

# Supporting Patients with Chronic Hepatitis B: improving the patient experience through a shared model of care.

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# Acknowledgements



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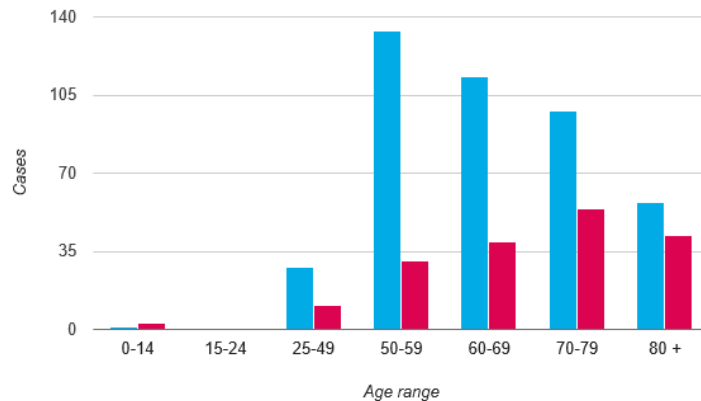
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# Trends in overall Cancer Mortality: NSW

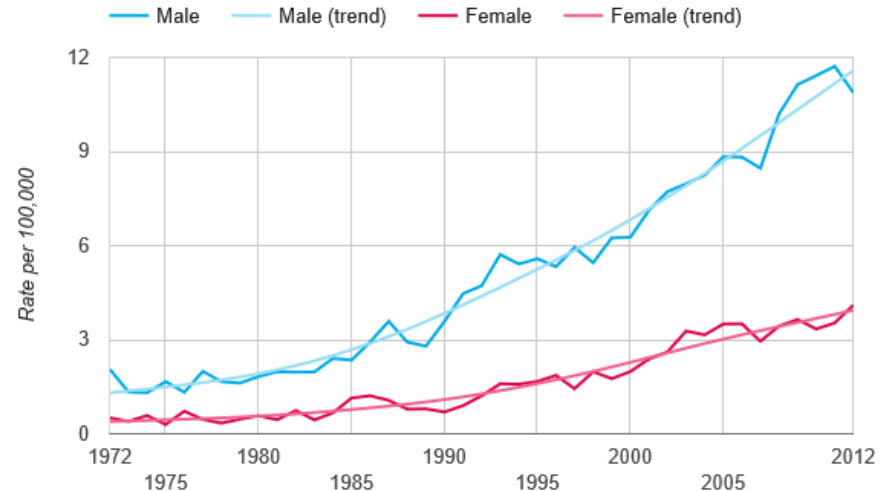
- HCC most common type of Liver Ca
- Increasing incidence of HCC means mortality rates are also increasing
- >85% 5 year mortality

