



Access Information Centre Bulletin

Number 10 March 2003

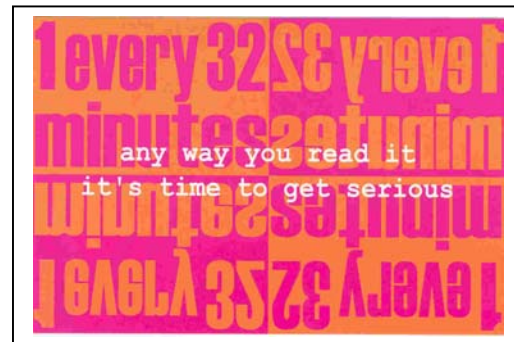
www.accessinfo.org.au

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It's time to get serious

Hepatitis C Awareness Week



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How do you get Victorians to take the Hepatitis C Awareness message seriously? In 2003 the HAPPE group took this on and proposed a challenging (but not alarming!) campaign to raise the awareness of Victorians about the impact of hepatitis C.

The theme for March 17-21 2003 was '***It's time to get serious***'. Posters and postcards featured a colourful and clever design by the Hepatitis C Council's Heather Smith: ***1 every 32 minutes... any way you read it, it's time to get serious***. The message focussed on the number of new infections and reminded people in the community that the epidemic hadn't gone away. From the feedback we had from people passing by our information stall that week, the poster had certainly had an impact. Many commented that they had seen the message on the poster and had come seeking further information.

HAPPE (Hepatitis C Awareness, Planning and Promotion of Events) is a working group of the Hepatitis C Council, involving a range of agencies in the hepatitis sector including

the Access Information Centre. The group works together to plan a co-ordinated Hepatitis C awareness week and a community conference. The agencies take responsibility for organising their own local activities across the state to fit in with the campaign message. This year they were joined by more than 45 community health centres and other workplaces in both metropolitan and rural Victoria. The group also supports HAPPE awareness activities, such as an information stall in the Bourke St Mall.



The team at the information stall at The Alfred

Activities at The Alfred

What was the contribution of the Access Information Centre this year? The Centre collaborated with several other services at The Alfred – Jo Mitchell from the Hepatitis Clinic, Sandy Breit, the Hepatitis C Counsellor, and Rosey Cummings, the Bloodborne Virus and STI Health Educator – to put together a range of awareness raising activities:

- **A series of posters displayed around the Alfred** debunking myths about transmission (eg, you can't get Hepatitis C from sharing food) and normalising the image of the affected person (eg, 31% of people diagnosed with hepatitis C are over 40 years of age). These posters caused a lot of comment among both staff and visitors.
- **A wordsearch quiz for Alfred staff** on basic information and issues relating to hepatitis C. More than 50 staff entered for the prizes. Lucky winners were: \$50 Myer voucher – Penny Graham, Nurse Bank

\$20 Chocolate Box voucher – Gara Nikolaros, Ward 7 West

- **A community information stall** at the entrance to The Alfred with information about hepatitis C and a community knowledge quiz, providing great opportunities for educating the people who tried it.
- **A update talk on hepatitis C for Alfred staff** by Dr Stuart Roberts, with a person with hepatitis C giving her reflections on how hepatitis C has affected her life and some issues for health care workers to consider. This sparked quite a bit of discussion with the staff attending.

The outbreak of war with Iraq during that week gave a very sombre tone to the activities. On Friday the Bourke St Mall information stall took place among peace demonstrations in the city. In spite of their preoccupation with the war, many people took the time that week to learn more about hepatitis C and we noticed a more mature and open reaction from the community to the messages about hepatitis C.



The posters on display at The Alfred

Suzanne OC

Hepatitis C Community Conference 2003 "Time to get serious"

Jane, Suzanne and I attended this thought provoking conference on March 17. Hepatitis C was presented from many different angles, from the very personal to the more technical. It was evident that things have come a long way even though the challenges of hep C mean there is still a way to go.

A frustration of attending any conference lies in choosing which sessions to attend knowing that you are missing out on hearing about some of the very innovative, exciting work which is occurring in the community – it would have been great to hear them all.

Sandy Breit, Suzanne and I conducted a workshop, "There's more to me than hep C: integrating wellness in hep C" during which there was lots of animated discussion and creative responses from a diverse and enthusiastic group.

I left the conference with no doubt that the conference title reflected the commitment of people to working together to reduce the impact of hep C for individuals and the community.

Rachel Berger's sensitive recognition of the work of the sector, wrapped up in humour was a fitting end to a 'serious' day.

Rosey Cummings

Access Info Centre Virtual Library news

Online journals and magazines

Tired of spending hours trying to find journal or magazine articles on hepatitis or HIV? Try the **journal listing** on the **AIC Library web page**.

