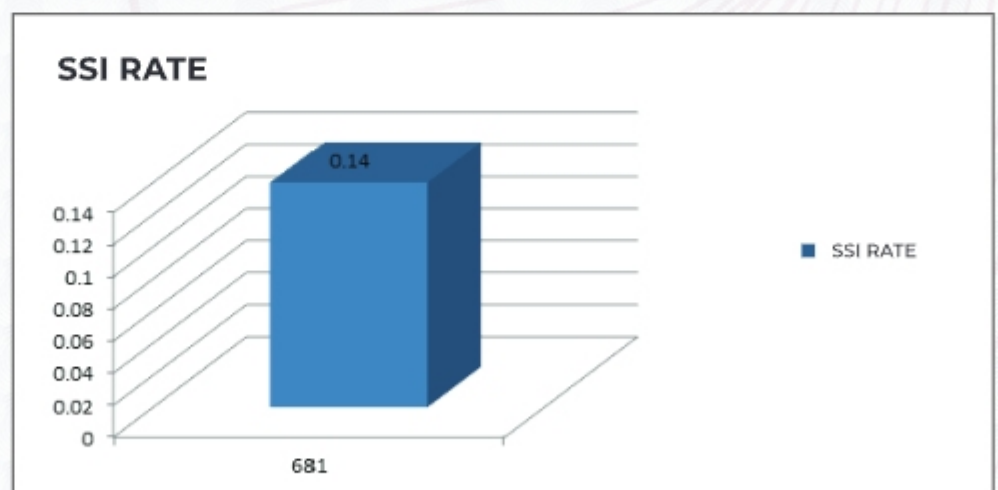


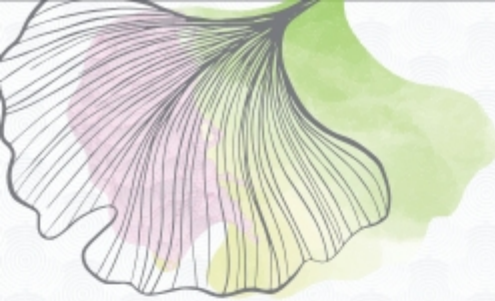
HAI DATA - FEBRUARY & MARCH -25

SSI RATE - FEBRUARY-25



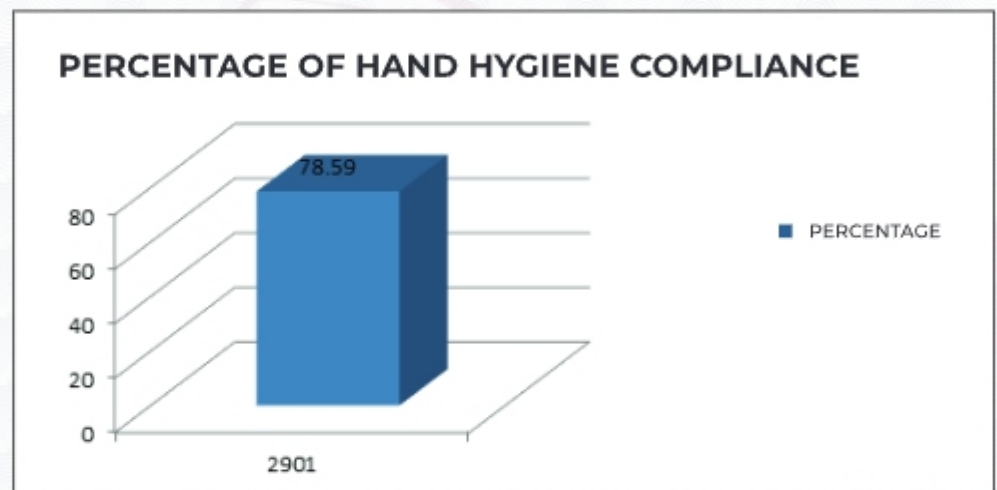
SSI RATE – MARCH-25





HAI DATA - FEBRUARY & MARCH -25

PERCENTAGE OF COMPLIANCE TO HAND HYGIENE-FEBRUARY-25



PERCENTAGE OF COMPLIANCE TO HAND HYGIENE-MARCH -25

