

# HARM REDUCTION ECHO: HEPATITIS AND LIVER HEALTH

## HCV patient education, Adherence, Follow-up

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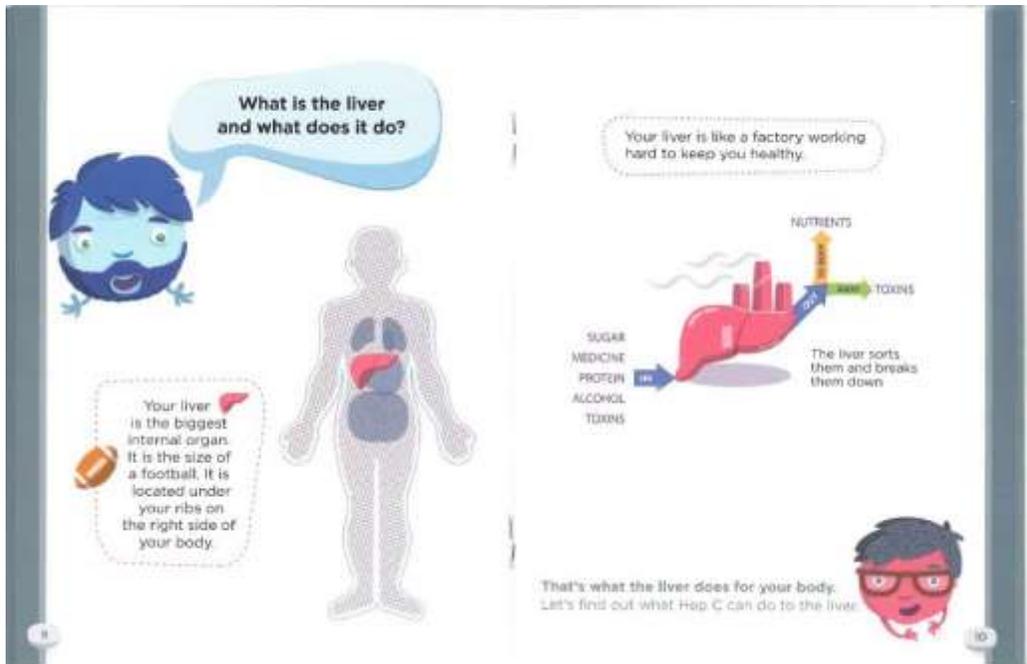
Waikiki Health

Clinical Pharmacist

3/05/2021

# What is the Liver ?

## Why do we treat Hepatitis C ?



- ▶ Hepatitis C is a chronic viral infection that causes liver damage. If not treated, liver gets scarred, then gets cirrhosis, which can progress to cancer.
- ▶ **Hepatitis C is CURABLE !**

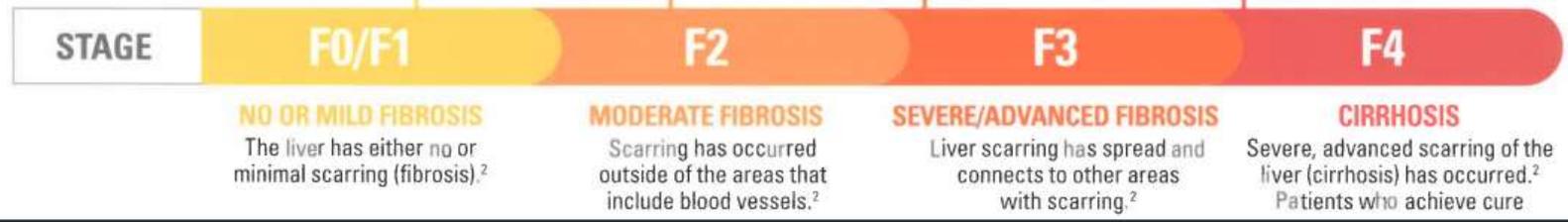
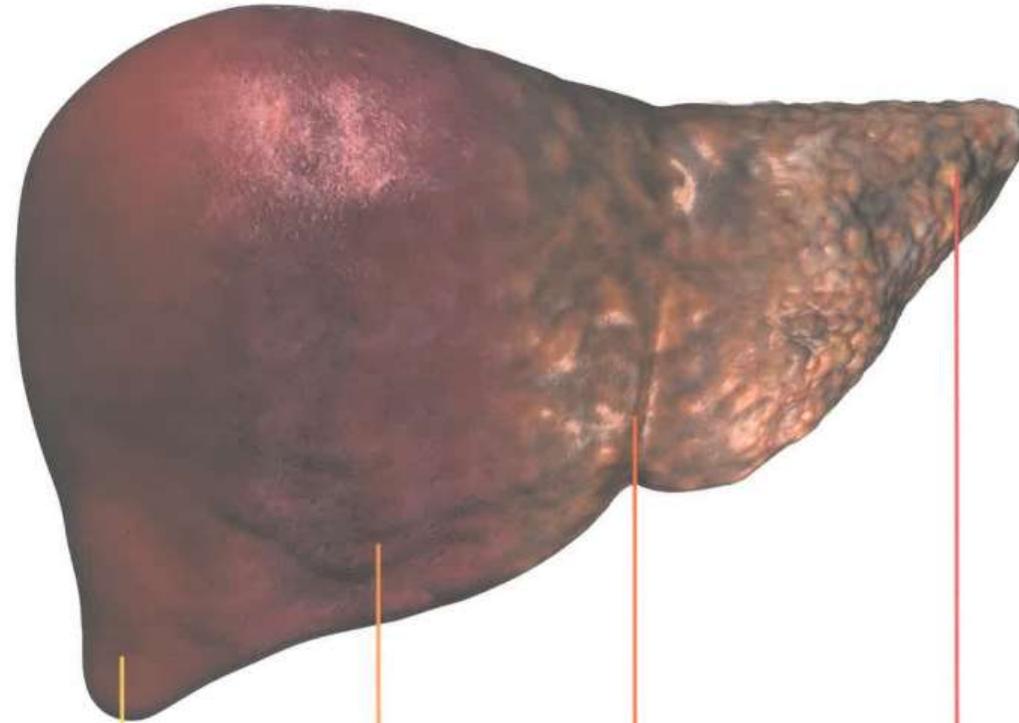
# Before your treatment

