



## **FEBRUARY 2026** **HIPC NEWSLETTER**

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### **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

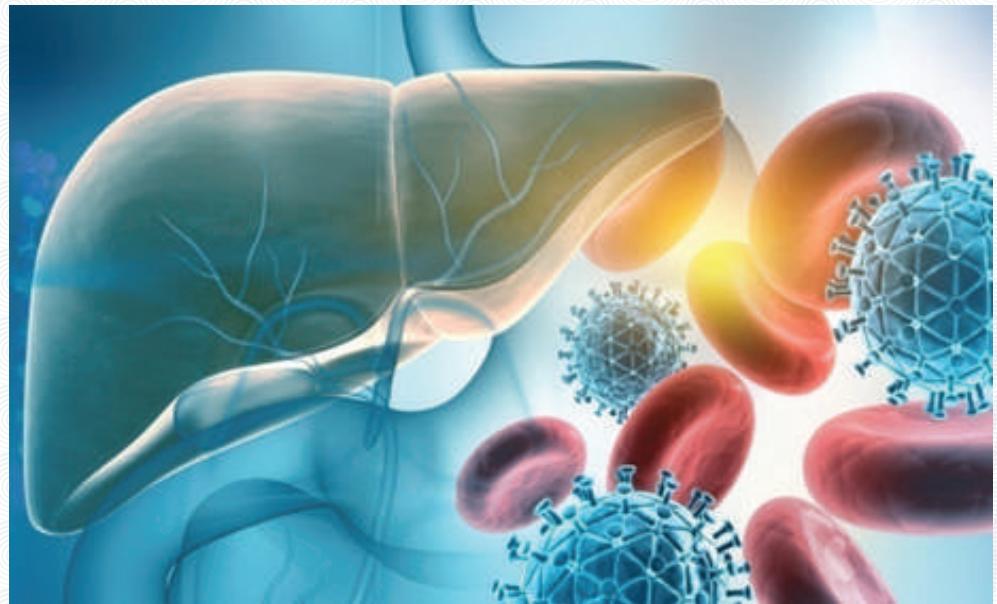
### **Guideline Updates** **Quick Links**

- <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://en.wikipedia.org/wiki/Hepatitis_C)
- <https://www.pennmedicine.org/for-patients-and-visitors/patient-information/conditions-treated-a-to-z/hepatitis-c>

## **HEPATITIS A**

### **INTRODUCTION**

Hepatitis A is a highly contagious, acute (short-term) liver infection caused by the hepatitis A virus (HAV).



### **TYPES**

### **CLINICAL CLASSIFICATIONS OF HEPATITIS A INFECTION**

Hepatitis A is generally classified as an acute infection, with symptoms usually appearing abruptly. The main types of clinical presentations include:

- **Asymptomatic Infection:** Most common in children under 6 years of age (70% of cases).
- **Symptomatic Infection:** Characterized by fever, fatigue, jaundice, and dark urine.
- **Relapsing Hepatitis A:** A small percentage of patients (10%–15%) may experience a relapse of symptoms within 1–3 months after the initial infection, though they usually recover fully.
- **Fulminant Hepatitis:** A rare, severe form of acute liver failure that occurs in less than 1% of cases, primarily in older adults or those with pre-existing chronic liver disease.



## DIAGNOSTIC TYPES (SEROLOGICAL MARKERS)

The CDC defines the diagnosis of hepatitis A based on the presence of specific antibodies in the blood:

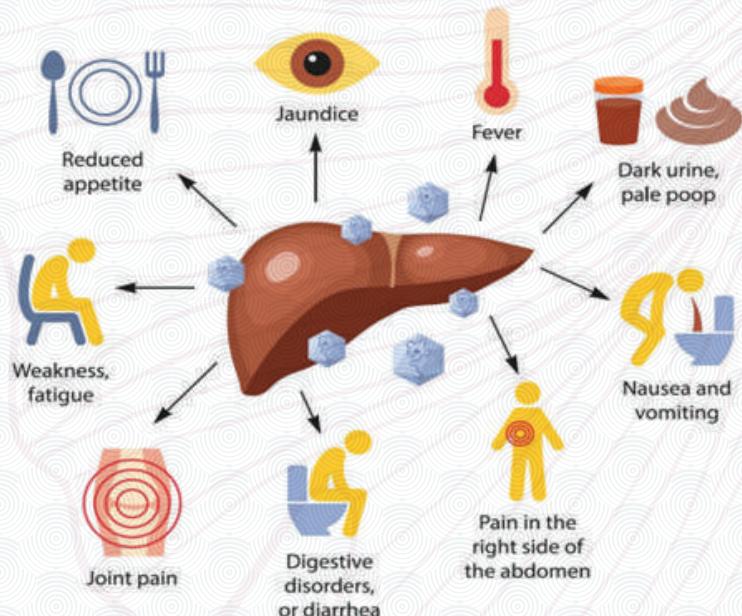
- **IgM anti-HAV (Positive):** Indicates acute or recent infection. It is generally detectable 5–10 days before symptoms appear and lasts for up to 6 months.
- **Total anti-HAV (Positive) + IgM anti-HAV (Negative):** Indicates past infection or vaccination, and therefore immunity.