**Journal and
Magazine List**

This listing now **hotlinks you directly with the online version of the journal or magazine**. All you need to do is click on the journal or magazine title and you will be taken directly to the web site where you can

find the full text of the articles, often in PDF format for easy printing.

If the online version is not available, you can find out which issues we have on our shelves. Organisational members can use the online Article Request form to ask us to send a photocopy. Anyone is welcome to visit the Centre and make their own photocopies.

New on the Net

Newly diagnosed with Hepatitis C? : Information Sheet (produced by Access Information Centre).

www.accessinfo.org.au

This 23 page Information sheet, available on the Access Information Centre web site's **Hepatitis page**, covers information useful for people newly diagnosed with hepatitis C.

As well as explaining hepatitis C, the fact sheet gives comprehensive information on

- transmission risks
 - disclosure, discrimination
 - support, taking care of yourself
 - tests & treatments
 - and where to go for more information.
- The Information Sheet will soon be available on the web in sections as well, to make for easier reading and printing.

Hepatitis C Council of Victoria (HCCV)

<http://www.hepcvic.org.au>

The Hepatitis C Council of Victoria has just finished revamping their web site. It looks great, is simple to use and includes all sorts of goodies:

- issues of the *Good Liver* magazine
- details of Hepatitis Clinics and support services around Victoria
- details of the HCCV's services and programs
- some straightforward information about Hepatitis C, transmission, testing and treatments

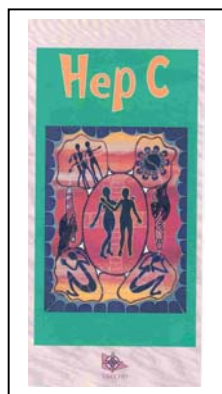
... Still to come

Stay tuned for 2 new information sheets soon to appear on the AIC's web site

* **Plain & simple fact sheet on Hepatitis C treatment**

* **Hepatitis C and blood awareness in the health care setting** (prepared with Jacqui Richmond)

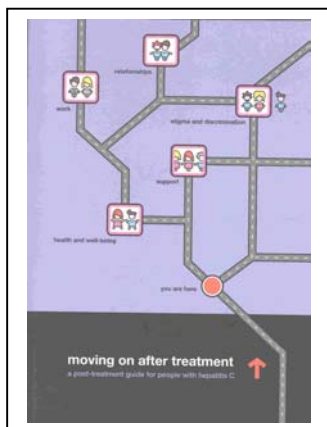
Hot off the press (new brochures)



Hep C

(produced by VACCHO).

A brochure by and for the Victorian Indigenous community giving information on hepatitis C. Basic information is clearly laid out defining hepatitis C, transmission, prevention and looking after yourself if you are hepatitis C positive. There's also information on the low transmission risk of breast-feeding; how to deal with blood spills; and the fact that Hepatitis C is not considered to be a sexually transmissible infection.



Moving on after treatment : a post-treatment guide for people with hepatitis C (produced by the Australian Hepatitis Council).

A comprehensive 50 page booklet outlining hints and tips for people dealing with hepatitis C post-treatment issues (after monotherapy or combination therapy). This

brochure deals with the issues when side effects of treatment do not always disappear, and healthy living, support and maintaining contact with your health professional is emphasised. Issues of work, relationships, support and stigma and discrimination have a chapter each.



Really positive (6 new booklets, available for \$2 each from the Australian Intravenous League).

This is a set of booklets providing information on maintaining wellbeing and health for HIV and Hepatitis C positive people who inject drugs. The series has been developed over a number of years by a range of people including community workers, HIV and hepatitis C positive people and people who inject drugs.

The set includes :

1. *Testing and diagnosis : Hep C and HIV*
2. *Staying health with hep c*
3. *Staying healthy with HIV*
4. *Co-infection and drug interactions*
5. *Discrimination, privacy & confidentiality*
6. *Getting on with the virus : planning ahead.*

For copies of these, contact AIVL at GPO Box 1552, Canberra ACT 2601.
Tel: 02 6279 1600 ; Fax: 02 6279 1610 ;
email: info@aivl.org.au .

Jane WB

The new look Current Awareness List

We're trialling a new way of providing our listings of current articles. For the next few issues we will be listing new journal/magazine articles, books and videos on one or two special interest topics.

We have included the Internet addresses of the articles.

A note on access to online journal articles –

- **some of them you can only access online if you are using a PC in an organisation with an online library subscription, eg The Alfred, MSHC**
- **others require a password. If your organisation is an organisational member of the Access Information Centre, contact us for a password.**

Tell us what you think of the new format - and feel free to suggest new topics!