## -explain the process and ask questions-

- ▶ Blood tests -CMP, CBC, HBV/HAV/HIV screening, HCV RNA, genotype, PT/INR\*
- ▶ Immunizations, treatment agreement
- ▶ Imaging - US, Fibroscan \*\*
- ▶ Drug -drug interaction check -Liverpool HEP interactions
  
- ▶ Questions and discussions
- ▶ Have you treated HCV before\* ?
- ▶ Are you pregnant or have a family planning ?
- ▶ Your spouse or partner(s) are also screened ?
- ▶ Is there a safe place to store medication ? How can we help on that ?
- ▶ Are you switching a job or considering to change your insurance ?
- ▶ Do you have someone we can contact in case we cannot reach you ?

# HOW CAN HEPATITIS C VIRUS (HCV) AFFECT YOUR LIVER?

Chronic liver disease in HCV-infected persons usually progresses without any signs or symptoms for several decades<sup>1</sup>



- ▶ Bring all the medications or can you tell me what you are taking?
- ▶ Is there anything that you buy over the counter ?
- ▶ Do you go to a vitamin store, online shops, or health food shops for supplement, herbs, tea, gummy, or powders?
- ▶ Do you see other specialists who writes prescriptions ?
- ▶ Do you inject something or medication?
- ▶ Monitor potential hypoglycemia and INR if applicable (warfarin, DM meds)

## Drug-Drug Interaction check

[HEPiChart]

# Take your medications as prescribed

- What does it mean ? How do you add this new routine in your daily life ? Let's dig what helps you !

- ▶ What time are you going to take ?
- ▶ How do you remember the time ?
- ▶ Which meal is the one you do eat daily ? What is the typical meal like ? What is the biggest meal of the day ?
- ▶ Do you have any routine that you do every day ?
- ▶ Where are you going to store this medication ?
- ▶ Who else will know you take this medication and his/her phone number ?
- ▶ Take 1 tablet every day at the same time
- ▶ Take 3 tablets together at the same time with a meal
- ▶ Keep the medication in the original container. Do Not Crush.
- ▶ Keep your medication in the safe place
- ▶ Carry 1 dose with you everywhere you go (hospital, ED, sleepover)
- ▶ Let all your medical team know you take this medication and check DDI

# Keep in mind

- ▶ This is a very expensive medication. Know the name of medication. Do not lose the medication. Do not share the medication. If you have someone who need treatment, send them our way. This is yours and your lifetime opportunity!
- ▶ Insurance coverage (PA) has an expired date for your medication. “Your insurance won’t pay for you after 00/00/0000 date. Let’s treat now !”
- ▶ Your insurance will not pay for re-infection, and this is not like immunization. The treatment for this time will not protect you from future transmission. (harm reduction)
- ▶ Keep your insurance! Answer the call, response back to the letter from them !
- ▶ You don’t need to add any other medications to treat your Hep C. Stay on your treatment plan !
- ▶ Eplclusa has 28 tablets in the bottle. Do not freak out, it's not missing of 2 tablets. 4 weeks supply in the bottle, not 30 tablets like your other medications.
- ▶ Bring your backpack to pick up Mavyret
  
- ▶ Let's make a schedule to meet to pick up your refills
- ▶ Any concerns or questions ? Call me !

