



Rawalpindi Medical University

Hepatitis Free Rawalpindi City Initiative

A project of Rawalpindi Medical University

Find The Missing Millions.

ELIMINATE HEPATITIS

HEPATITIS
PREVENT HEPATITIS: IT'S UP TO YOU



Rawalpindi Medical University

HEPATITIS FREE RAWALPINDI CITY INITIATIVE

Community Program of RMU for Screening and Treatment of Hepatitis C Cases in Rawalpindi.

Theme:

Hepatitis free Rawalpindi Pakistan

Introduction

In Pakistan, more than 10 million population are suffering from Hepatitis C Virus (HCV) with high morbidity and mortality. Presently, the prevalence of HCV is 6.7% and Hepatitis B is 2.5-3% respectively^{1,2}. Local data suggests that most affected age group involves patients from 20-50 years. Every 3rd or 4th death in hospital is related to Hepatitis C infection and hepatocellular carcinoma is the 4th commonest malignancy in Pakistan. At present more than 01 lac people need liver transplant in the country and there is no national liver transplant program in Pakistan except one center in private sector. Hepatitis B and C is 100% preventable by controlling the risk factors like, injudicious use of therapeutic injections, used syringes, unscreened blood transfusions, unsterilized surgical, delivery and dental equipment.

With the advent of new Direct Acting Antivirals (DAAs) the whole scenario of hepatitis C had changed. By using DAAs and with effective prevention strategies hepatitis C can be 100% eradicated.

Aims and Objectives of Program:

- Awareness and Prevention in community and health professionals.
- To make Rawalpindi 1st Hepatitis free city of Pakistan.
- Moving from hepatitis C cure to elimination.

Operational Plan

- Firstly community screening camps will be organized ward wise.
- The population will be screened by using kit method for hepatitis B and C.
- The anti HCV patients will have their PCR done.
- Patient's history and examination will be performed by doctors/nurses/consultants.
- Appropriate laboratory tests will be performed including CBC, LFTs, PT, APTT, etc and Ultrasound Abdomen in patients who require treatment.
- Free /subsidized treatment will be provided to all patients.
- Regular follow-up of patients with PCR at the end of treatment and 3 months post treatment will be performed.

Awareness Campaign:

- As this program will be ineffective without the public awareness, education of society and stakeholders regarding HCV treatment, transmission and prevention, following measures will be taken:
- Involvement of primary physicians of area
- Education of dispensers, nurses, lady health workers, quacks and other health care workers
- Awareness amongst barbers, beauticians and the people involved in tattooing and ear, nose piercing etc.
- Focused group discussions with local community/political workers and religious leader.
- The health awareness campaign will be simultaneously initiated regarding hepatitis control and treatment.

Project Time Line:

- 46 months from the date of launch.

Demographic Data of Rawalpindi City

Total Population of Rawalpindi District	5405633
Total Population of Rawalpindi City:	2098231

Implementation Strategy

Population between 20 – 50 year people (per 1st phase screening protocol):	944203
Total Cases to be screened:	944203
Total UC of Rawalpindi	46
Approximate population of each UC	20,526
Total number of wards of each UC	6 wards
Approximate population of each ward	3421
Each camp target	2 wards (6,842)
Patient to be screened	20,526 (every month)
Total Project time line	4 years

Approximate Cost of the Project

A. Screening Cost

Option 1

a. Population to be screened	1 million
b. Lab cost including, banners, hand bills, screening tests, PCR (Per patient)	Rs. 150
Total	Rs. 141.63 million

(Our project adopted option I)

Option 2

c. Lab cost including banners, hand bills, screening, PCR, CP/USG/SVR/LFTs	300
d. Per patient total cost	300
Total	Rs. 283.26 million

B. Treatment Cost

Approximate number of patients to be treated (Prevalence 5-6%)	56652
Treatment cost per patient (Subsidized)	Rs. 5000/-
Estimated cost	Rs. 283.62 million
C. Total Cost expected for eradication	Rs. 424.89 million (Option 1)
	Rs. 566.52 million (Option 2)

Contributors/Implementation:

For this initiative, the funds will be raised by involving multiple societies/NGOs and philanthropists:

- Provincial Government Pakistan
- Center for Liver and GI Diseases Holy Family Hospital, Rawalpindi
- Pakistan Society of Hepatology, Rawalpindi/Islamabad Chapter
- Advanced Liver and GI Center, Commercial Center, Satellite Town, Rawalpindi
- Tehzeeb Bakers
- Pharmaceuticals
- Rawalpindi Chamber of Commerce and Industry
- Lions Club International
- Rotary Club
- Philanthropists
- Haji Feroze Khan Trust
- VFAHT
- Shifa4u

Logistics – Human Resource

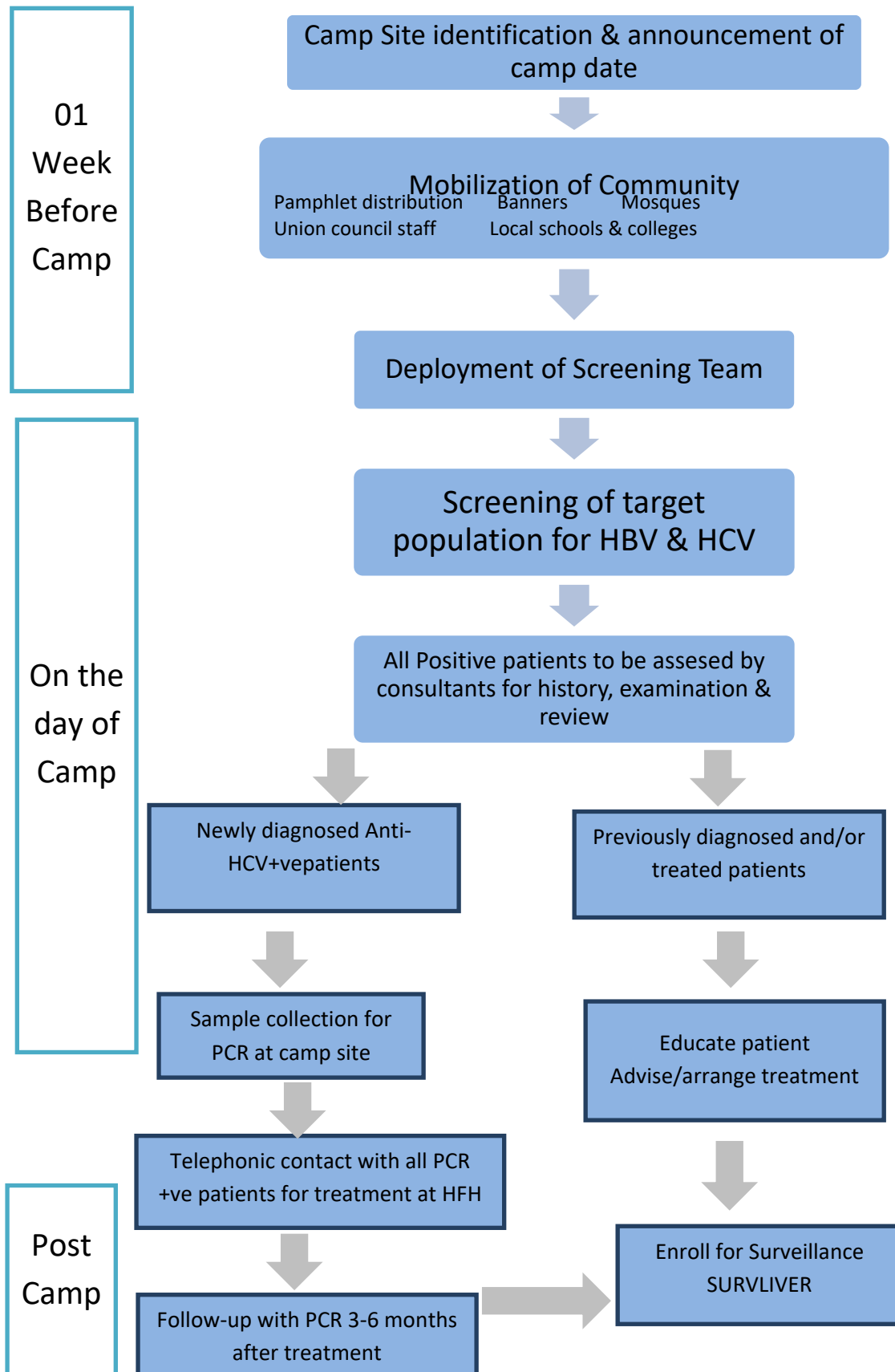
Following Human Resource required for each camp