## CAUSES

Hepatitis A is a liver infection caused by HAV. It spreads when someone unknowingly ingests the virus through close personal contact with an infected person or by consuming contaminated food or drink.

## SIGNS AND SYMPTOMS

### SYMPTOMS OF HEPATITIS A



Hepatitis A symptoms, which usually last less than 2 months, occur abruptly, and can include:

- Abdominal pain, nausea, and/or vomiting
- Dark urine or clay-colored stools
- Diarrhea
- Fatigue
- Fever
- Jaundice
- Joint pain
- Loss of appetite

## MODE OF TRANSMISSION

Hepatitis A is primarily transmitted via the fecal-oral route, occurring when an uninfected person ingests the virus from contaminated food, water, or close personal contact with an infected person. It is highly contagious, often spreading through poor hygiene or oral-anal sexual contact.

### Primary Modes of Transmission

- **Person-to-Person Contact:** This is the most common method in the U.S., spread when an infected person does not wash their hands properly after using the bathroom and transmits the virus to others through food, surfaces, or direct contact.
- **Contaminated Food or Water:** Consuming food or water contaminated with fecal matter, including raw or undercooked shellfish from contaminated water.
- **Sexual Contact:** Engaging in sexual activities with an infected partner, specifically oral-anal contact.

## RISK FACTORS

Although anyone who hasn't already been vaccinated or previously infected can get hepatitis A, certain life circumstances and behaviors can increase your risk of infection.

Some people are at higher risk for hepatitis A. This includes:

- International travelers.
- Men who have sex with men.
- People who use or inject drugs (all those who use illegal drugs).
- People whose jobs increase the risk of exposure, such as those who work with HAV in a lab.
- People who anticipate close personal contact with an international adoptee.
- People experiencing homelessness.

Certain health conditions, including chronic liver disease and human immunodeficiency virus (HIV), also make it more likely that people will experience severe complications from hepatitis A.

## DIAGNOSIS

You will not be able to differentiate hepatitis A virus from other types of viral hepatitis using clinical or epidemiological features alone.

The following are laboratory markers that, if present, indicate an acute HAV infection:

- Immunoglobulin M antibodies to HAV (IgM anti-HAV) in serum, or
- HAV RNA in serum or stool



## COMPLICATION

Hepatitis A is generally a self-limiting disease, but it can cause severe complications, including acute liver failure (fulminant hepatitis)

- **Acute Liver Failure:** Rare but fatal; this is more common in adults over 65 and individuals with underlying, pre-existing liver disease.
- **Relapsing Hepatitis:** A small percentage of individuals may have symptoms that go away and return for up to six months, although it does not cause chronic, long-term infection.
- **Severe Cholestasis:** A prolonged, rarely occurring complication characterized by extreme bile flow obstruction.

## TREATMENT

There are no specific antiviral medications to treat active hepatitis A virus (HAV) infection. Management focuses on supportive care, including adequate nutrition, fluids, and rest to manage symptoms. Patients must avoid alcohol and medications that can harm the liver.

### Key Management Strategies:

- **No Antivirals:** Hepatitis A is a self-limited infection, meaning it clears on its own without specific medication, and does not become chronic.
- **Supportive Care:** Focus is on relieving symptoms and maintaining hydration/nutrition.
- **Avoid Liver Stress:** Avoid acetaminophen (paracetamol), other unnecessary medications, and alcohol, as the liver is stressed.
- **Hospitalization:** Generally not required unless in cases of severe disease or acute liver failure.

## PREVENTION

- **Vaccination/Immune Globulin (Prevention):** If exposed within the last 2 weeks, a Hepatitis A vaccine or immune globulin can prevent illness. Hepatitis A vaccine is the best way to prevent HAV infection. Practicing good hand hygiene can also prevent the spread of hepatitis A

### Vaccination

The best way to prevent getting infected is by getting vaccinated. The following people should be vaccinated against hepatitis A:

#### Children

- All children ages 12–23 months.
- All children and adolescents 2–18 years of age who have not previously received hepatitis A vaccine (known as "catch up" vaccination)



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## **INDIAN MEDICAL ASSOCIATION GOES ECOFRIENDLY (IMAGE) CONDUCTED 5 SESSIONS REGARDING BIOMEDICAL WASTE MANAGEMENT**





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## **PROFESSIONAL DEVELOPMENT SESSION ON PREVENTION OF SSI AND SURGICAL SAFETY CONDUCTED BY DR SHASHANK DEVAPUR.**





