

After the Initial Diagnosis of HCV Overview of Next Steps

History

- ▶ Past medical and surgical history
- ▶ HCV history for:
 - Cirrhosis related symptoms
 - HCV related symptoms
 - Source of HCV exposure (IDU, transfusion, other)
- ▶ Social History:
 - Alcohol and drug use
 - Cigarette smoking history
 - Sexual history
- ▶ Family history
- ▶ Occupational history
- ▶ History of incarceration
- ▶ History of combat exposure
- ▶ Complete review of systems
- ▶ Current medications
- ▶ Current herbs, vitamins, supplements

Physical Exam

- ▶ Complete physical exam

Laboratory

- ▶ HCV Genotype
- ▶ HCV RNA (if not recent)
- ▶ CBC/platelet
- ▶ Liver: AST, ALT, Alkaline phosphatase, Total bilirubin, Direct bilirubin, Albumin
- ▶ Basic Metabolic Panel—Sodium, potassium, creatinine, glucose (chem 7)
- ▶ PT/INR
- ▶ Ferritin
- ▶ Vitamin D
- ▶ HIV Ag/Ab
- ▶ HBsAg, HBsAb, HBcAb total
- ▶ HAV Ab Total

Immunizations

- ▶ Hepatitis B—3 shot series
- ▶ Hepatitis A—2 shot series
- ▶ (Alternative: Hep A and B can be given in a combination vaccine as a 3 shot series)
- ▶ Influenza—annually
- ▶ Pneumovax (PPSV 23)—1-2 doses. If 1st dose given before age 65 then a 2nd dose after age 65 if 5 yrs since the 1st dose
- ▶ Tdap—every 10 years
- ▶ Varicella—2 doses
- ▶ Zostavax—1 dose
- ▶ For more information: <http://www.cdc.gov/vaccines/schedules/hcp/adult.html>

Patient Education

- ▶ Potential long term outcomes
- ▶ Sexual transmission
- ▶ Household transmission
- ▶ Maternal transmission
- ▶ Blood donation
- ▶ Effect of alcohol
- ▶ Effect of obesity
- ▶ Effect of smoking
- ▶ Effect of co-infection—HIV or HBV
- ▶ Effect of injection drugs and use of clean needle exchange programs

Look for Evidence of Cirrhosis

- ▶ Ultrasound abdomen
 - If evidence of a cirrhotic appearing liver and/or enlarged spleen
- ▶ Platelet count
 - If low, especially if <125K

If No Evidence of Cirrhosis, Determination of Fibrosis

- ▶ FIB-4 score (preferred), OR
- ▶ APRI score (preferred)
- ▶ Fibroscan (if available)

Educate About HCV Treatment and Link to Care

- ▶ Definition of cure—SVR 12
- ▶ The benefits of achieving SVR
- ▶ The existence of high efficacy, short course, low side effect profile medications
- ▶ Offer linkage to care appointment for treatment