Liver cancer cases by age group, NSW, 2012

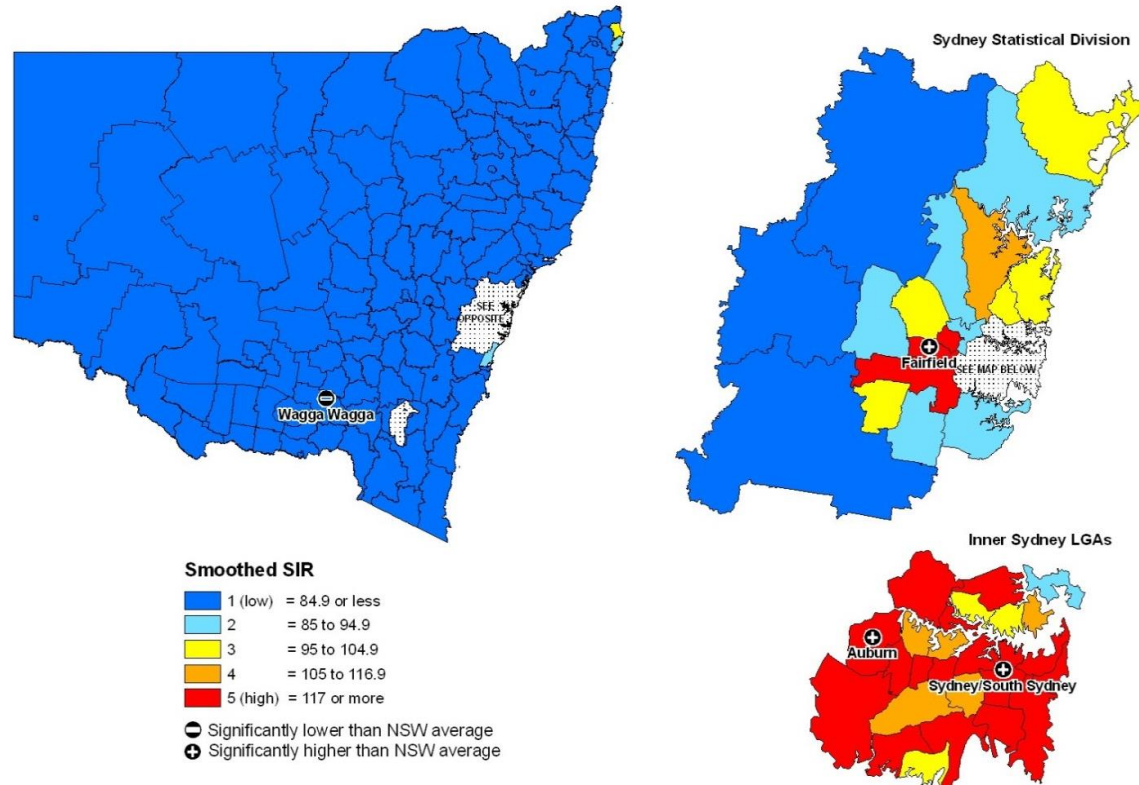


SOURCE: Cancer in New South Wales – Incidence and Mortality report, published June 2016

Liver cancer incidence, age-standardised rate, NSW, 1972-2012



# HCC and Hepatitis B- our local problem



**Incidence of liver cancer, in NSW males, 1998-2002**

# HCC and Hepatitis B

Table 7: Number and proportion of people receiving guideline-based care for CHB, 2013

State or Territory	Population, 2011	Number of people living with CHB, 2011	Number receiving care, 2013	Proportion of people in care (%)	Number still requiring care, 2013
ACT	357,219	3,603	493	13.7%	3,110
NSW	6,917,655	77,076	14,237	18.5%	62,839
NT	211,943	3,556	568	16.0%	2,988
QLD	4,332,737	37,427	2580	6.9%	34,847
SA	1,596,570	14,442	630	4.4%	13,812
TAS	495,352	3,513	95	2.7%	3,418
VIC	5,354,042	56,836	10,819	19.0%	46,017
WA	2,239,170	22,055	1278	5.8%	20,777
<b>AUSTRALIA</b>	<b>21,507,719</b>	<b>218,567</b>	<b>30,700</b>	<b>14.0%</b>	<b>187,808</b>

Totals may not add up due to inclusion of those without a State or Territory of residence