- Doctor 5
- Medical Students 8
- Nurse 1
- Technician 8
- Community Worker 6
- Computer Operator with Computer 1

Project Proposal:

- This project will be done in 3 phases, with the help of six teams comprising of 6 people in each team: two dispensers, two nurses, one community worker and 5 doctors.
- Approximately 100,000 patients from age group 20-50 years will be screened for Hepatitis B and Hepatitis C during phase I. As per study by PMRC² the prevalence of Hepatitis C patients is 5%, so approximately 5000 patients will need PCR for HCV. Patients with positive PCR will be offered treatment according to their affordability.
 - A0 Totally Non-Affording
 - A1 Partially Affording
 - A2 Affording

Work Flow Plan



Pilot Project Activity Report(UC-1 RattaAmral Rawalpindi)

- Pre-screening meeting was done on 4th Feb 2019 with chairman UC-1 Mr. Umar Mushtaq and ward chairman and councilors regarding launching of the training program and sensitization of the community.
- Second meeting was done on 1st March 2019 in the community hall of UC-1 in which following attended the meeting.
 - a. Prof. BushramKhaar
 - b. Prof. Arshad Ali Sabir
 - c. Dr. Zahid Mahmood Minhas
 - d. Dr. Sarfraz Ahmad DDHO Rawalpindi
 - e. Dr. Naveed DDHO Rawalpindi
 - f. Mr. Umar Mushtaq Chairman UC-1
 - g. Haji Arshad Ward No. 1
 - h. Mr. Shahid Rahila Lab
 - i. Other members of UC-1 and Health Team.
- Following decisions were made:
 - a. Camp will start from 8th – 10th March 2019 in Jinazgah which is the central point of Ward 1 UC-1 from 9am – 3pm.
 - b. Pre camps different activities like focus group discussions, hand bills, posters, school visits and announcements during Jumma Prayer.
- On 5th March 2019 all women of the ward-1 were gathered in community hall of UC-1 and Faculty of Community Medicine of RMU motivated all women of ward-1 to take part of the screening for active participation of the family members i.e. husband, children's and also neighbors.
- On 6th March 2019 team visited the schools of ward-1 and gave awareness to the children about the hepatitis and were asked to motivate their family members to come for screening in hepatitis free camp.
- On 6th March 2019 banners of hepatitis camp were placed at three important sides of ward and hand bills containing awareness campaign and prevention strategies with camp site date and time.
- The camp was successfully completed with help of Society of Therapeutic Endoscopy Pakistan (STEP), Centre for Liver and Digestive Diseases (CLD), Medical Unit-1, Community Medicine Department RMU, VHAFT and local efforts of local councilors.

REFERENCES:

1. Gower E, Estes C, Shearer KR, Razavi H, Global Epidemiology and genotype distribution of the hepatitis C virus infection, J Hepitol, 2014 Vol 61J S45-S57
2. Qureshi H, Bile KM, Jooma R, Alam SE, Afridi HUR, Prevalence of hepatitis B C viral infection in Pakistan, Findings of a national survey appealing for effective prevention and control measures, East Mediterr Health J 2010;16 Suppl S15-23

First pre-screening Awareness Campaign. (1st – 7th March 2019).

A community awareness move focusing prevention of Hep-C, availability of a Curative treatment against Hep-C, opportunity of getting free treatment of Hep-C disease through screening , and schedule of screening camps in the area was done. For rapid spread of information community groups, high risk groups, school teachers & senior students and women groups were targeted. Banners & specifically designed awareness handbills were also used. Team of CHC was instrumental behind this work.

