


VIRAL HEPATITIS BINGO*

▶ ABOUT THIS ACTIVITY

 **Time:** 30 minutes

 **Objectives:** By the end of this session, participants will be able to:

Review the basic Hepatitis A, B, and C information including prevention, transmission, testing, and treatment.

 **In This Activity You Will...**

- Review basic information about Hepatitis A, B, C (5 minutes)
- Conduct the Hepatitis Bingo game (25 minutes)

 **Materials:**

- Bingo cards
- Bingo Statements
- Marbles for markers
- Small prizes
- Handout – Hepatitis C Information Sheet

 **Preparation:**

- Print handouts
- Prepare bingo cards

Instructions

1. Briefly give general information about Hepatitis.
 - Hepatitis refers to inflammation of the liver. The liver acts as a filter for toxins in the body.
 - There are different types of Hepatitis which can be caused by bacteria or viruses.
 - The 3 we discuss regarding sexual health are caused by viruses and include Hepatitis A, B, and C.
 - Hepatitis is not curable though in some instances it can self-resolve (go away on its own) or become undetectable with treatment.
 - Discussing hepatitis with PLWHA is significant because it affects an already compromised immune system. Also Hepatitis A, B, and C can be transmitted through sexual activity and/or injecting drugs.
2. Distribute BINGO cards and marbles.
3. Ask participants if they remember how to win BINGO.

The trainer will ask a question and if you think you have the correct answer then put a marble in the spot. The first person to get marbles diagonally, straight up or down, or across and say HEPATITIS wins.
4. Cover hepatitis information given on the Bingo Statements and answer any questions participants may have once there is a winner and before moving on to the next set of questions.
5. Depending upon time, allow for 2-3 rounds.
6. Distribute prizes to winners.

* This module comes from Duke University, Partners in Caring; Center for Creative Education, 2006.

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7. Make sure that participants fully grasp these points about Hepatitis:
- It's a blood-borne virus – has to get from an infected person's blood into someone else's bloodstream.
 - Hepatitis C can be sexually transmitted.
 - Treatment decisions are made on a case-by-case basis. It depends on many factors- the person's health, the 'strain' of virus, and their liver health. But EVERYONE is potentially a candidate for treatment.
 - Everyone who is HIV+ should be tested and should know their Hep C status.

Summary

- It is important to understand the relationship between HIV and co-infection with Hepatitis A, B, and C.
- Hepatitis A and B have vaccines to prevent infection.
- Hepatitis B is transmitted similar to HIV.
- Hepatitis C is more virulent than HIV and is transmitted by exchange of blood.

* This module is part of the online toolkit *Building Blocks to Peer Success*. For more information, visit http://www.hdwg.org/peer_center/training_toolkit. This module comes from Duke University, Partners in Caring; Center for Creative Education, 2006.

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BINGO STATEMENTS

1. Hepatitis C is passed through what body fluid? (Blood)
Or any fluids with blood in them, like.... (ask for examples)
2. Hepatitis affects what organ of the body? (Liver)
3. Inflammation of the liver is called _____? (Hepatitis)
Just means” inflamed liver”- can be caused by too much alcohol, other illnesses, Tylenol + alcohol, etc
Viral hepatitis – like A,B,C – are caused by a specific virus
4. The current medical treatment for HCV is _____ (Interferon and Ribavirin).
Interferon causes flu-like symptoms because it’s what our bodies produce to fight off illness- that’s why we feel sick
Almost everyone is potentially a candidate for treatment – decided on a case-by-case basis. People should know their status so they can decide.
5. Myth or Fact: HCV can live outside of the body longer than HIV can (Fact)
About four times longer – that’s what researchers say now
6. The best way to protect yourself against HCV is to _____. (avoid contact with blood, or body fluids that have blood in them)
7. What forms of Hepatitis are there vaccines for? (HAV or HBV)
There is no vaccine for HCV.
8. Hepatitis B is transmitted by the same body fluids as HIV but there is one other one. What is the one fluid that transmits HBV and NOT HIV? (saliva)
9. What type of Hepatitis is passed through oral contact with feces? (Hepatitis A)
What sexual activity can transmit HAV? (oral-anal)
Who knows the slang term? (rimming, tossing the salad)
10. Tattooing with unsterilized equipment is considered (low, high, no) risk for HCV (HIGH)
The artist should always use new ink and a new needle for each person
11. When a person has 2 diseases at the same time, (such as HCV and HIV) then we say that they are _____. (Co-infected)