Source: HEPATITIS B MAPPING PROJECT NATIONAL REPORT 2012/13

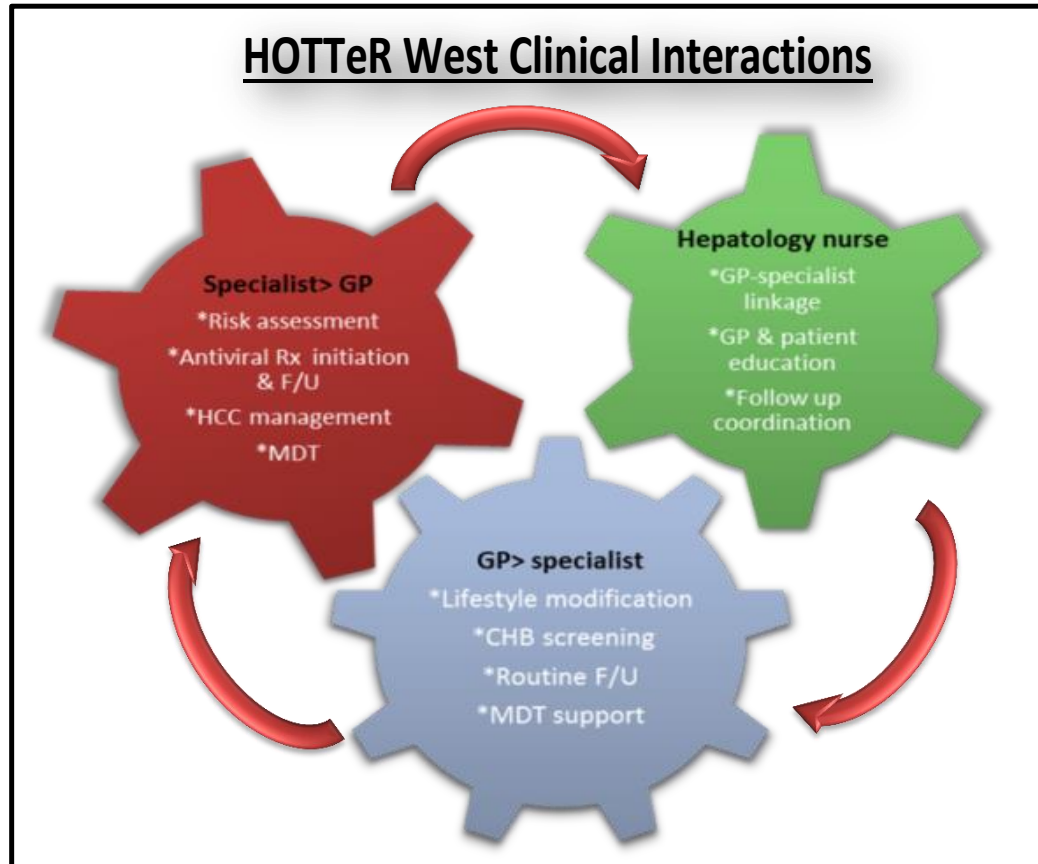
# HCC and Hepatitis B

- HCC is largely preventable
- Barriers exist in the diagnostic and treatment continuum
- Knowledge gaps amongst GP's- first point of call for patients with CHB
- Increasing burden on Specialist services

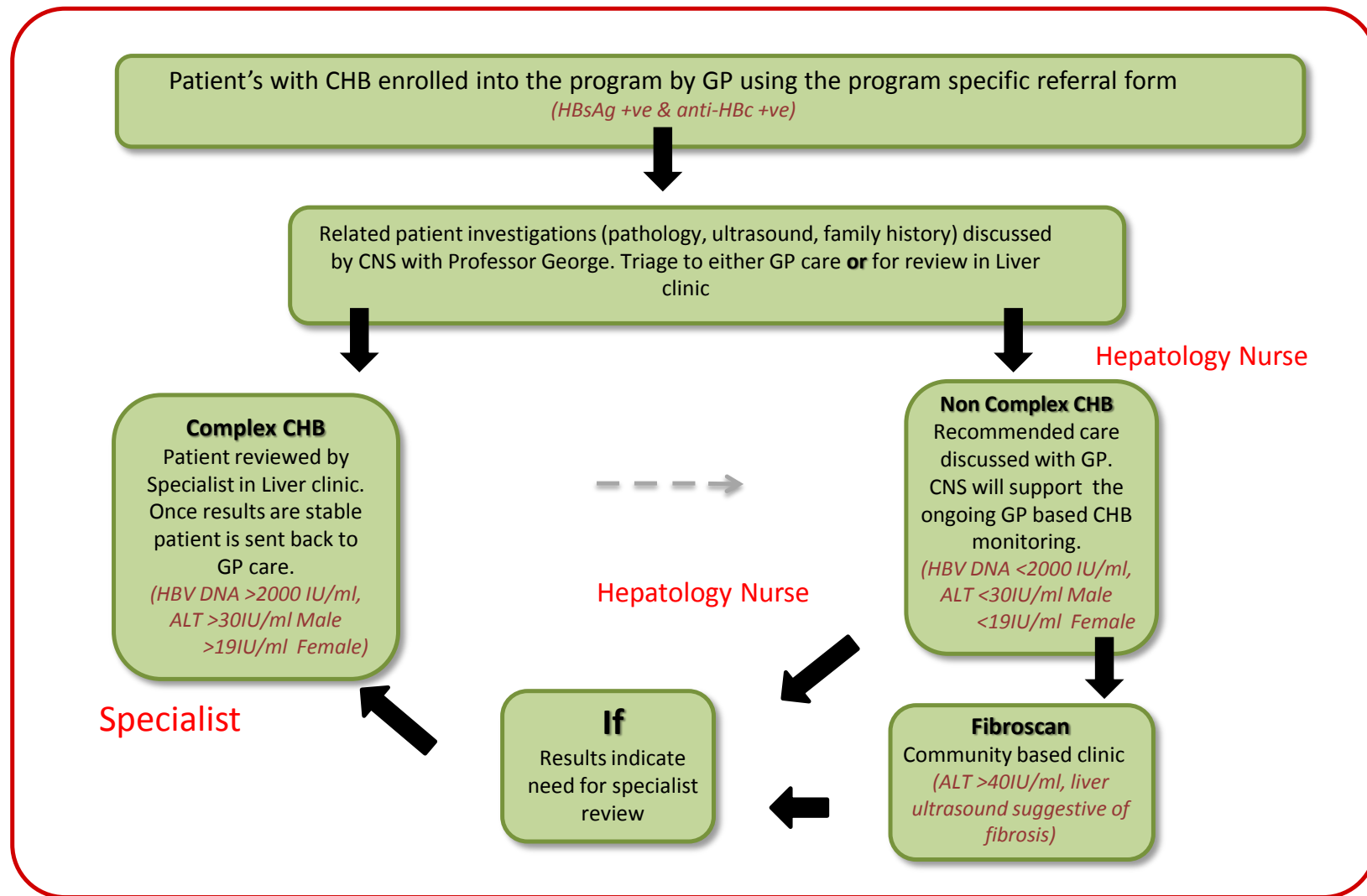
# What are we trying to achieve?