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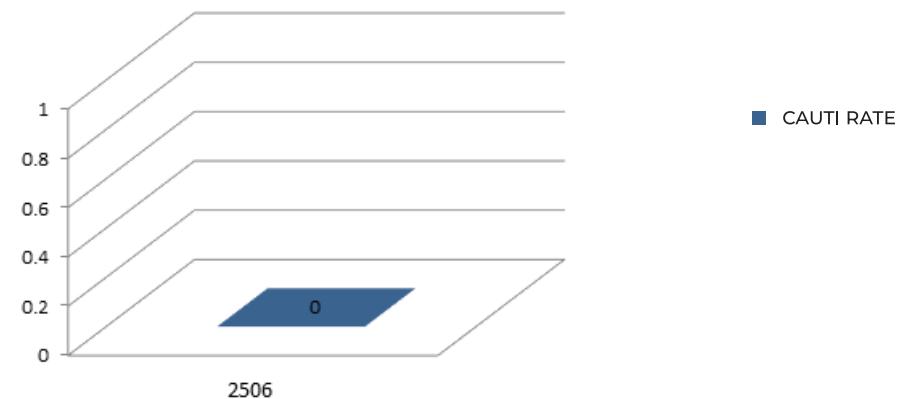
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## HAI DATA - JANUARY 2026

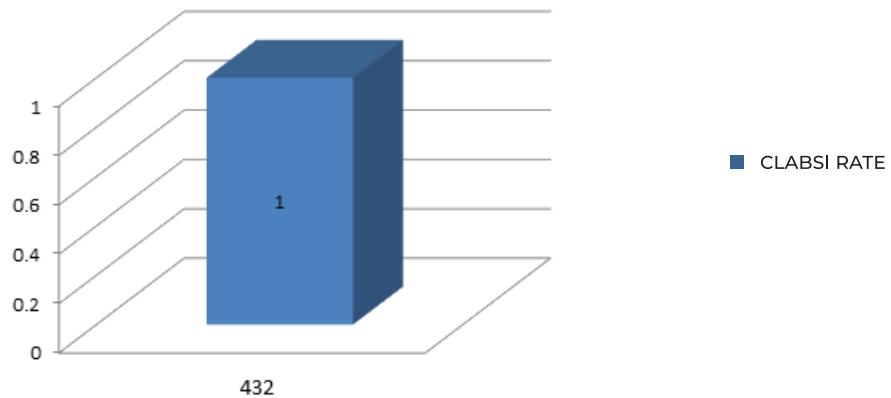
### CAUTI RATE - JANUARY 2026

#### CAUTI RATE



### CLABSI RATE - JANUARY 2026

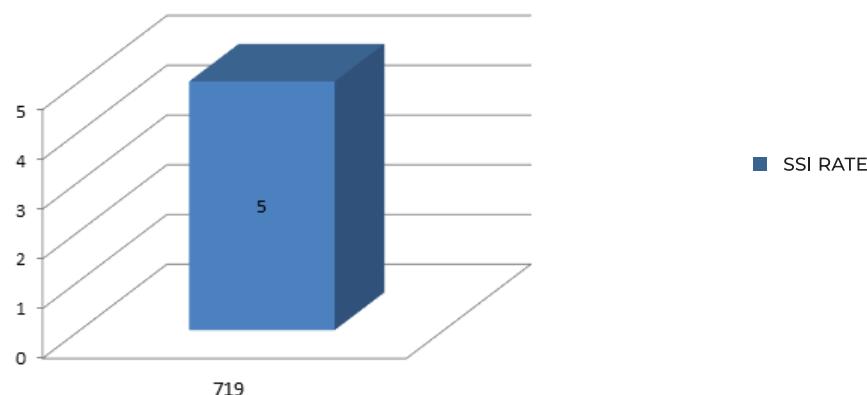
#### CLABSI RATE





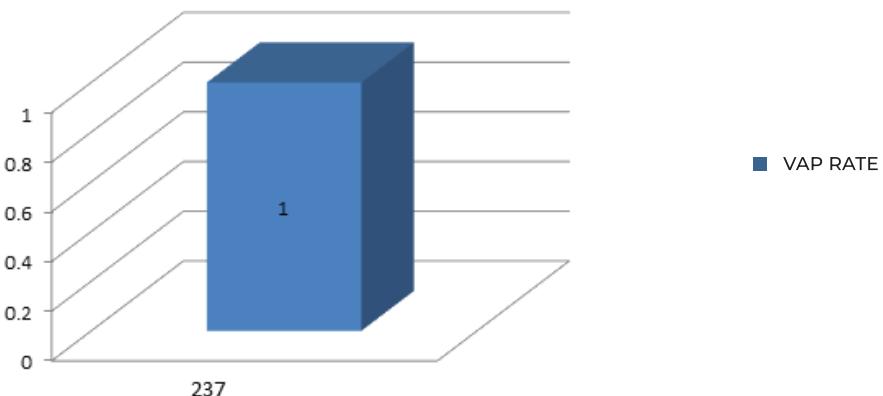
### SSI RATE - JANUARY 2026

#### SSI RATE



### VAP RATE - JANUARY 2026

#### VAP RATE



### PERCENTAGE OF COMPLIANCE TO HAND HYGIENE- JANUARY 2026

#### PERCENTAGE OF HAND HYGIENE COMPLIANCE