DATE	LOCATION	ACTIVITY detail	ADVISOR/ COORDINATORS	Work done
1 st March 2019	Rata Amral Ward 1 Community centre Ward-I area	Meeting with Councillors and other community leadership UC-1 . site appraisal of whole ward-I	Prof. Dr.BushraKahr Prof. Dr.ArshadSabir,Dr. ZahidMinhas , Dr.NarjisZaidiDr. Abdul Qadoos Dr Umaira Nawaz	Community advocacy Meeting with Community leaders of the area for information& motivation for the campaign.
4 th March 2019	Rata Amral ward 1	Awareness campaign targeting women of the ward-I. Session was arranged by Cancellor ward-1	Prof. Dr.ArshadSabir, Dr NarjisZaidi , Dr. Abdul Qadoos, Dr.Umaira Nawaz AyazQurashi&G.Muhammad	Hep-C Specific Prevention. Sensitization & motivation for participation in screening move Flyers and pamphlets were distributed .
6 th March	On 6 th March 2019 banners of hepatitis camp were placed at three important sides of ward and hand bills containing awareness campaign and prevention strategies with camp site date and time.			

7th March 2019

Gov. And
Private
Secondary
Schools Of Rata
Amral

Awareness
campaign
among
students and
teaching staff

Dr.NarjisZaidi, Dr.AbdulQadoos,
Dr.UmairaNawazAyazQurashi&G.Muhammad

Hep-C Specific
Prevention.
Sensitization &
motivation for
participation in
screening move
Flyers and
pamphlets were
distributed

Hep-C Free Community Project Awareness Campaign (1st to 7th March 2019) RattaAmral UC-I (ward-1)



Hep-C Free Rawalpindi Screening Camps Report

Camp was successfully completed under the supervision of Prof. Muhammad Umar, Prof. BushraKhaar and Dr. ZahidMahmoodMinhas. Team of Centre for Liver and Digestive Diseases, Medical Unit-1, Medical

Unit-2, Community Medicine Department RMU, Students of Rawalpindi Medical University students organization, Volunteer Force Against Hepatitis Transmission (VFAHT) and research society of Rawalpindi Medical University were present for three days from 9am to 3pm throughout the camp and participated both registering and screening work.

CampsData Summary

Camp 1: Ward 1, UC1, RattaAmral 5-8 March 2019		
Total Population of Ward as per voter list	1505	
Population Screened	1011	67.50%
Male	387	
Female	624	
HCV +ve	59	5.8%
Male	21	
Female	38	
HBV +ve	11	1.5%
Male	5	
Female	6	
PCR Positive	44	4.3%
PCR Negative	15	1.48%

Camp 2: Ward 2, UC1, RattaAmral 5-7 May 2019		
Total Population of Ward as per voter list	1264	
Total screening population	487	40%
Male	202	
Female	285	
HCV +ve	32	6%
Male	18	
Female	14	
HBV +ve	4	0.8%
Male		
Female		
PCR Positive	22	4.5%
PCR Negative	10	2.05%

Camp 3: Ward 3, UC1, RattaAmral 18-19 July 2019		
Total Population of Ward as per voter list	759	
Total screening population	591	77.8%
Male		
Female		
Total HCV +ve	59	9.9%
New HCV +ve	28	4.73%
Male		
Female		
HBV +ve	5	0.8%
Male		
Female		
PCR Positive	Yet to Determine	Yet to Determine
PCR Negative	Yet to Determine	Yet to Determine

Camp 1: UC1 - RattaAmral-5-8 March 2019



Camp 2: UC1 - RattaAmral- 5-7 May 2019



Camp 3: UC1 - RattaAmral- 18-19 July 2019



Summary

Whole population of Rawalpindi city will be screened and treated in 3 phases. In Phase I we will screen age group 20-50 years which is the most affected Age group and is the bread winner of the family. In Phase I initial 2 camps PCR for HCV +ve patients is 4.4% which is in accordance with our expected population.

In Phase II we will screen the remaining population including extremes of age groups as well. Finally in Phase III all remaining patients will be screened along with surveillance of the patients.



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