# Follow up call



Document the 1st dose of the medication on the chart



Follow up calls in 2-3 days after the initiation



Check how it's taken and any concerns or adverse reactions

# Refills, Follow up OV, SVR, and US/Fibroscan Spreadsheet, calendar, pharmacy staff, ordering, reminder calls, EMR tickler





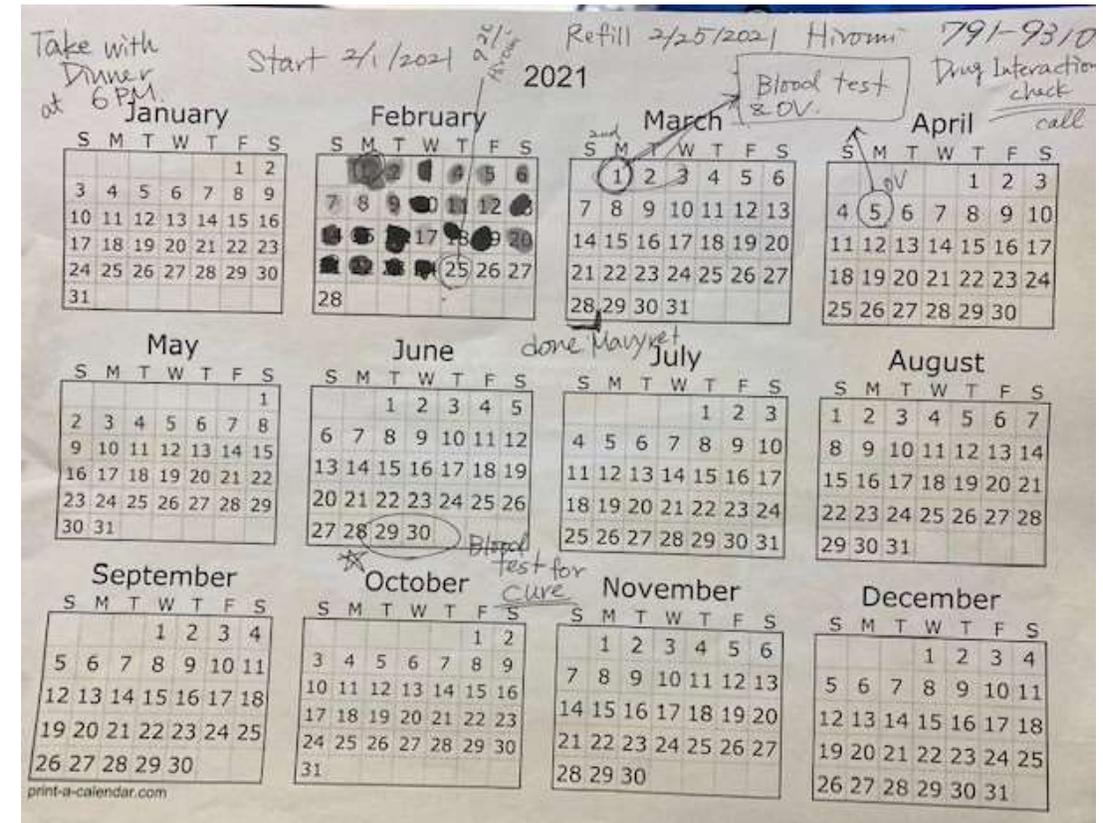
## -Adherence-

**Take your medication every single day as directed**

**Come up with the detailed plan that work for each patient**

# Adherence and schedule follow up and SVR visit

- ▶ Medication diary
- ▶ Inventory sheet
- ▶ Refill date
- ▶ Refill conference call for UHC
- ▶ Follow up visit - schedule if needed
- ▶ Lab date -check if lab are ordered
- ▶ Contact phone numbers
- ▶ F3/F4 - US every 6 months
- ▶ Encourage smoking cessation and weight management



# Helpful links

- ▶ <https://www.hepatitisc.uw.edu/>
- ▶ <https://www.hep-druginteractions.org/checker>
- ▶ <https://www.hcv.com/>
  
- ▶ <https://www.hepfreehawaii.org/>
- ▶ <https://www.hhhrc.org/sep>