



Hepatitis –C Transmission; Frequency of Common Risk Factors Transmitting Disease among Adults

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ABSTRACT

Objective: To determine common risk factors transmitting hepatitis C among adult population and their frequency.

Design & duration: This is a prospective study completed in duration of six months from July 2019 to December 2019.

Setting: Study was conducted at Bahawal Victoria Hospital Bahawalpur.

Patients & methods: Patients reporting to out-patient doors of the study institution with hepatitis-C during study period were included in this study. Consecutive sampling technique was used. Sample size determined using WHO sample size calculator. A performa was designed in which all necessary data was documented in the form of questions having multiple options. Right option was selected according to patient response. Inclusion and exclusion criteria were made for selection of study cases. All collected data was analyzed using SPSS software. Chi square test was applied. Stratification of risk factors was done. P-value less than 0.05 were taken significant. Frequency and percentage for qualitative variables and means, SD determined for quantitative variables

Results: Total 130 cases were included in study sample. Age range was 25-59 years with mean age 45.42 ± 5.6 (SD) years. There were 9.2% between 20-30 years, 20% between 31-40 years, 31.5% between 31-40 years and 39.2% between 51-60 years of age. There were 58.5% male and 41.5% female cases. Most common transmission factor reported was history of dental procedure in 33.1% of our study population.

Conclusion: Hepatitis-C is a very common disease in Pakistani population more common in old age and most common mode of transmission was dental procedures and second most common factor was infected blood transfusion

Key words: Hepatitis-C, Mode of transmission, Risk factors, HCV

INTRODUCTION

According to a WHO report 185 million people worldwide have been infected with HCV. 350,00 people die each year due to hepatitis-C. Pakistan is second country having highest number of these cases. This disease is much common in South Asia.¹ According to a report 8.6 millions are infected with HCV. Very high percentage of people (22%) is infected in Egypt with HCV. On third number China has very high number of cases. There are different modes of transmission of disease such as infected blood transfusion, previous history of dental procedure, surgical scars, nose piercing with infected instruments and tattooing are common risk factors by which infection is transmitted from one individual to other.

Patients & methods

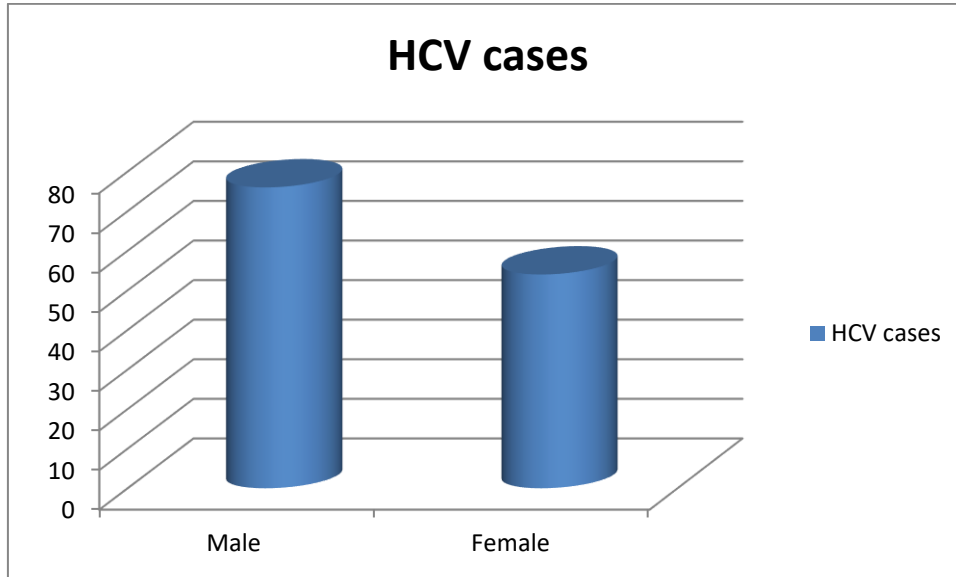
This is a cross sectional study conducted in a tertiary care hospital. Study was completed in duration of six months. Patients reporting to out-patient doors of the study institution with hepatitis-C during study period were included in this study. Consecutive sampling technique was used. Sample size determined using WHO sample size calculator. A performa was designed in which all necessary data was documented in the form of questions having multiple options. Right option was selected according to patient response. Inclusion and exclusion criteria were made for selection of study cases. All collected data was analyzed using SPSS software. Chi square test was applied. Stratification of risk factors was done. P-value less than 0.05 were taken significant. Frequency and percentage for qualitative variables and means, SD were determined for quantitative variables. Objective of this study was to determine frequencies of various risk factors of HCV transmission. Confidence interval was 95% and 5% margin of error. Consent was taken from all cases before including them in the study and permission was also obtained from ethical committee of the hospital.



Results

Total 130 cases were included in study sample. Age range was 25-59 years with mean age 45.42±5.6 (SD) years. There were 12(9.2%) between 20-30 years, 26(20%) between 31-40 years, 41(31.5%) between 31-40 years and 51(39.2%) between 51-60 years of age. There were

76(58.5%) male and 54(41.5%) female cases. Most common transmission factor reported was history of dental procedure in 43(33.1%) cases, followed by nose and ear piercing in 32(24.6%), infectious transfusion in 30(23.1%) cases, surgical scars in 18(13.8%) and tattoos formation in 7(5.4%) cases of our study population.



(Figure-1) HCV cases gender distribution

DISCUSSION

Pakistan is a second country having highest number of HCV cases. In our country due to malpractice by quacks and poor healthcare system is a reason of its high prevalence. Pakistan is second country having highest number of these cases. This disease is much common in South Asia.¹ According to a report 8.6 millions are infected with HCV. Very high percentage of people (22%) is infected in Egypt with HCV. On third number China has very high number of cases. There are different modes of transmission of disease such as infected blood transfusion, previous history of dental procedure, surgical scars, nose piercing with infected instruments and tattooing are common risk factors by which infection is transmitted from one individual to other. Total 130 cases were included in study sample. Age range was 25-59 years with mean age 45.42±5.6 (SD) years. There were 12(9.2%) between 20-30 years, 26(20%) between 31-40 years, 41(31.5%) between 31-40 years and 51(39.2%) between 51-60 years of age. There were 76(58.5%) male and 54(41.5%) female cases. This is a cross sectional study conducted in a tertiary care hospital. Study was completed in duration of

six months. Patients reporting to out-patient doors of the study institution with hepatitis-C during study period were included in this study. Consecutive sampling technique was used. Sample size determined using WHO sample size calculator. A performa was designed in which all necessary data was documented in the form of questions having multiple options. Right option was selected according to patient response. Inclusion and exclusion criteria were made for selection of study cases. All collected data was analyzed using SPSS software. Chi square test was applied. Stratification of risk factors was done. P-value less than 0.05 were taken significant. Improving health facilities we can prevent transmission of disease .

Conclusion

Hepatitis-C is a very common disease in Pakistani population more common in old age and most common mode of transmission was dental procedures and second most common factor was infected blood transfusion. Preventing transmission via blood transfusion and dental procedures prevalence of this disease can be decreased.





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