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TRAINER GUIDE # 1 of 1 (cont.)

BINGO STATEMENTS (CONT.)

12. The most common way that HCV is transmitted or passed. (Shared Injection Equipment)
Includes shared works too. Ask for examples: cooker, cotton, water
Accounts for about 60% of HCV cases in the U.S., if anyone asks
13. The final stage of liver disease that affects how blood flows in and out of the liver along with impairing normal liver functions. (CIRRHOSIS)
People with advanced cirrhosis are not candidates for HCV treatment, but CAN be on maintenance therapy to help the liver function better.
It's important for coinfecting people to know about treatment options, and to be treated early on if they are candidates for treatment.
14. Transmission of HCV through blood transfusions and organ donations is pretty much unheard of in the U.S. since what year? (1992)
15. What test shows that you have a chronic HCV infection, or had it in the past and got over it? (HCV antibody test)
The antibody test is like a footprint – you have the virus, or did in the past.
PCR RNA test, or viral load. Tells how much virus is in your blood and whether you have chronic HCV.
16. There is ACUTE Hepatitis and CHRONIC Hepatitis. Which one means “sudden onset of illness; is of short duration and can be severe?” (Acute)
Most people go on to have chronic HCV (80-85%)
Can they pass it to others? YES!
 $\frac{3}{4}$ of infected people don't even know they have the HCV virus.
Some people get rid of the virus on their own (like a cold) –about 15%
17. Using a (Condom) consistently and correctly will reduce a person's chance of getting a sexually transmitted disease.
The CDC says about 15% of HCV cases are sexually transmitted.
The best way to protect yourself against HCV is to avoid contact with blood, or body fluids that have blood in them.
18. Hepatitis B and C are treated by Interferon and Ribavirin. How long does most treatment for HCV last— 2 weeks to a month, 24 weeks to a year, or a lifetime? (24 weeks to a year)
19. Of all the people in NC who have HIV, what percentage also have HCV? (about 30%)
And how many don't know it? About $\frac{3}{4}$ of them...
Does everyone here know your HCV antibody status?
The leading cause of death (about 1/3) for people with HIV disease is end-stage liver disease.
People are living with HIV, but then dying of liver problems.

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BINGO STATEMENTS (CONT.)

20. What substance could be most harmful to a person's liver? (alcohol)
 - Like throwing lighter fluid on a fire – really flares up the liver.
 - No safe level has been determined yet.
 - Harm reduction model – reduce usage if not going to stop..
21. A side effect of interferon is depression. Therefore, in addition to seeing an infectious disease specialist, the patient may also have to see who? (a mental health professional, psychiatrist)
Emphasize: It's caused by the medication, not because someone is a "weak" person
22. True or False. Vaccinations for Hepatitis A and B are recommended for someone who has HCV.
(True)
 - Avoiding other infections with the liver will help sustain it longer when treating HCV.
23. A mother can pass HBV to her child during birth, or after birth through what? (breast milk)
24. The CDC recommends that a person clean their works by using 3 parts water, 3 parts bleach, and 3 parts water for a total of 4.5 minutes (30 seconds with each fluid) to kill HIV. Should a person clean their works for a longer or shorter period of time to kill HCV? (Longer; 2 minutes with each fluid)
 - There aren't really definitive recommendations for this at this point in time. Better to use a clean needle every time.
25. Myth or Fact. It is possible for someone to be co-infected with Hepatitis A, B, and C. (Fact)
26. When a person is co-infected with Hepatitis C and HIV, then which of the two diseases usually progresses faster? (Hepatitis C)
 - That's why it's especially important for people who are HIV+ to know their HCV status

VIRAL HEPATITIS BINGO

BINGO CARD

BINGO CARDS

Use the answers to the Bingo Statements to make your own Viral Hepatitis Bingo Cards. Below is an example of what the bingo cards should look like.

