

**Hepatitis C Risk Plan**

**Participant’s Name:**

**Date plan begins:**

**Date Plan expires:**

**Dates of Revisions:**

**Written by:**

**Risk:**       is at risk of experiencing symptoms of hepatitis C and liver failure.

**Desired Outcome:**       will eat a liver healthy diet, take medications as prescribed, and avoid substances that may cause liver damage. Staff will use universal precautions when coming in contact with blood or other bodily fluids. Staff will respond as trained if symptoms of Hepatitis C or liver failure are exhibited.

**Why at risk/History:**

**Hepatitis C** is a viral infection that causes liver inflammation, sometimes leading to serious liver damage.Hepatitis C virus (HCV) is spread through contact with blood from an infected person. Hepatitis C can be a short-term or a long-term, chronic infection. Chronic hepatitis C can result in serious, even life-threatening health problems such as cirrhosis and liver cancer.

**Cirrhosis** is a late stage of scarring (fibrosis) of the liver caused by many forms of liver diseases and conditions. Each time the liver is injured, it tries to repair itself and scar tissue forms.

**Supports and interventions:**

* Staff will encourage      , as needed, to eat a liver healthy diet high in fruits and vegetables, low in salt, sugar, trans and saturated fats, and refined carbohydrates and to avoid consuming fried foods, white bread, rice, pasta, red meat and alcohol.
* Staff will assist      , as needed, to take medications as prescribed.
* Staff will assist      , as needed, to check with a physician regarding supplements or herbal medication and will avoid using medications that may cause liver damage.
* Staff will avoid contact with contaminated blood and will use universal precautions when coming in contact with blood or other bodily fluids.

**Monitor:**

**Symptoms of Hepatitis C:**

* Bleeding easily
* Bruising easily
* Fatigue
* Poor appetite or nausea
* Muscle aches
* Jaundice (yellowing of the skin and whites of the eyes)
* Dark-colored urine
* Itchy skin
* Ascites (buildup of fluid and swelling in the abdomen)
* Abdominal pain
* Swelling in legs
* Weight loss
* Confusion, drowsiness and slurred speech (hepatic encephalopathy)
* Spiderlike blood vessels on skin (spider angiomas)

**Symptoms of liver failure:**

* Ascites (buildup of fluid and swelling in the abdomen)
* Vomiting blood
* Severe [rectal bleeding](https://www.healthgrades.com/right-care/digestive-health/rectal-bleeding) or black, tarry stools
* Confusion, drowsiness and slurred speech (hepatic encephalopathy)
* Change in level of consciousness or alertness, loss of consciousness, or unresponsiveness
* Change in mental status or sudden behavior change, such as confusion, delirium, [lethargy](https://www.healthgrades.com/right-care/symptoms-and-conditions/lethargy), [hallucinations](https://www.healthgrades.com/right-care/mental-health-and-behavior/hallucinations) and delusions
* Jaundice (yellowing of the skin and whites of the eyes)
* Muscle tremors or shakiness
* Fever
* [Shortness of breath](https://www.healthgrades.com/right-care/lungs-breathing-and-respiration/shortness-of-breath) or difficulty breathing

**Notify:**

* **CALL 911 if exhibiting symptoms of liver failure, emergency intervention was necessary, such as, back blows, abdominal thrusts, CPR, etc., exhibiting multiple or severe symptoms, if more than first aid is needed for injuries, if they hit their head, any type of reaction that interferes with the ability to breathe or swallow, rapidly worsening symptoms, or loss of consciousness.**
* Notify Program Manager, Health and Safety Tech and/or Nurse of any symptoms of a hepatitis C, liver failure, change of condition, or concerns.
* Program Manager will notify family, guardian, other Program Managers, and/or Providers of any symptoms of a hepatitis C, liver failure, change of condition, or concerns.
* Staff will document on incident report by end of shift.

**If 911 is called:**

* Remain with       until EMTs arrive. If emergency intervention was necessary, continue as trained until relieved by EMTs.
* Ensure that emergency personnel are aware of all medical conditions, allergies, and medications.
* Follow       to the hospital and remain with participant until relieved by staff or family.
* Complete an incident report by end of shift and BDDS report within 24 hours.

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| **Provider** |  | **Risk Plan** |  |  | **Date Effective** |
| **Paladin** | | **Hepatitis C** | | |  |
| **Print Name** | | **Signature** | **Company/Title** | | **Date** |
|  | |  | **Paladin/Program Manager** | |  |
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