- Provide high quality, supportive service to local GP's
- Increase knowledge to increase effective care
- Increase support to patients
- Increase antiviral therapy uptake
- **Decrease burden of liver disease and liver cancer**

# Shared Care Model







# The numbers so far....



**March 2015**



**250 CHB patient**



**5 GP clinics**



**100 patients FibroScanned**



**30+ patients started AVT**

# Increasing knowledge

- Hepatitis B and HCC educational session for GPs and practice nurses
- Patient group education sessions: 20 participants in each. Topics covering CHB, treatment, taking charge of your care, HCC, healthy living



# Collaborating for community engagement



## Jade Fan Project joins forces for hepatitis



Jade Fan Project members at a hepatitis awareness stall in Auburn Central Forecourt.

Jade Fan Project is a partnership between WSLHD HIV and Related Programs (HARP) Unit, Storr Liver Centre, WentWest and Australasian Society for HIV, Viral Hepatitis and Sexual Health Medicine.

During Hepatitis Awareness Week, the Project ran an education session on hepatitis B to general practitioners and practice nurses.

Speakers included Dr Nghi Phung, Senior Staff Specialist - Gastroenterology & Hepatology Westmead Hospital and Dr Michael Burke - Kildare Medical Centre.

A health promotion hepatitis awareness stall was established in Auburn, where resources on hepatitis in local languages and culturally specific fans were offered to communities.

# In-language resources



You will have access to the following support and resources:

- Hepatitis B information pack
- Education sessions on living well with hepatitis B
- A reminder letter to ensure you see your doctor regularly
- Counselling and support
- For more information contact: The Project Officer, on 02 9334 1630 (English and Chinese speaking)
- Information phone line, English and Chinese speaking 02 9334 1630

# In-language resources

## FibroScan

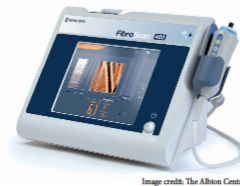


Image credit: The Albion Centre

For more information, please contact:

Kristen Stone, Nurse Specialist  
0407 141 139

Nancy Tam, Community Educator  
(English, Cantonese and Mandarin)  
(02) 9334 1630

We acknowledge Kings College Hospital London for sharing the content of this patient information leaflet for the purpose of Liver Wellness program.

Your doctor has requested that you have a FibroScan performed. This leaflet explains what the test involves and how to prepare for it.

Fibroscan patient information :  
available in English and Chinese

### What is a FibroScan?

A FibroScan is a simple test that we use to find out how much liver scarring you have. Fibrosis is a build-up of stiff scar tissue (a collection of cells that make up a part of the body) in your liver.