**Are you reading this on your PC?
Just click on the links to be taken to the full text of the article**

Hepatitis B

Hepatitis B vaccine – do we need boosters? By JE Banatvala & P Van Damme
Journal of Viral Hepatitis 2003; 10(1): 1-6

Therapy of chronic hepatitis B: current challenges and opportunities by Y-F Liaw
Journal of Viral Hepatitis 2002; 9(6): 393-99

Hepatitis C/HIV coinfection

HIV and hepatitis coinfection by Liz Highleyman [plain language]
BETA Winter 2003, p. 32-44

A detailed discussion of how co-infection with hepatitis C affects people with HIV, including the latest research and information on treatments. Also looks at hepatitis B.

http://www.sfaf.org/treatment/beta/b52/b52_hiv_hepatitis.html

HCV/HIV co-infection therapy (Medicine Chest) by Glen Pietrandoni [plain language]
Positively Aware Mar/Apr 2002; 13(2): p. 32, 38

A shorter overview

http://www.tpan.com/publications/positively_aware/mar_apr_02/medicine_chest.html

or go to www.tpan.com and follow the links to the article in **Positively Aware**

HCV/HIV Co-infection II: sobriety and treatment by Gerald Moreno [plain language]
Positively Aware Mar/Apr 2002; 13(2): p. 27-8

A personal story

http://www.tpan.com/publications/positively_aware/mar_apr_02/hcv_coinfection_sobriety.html

or go to www.tpan.com and follow the links to the article in **Positively Aware**

Double dose: HIV and hep C co-infection by Robert Baldwin [plain language]
Talkabout, Aug/Sep 2002, p. 18-19

Hepatitis C (coinfection with HIV) [plain language]

Project Inform Fact Sheet Oct 2001

A more technical approach to hepatitis C with a focus on research results

<http://www.projectinform.org/fs/hcv.html>

Hepatitis C Treatment

Management of side effects in the treatment of hepatitis C [plain language] by Deborah D'Arcy
Hep C Review, Sep 2002, p. 30-31.

Looks at some manageable strategies for dealing with common side effects

http://www.hepatitisc.org.au/reviews/current_editions/edition38/27-39.pdf

Hepatitis C choices: extracts from a US based manual, focussing on Chinese Medicine [plain language] *Hep C Review*, Sep 2002, p. 10-11
http://www.hepatitisc.org.au/reviews/current_editions/edition38/1-13.pdf

Hepatitis C choices: treatment of chronic viral hepatitis with modern Chinese Medicine [plain language] *Hep C Review*, Dec 2002, p. 22-24.
http://www.hepatitisc.org.au/reviews/current_editions/edition39/Ed39%2014-26.pdf

Pegylated interferon combined with ribavirin for HCV: top shelf treatment
Australian Hepatitis Chronicle, Dec 2002, p. 9-13

Lifestyle issues

Special issue on alcohol and hepatitis C:

Identifying alcohol problems and alcohol strategies by David Naylor, p.12-13

Is alcohol abstinence the way to go? by Greg Dore, p. 19

'A Claytons, thanks': having hepatitis C and managing alcohol intake by Katherine Cook, p. 24

The impact of alcohol on physical health by Sue Polis, p. 26

General recommendations for upper limit alcohol consumption, p. 27

Hep C Review, Dec 2001

http://www.hepatitisc.org.au/reviews/current_editions/edition35/Pages%201%20-%2012%20edition%2035.pdf

http://www.hepatitisc.org.au/reviews/current_editions/edition35/Pages%2013%20-%2024%20edition%2035.pdf

http://www.hepatitisc.org.au/reviews/current_editions/edition35/Pages%2025%20-%2036%20edition%2035.pdf

Eat less, walk more by Melissa Carapetis and Patrick Phillips

Australian Family Physician, Dec 2002, 31(12): p. 1065-71

Aimed at GPs advising people with diabetes, but covers a range of general issues on diet and exercise

<http://www.racgp.org.au/document.asp?id=9011>

Cannabis control: an approach to cannabis use and dependence by Matthew Frei

Australian Family Physician, Dec 2002, 31(12): p. 1073-77

<http://www.racgp.org.au/document.asp?id=9012>

Alcohol misuse and dependence: assessment and management by N Latt at JB Saunders

Australian Family Physician, Dec 2002, 31(12): p. 1079-85

<http://www.racgp.org.au/document.asp?id=9013>

How to provide effective smoking cessation advice in less than a minute without offending the patient

by John Litt

Australian Family Physician, Dec 2002, 31(12): p. 1087-95

<http://www.racgp.org.au/document.asp?id=9014>

To order (Members only):

Fill out and return the **Article Request Form** at the end of the Bulletin (or use the **Article Request form** on our **web site**) and we will send you the article, no cost involved.

Non-members are welcome to order the articles on inter-library loan or visit the Centre and photocopy the articles themselves.