Condoms	Hepatitis	Co-infected	Breast Milk
Needle Stick	1992	Sex	HIV
Hepatitis E	Ribavirin & Interferon	Free Space	Hepatitis A
False	Hepatitis C	Shared Injection Equipment	Blood

VIRAL HEPATITIS BINGO

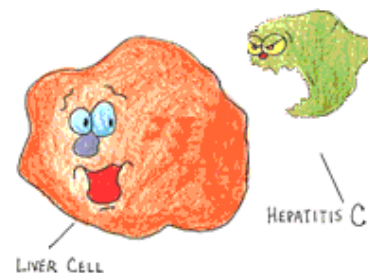
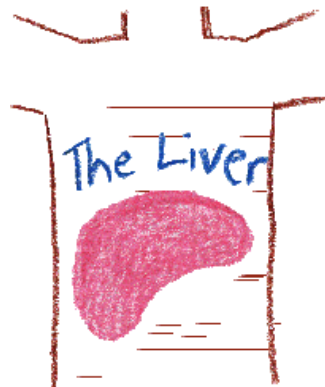
HEPATITIS C INFORMATION SHEET

Hepatitis C is a liver disease caused by the Hepatitis C Virus (HCV). It has also been called non-A and non-B hepatitis. About 25,000 people are infected each year.

- About a quarter of people infected with HIV are also infected with HCV
- HCV progresses more rapidly to liver damage in HIV infected persons
- HCV can impact the management of HIV infection

Hep C is primarily spread by direct contact with human blood. Some ways it is transmitted is through:

- Contact with HCV-infected blood through sharing of needles or works that have not been properly cleaned between users. Injecting drug use is the most common risk factor for contracting Hep C at this time. Co-infection of HIV and HCV is common (50-90%) among HIV-infected IDUs.
- Sharing items such as razors or toothbrushes with someone infected with HCV since they may have had his or her blood on them
- Tattooing or body piercing with needles that have not been cleaned
- Blood, blood products or organs from donor whose blood contained HCV (before 1992- at this time risk is extremely low—less than 1 chance per million units transfused)
- If you were on long term kidney dialysis as you may have unknowingly shared supplies/ equipment that had someone else's blood on them
- Needlesticks/ contact with blood on the job (for healthcare workers)
- Hep C may be passed from an infected mother to her baby during birth
- Hep C may be transmitted sexually, but not that often.



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HEPATITIS C INFORMATION SHEET (CONT.)

HCV Symptoms

Acute infection: (newly acquired)

- Often a person will have no symptoms. Some people with acute infection will have jaundice (yellowing of skin and eyes) or mild flu-like symptoms.

Chronic infection (persistent)

- 75-80% of people with acute Hep C will not be able to get rid of the virus after 6 months and will have chronic or long-term hep C.
- Most people with chronic HCV will have only mild to moderate liver disease.
- In some individuals, the damage is so great they have cirrhosis (scarring of the liver), liver failure or liver cancer and need a liver transplant. HIV-HCV co-infection has been shown to speed up to the progression to liver disease and there is an increased risk of scarring of the liver.
- Hep C is the leading cause of liver transplants

Treatment

- Treatment varies depending on the stage of illness at the time treatment is sought
- Some options include:

Treatment with interferon alone

Combination therapy with interferon and ribavarin

Protecting your liver by not drinking alcohol (it can do further damage)

(Adapted from the American Social Health Association & CDC)