**Homework**

* **Compare between Hepatitis A, B and C in term of causes and S & S as well as nursing care**

-Hepatitis A:

**Causes:**

Hepatitis A is caused by a virus that infects liver cells and causes inflammation, The virus spreads when you eat or drink something contaminated with fecal matter, even just tiny amounts. It doesn't spread through sneezing or coughing.

Most infections occur in parts of the world where sanitation and food hygiene standards are poor.

**You can get hepatitis A from:**

1.Eating food prepared by someone with the infection who has not washed their hands properly, or who's washed them in water contaminated with sewage.

2.Drinking contaminated water, including ice cubes.

3.Eating raw or undercooked shellfish from contaminated water.

4.Close contact with someone who has hepatitis A, even if that person has no signs or symptoms.

5.Having sex with someone who has the infection.

6.Injecting drugs using equipment contaminated with the hepatitis A virus.

**S&S:**

The incubation period of hepatitis A is usually 14–28 days.

Symptoms of hepatitis A range from mild to severe and can include feeling tired and generally unwell, fever, sore throat and cough, headache, malaise, itchy skin, loss of appetite, unexplained weight loss, constipation or diarrhea, nausea, abdominal discomfort and pain in the right upper quadrant, joint and muscle pain, dark-colored urine, pale stool, and jaundice (a yellowing of the eyes and skin). Not everyone who is infected will have all the symptoms.

Hepatitis A sometimes relapses, meaning the person who just recovered falls sick again with another acute episode. This is normally followed by recovery.

**Nursing care:**

-Prevention by vaccination, good hygiene, hand washing….

-Nutritional support, increase fluid intake.

-Have enough rest, give him/her the medications.

-Hepatitis B:

**Causes:**

Hepatitis B is spread when blood, semen, or other body fluids from a person infected with the virus enters the body of someone who is not infected. Hepatitis B doesn’t spread through kissing, food or water, shared utensils, coughing or sneezing, or through touch.

**Common ways that HBV can spread are:**

1.Injecting drugs and sharing needles and other drug equipment.

2.Sharing toothbrushes or razors contaminated with infected blood.

3.Unprotected sexual contact.

4.Accidental needle sticks: the skin being accidentally punctured by a used needle; this is mainly a risk for healthcare workers

5.Mother to child.

6.Having a tattoo, body piercing, or medical or dental treatment in an unhygienic environment with unsterilized equipment

7.Having a blood transfusion in a country where blood is not tested for hepatitis B.

8.The blood of someone with hepatitis B getting into an open wound, cut or scratch.

9.Being bitten by someone with the infection.

**S&S:**

Most people do not experience any symptoms when newly infected. However, some people have acute illness with symptoms that last several weeks, including fever, joint pain, loss of appetite, yellowing of the skin and eyes (jaundice), dark urine, pale, grey-colored stool, extreme fatigue, lack of energy, nausea, vomiting and abdominal pain, diarrhea or constipation. People with acute hepatitis can develop acute liver failure, which can lead to death. Among the long-term complications of HBV infections, a subset of persons develops advanced liver diseases such as cirrhosis and hepatocellular carcinoma, which cause high morbidity and mortality.

**Nursing care:**

-Prevention by vaccinations, and follow the aseptic techniques

-Give the patient his medications.

-Nutritional support.

-Stay away from anything that could transmit disease.

-Patient education.

-Hepatitis C:

**Causes:**

Hepatitis C infection is caused by the hepatitis C virus (HCV). The infection spreads when blood contaminated with the virus enters the bloodstream of an uninfected person. You can’t catch hepatitis C through: Breastfeeding (unless nipples are cracked and bleeding), casual contact, coughing, hugging, holding hands, kissing, mosquito bites, sharing eating utensils, sharing food or drink, sneezing.

**You can be exposed to the virus from:**

-Sharing injection drugs and needles.

-Having sex.

-Being stuck by infected needles.

-Birth: a mother can pass it to a child.

-Sharing personal care items like toothbrushes, razor blades, and nail clippers.

-Blood transfusions and treatment abroad.

-Getting a tattoo or piercing with unclean equipment

-Sharing toothbrushes, scissors and razors.

**S&S:**

The incubation period for hepatitis C ranges from 2 weeks to 6 months. Following initial infection, approximately 80% of people do not exhibit any symptoms. Those who are acutely symptomatic may exhibit fever, fatigue, decreased appetite, nausea, vomiting, abdominal pain, dark urine, pale feces, joint pain and jaundice (yellowing of skin and the whites of the eyes), bleeding easily, bruising easily, itchy skin, ascites, swelling in your legs, weight loss, confusion, drowsiness and slurred speech (hepatic encephalopathy), spider angiomas.

**Nursing care:**

-Medications.

-Preventions.

- Avoid drinking alcohol.

-Don’t share your personal items with others.

* **References:**

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