A FibroScan is similar to having an ultrasound scan. However, instead of using high-frequency sound waves to create a picture like an ultrasound, FibroScan uses a series of short, pulsed, low-frequency sound waves to measure liver stiffness. We see the result as a number, or score, rather than a picture, which tells us how much liver scarring you have.

### What happens during the scan?

Your scan will be carried out by the clinical nurse specialist who will explain the procedure and answer any questions you may have. You will be asked to lie on your back with your right arm raised above your head. A gel will be applied to your skin on the right-hand side. A small hand held sensor is then pressed on the surface of your skin. The gel allows pulsed sound waves to pass through the liver more easily. The gel is wiped off at the end of the procedure.

### Do I need to prepare for the scan?

Please ensure you do not have anything to eat for 2 hours before your appointment, unless you have diabetes or your GP has asked you not to fast. You should also take any prescribed medication as you would normally do. You may have sips of water.



Image credit: The Albion Centre

### What are the benefits of a FibroScan?

- The scan will give your doctor more information about your liver condition and help them plan the best treatment for you.
- The test can be done quickly and easily by the Nurse Specialist at your doctors surgery.
- You will not need any injections or anesthetic.
- You will be able to return home or to work straight afterwards.

### How long will the scan take?

It takes about 15 minutes, but please allow 30-40 minutes for your appointment.

### Do I need to give consent?

You do not need to sign anything, but your GP will discuss the test with you prior to your appointment and gain verbal consent. This is a legal requirement. When you attend your appointment the nurse specialist will discuss the procedure with you again. If at any time you change your mind about having the scan please let us know.

### Are there any risks?

A FibroScan has no side effects and after having the procedure you are safe to drive, return to work and carry out your normal daily activities. But we recommend that you do not have this test if you are pregnant or if you have a heart pacemaker. It can also be difficult to get an accurate fibrosis score using the FibroScan for people with a waist measurement over 100cm.

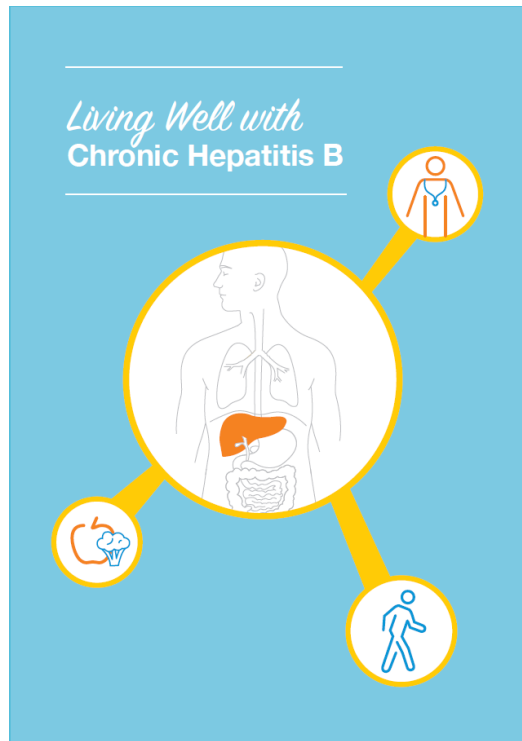
### Can I bring a friend or relative?

Yes, you are welcome to bring a friend or relative.

### How and when do I get my result?

The nurse specialist won't be able to discuss your result with you at your appointment because it needs to be checked by the liver specialist. Your GP will give you the result at your next appointment.

# Increasing knowledge



*Your medical*  
**appointments**

**Patient's name:**

Patient's date of birth:

**Name of family doctor (GP):**

[illegible]

This appointment card can also be downloaded from the HepB website: [hepbpositive.com.au](http://hepbpositive.com.au)

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# On going support

- Development of a website: Patient section and health professional section, access to relevant program information, CHB and HCC resources. Multiple languages.





# Implications

- Shared care model has improved the management of these 250 patients
- Timely referrals for more complex cases
- Tracking of results
- Appropriate HCC surveillance
- Successful initiation and ongoing management of antiviral therapy
- Increased general knowledge and confidence amongst GP's involved

# And finally...

- Community consultation
- In language resources and delivery of care
- Ongoing educational opportunities
- Care delivery in a familiar environment
- Ongoing review
- Time, patience and persistence



# Would you like to know more?

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