



## Hepatitis: A Case Study

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### ABSTRACT

Hepatitis basically means the inflammation (swelling) of liver. Liver is one of the vital organs of the human body, it is mainly responsible for sssing nutrients, filtering the blood and fighting infects. But when there is some issue with the liver like if it is inflamed or damaged, then its ons are also severely affected. Generally hepatitis is caused by a virus, the viruses known as hepatitis A, hepatitis B, and hepatitis C are among the common viruses responsible, there are two other known viral types D and E but they are very rare. Heavy use of alcohol, toxins, some medications certain medical conditions can also cause hepatitis. Globally, approx 300 million people are living with viral hepatitis without even knowing that are infected with the hepatitis virus. On World Hepatitis Day, 28 July, the World Health Organisation calls on people from across the world to take 1 and raise awareness to find the “missing millions”. Every year, nearly 600,000 patients die from HBV infection in the Indian continent. Hepatitis en clears on its own so most of the time it does not require any treatment. Inflammation caused by hepatitis B or C may become chronic and lead to term liver damage and other complications.

Keywords: *Hepatitis, inflammation, virus, acute, chronic.*

### 1. INTRODUCTION

Hepatitis is a term specifically used to describe the inflammation (swelling) of liver. It can be caused due to viral infection or when liver is exposed to harmful substances such as alcohol. Hepatitis may occur with limited or no symptoms, but often leads to jaundice, anorexia (poor appetite) and malaise. Hepatitis is basically of 2 types: acute hepatitis and chronic hepatitis. Acute hepatitis occurs when it lasts for less than six months and chronic if it persists for longer duration.

The most common types of hepatitis are described below:

**Hepatitis A:** It is caused by the hepatitis A virus. It is the most common type of viral hepatitis. It is generally seen in the areas where sanitation and sewage disposal are poor.

**Hepatitis B:** It is caused by the hepatitis B virus. This can be found in blood and body fluids, such as semen and vaginal fluids, so it generally spread during unprotected sex or by sharing needles to inject drugs.

**Hepatitis C:** It is caused by the hepatitis C virus. This can be found in the blood and to a much lesser extent in the saliva, semen or vaginal fluid of an infected person.

**Hepatitis D:** Hepatitis D, caused by the hepatitis D virus, is only present in people already infected with hepatitis B (it needs the presence of the hepatitis B virus to be able to survive in the body).

**Hepatitis E:** Hepatitis E, caused by the hepatitis E virus, is generally a mild and short-term infection. It also spreads through fecal-oral route. Person-to-

person transmission is rare.

**Alcoholic hepatitis:** Drinking excessive amount of alcohol over the course of many years can damage the liver, leading to hepatitis.

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## 2. Case presentation

A 45 years old male shopkeeper visited I.G.M.C., Shimla medical department with the complaints of jaundice, choluria, myalgia and muscle pain from moderate to severe intensity. He was experiencing these symptoms from last 1 week. On physically examining the patient it was found that he already was experiencing loss of appetite, low grade fever, lethargy and had peripheral edema.

### Past Medical/ surgical history:

Patient has a past medical history of surgery open reduction and internal fixation done in 2016.

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## 3. GENERAL EXAMINATION

**Weight:** 55 kg.

**Height:** 162cm

**B.M.I. :** 20.9kg/m<sup>2</sup>

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## 4.SPECIAL INVESTIGATION

Complete Blood Count, Liver Function Test, C Reactive Protein, Electrolytes,

Kidney Function Test, (Urea and Creatinine)

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## 5. TREATMENT

Inj. Imepenum (1 gm) I/V thrice daily, Inj. Oflox (100 ml) I/V twice daily, Inj. Pantop (40 mg.) I/V once daily. Inj. Emset (4 mg.) I/V thrice daily, Tab Dirifa (500mg.) RT twice daily, Inj. Neoroduard I/V alternative day and Syp Looz (30 ml) twice daily.

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## 6. INTERVENTIONS

Medications and diet were given through Ryles tube.

Proper care was provided

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## 7. CARE PLAN

Patient was admitted and his medications and diet were under the supervision of staff.

RT Feed 200ml/2nd hourly.

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## 8.OUTCOME

Patient condition was improved and ryles tube was removed

Patient vital sign was stable

Patient was advised to take prescribed medications after discharge

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## 9. DISCUSSION

Alcoholic hepatitis can be serious, but it's treatable. Quitting drinking gradually and getting medical care right away can go a long way toward improving your outlook. The best way to prevent alcoholic hepatitis is to avoid alcohol or drink only in moderation. Moderate drinking is defined as less than two drinks per day for men and less than one drink per day for women. A balanced and healthy lifestyle with controlled consumption of alcohol and tobacco is necessary to fight the disease that is an alarming public health concern in India. In addition, maintaining hygiene, avoiding roadside food and beverage, being careful in salons and tattoo parlours for avoiding infections and washing hands can help protect us from Hepatitis. Alcohol consumption does not cause HCV, although excessive use may increase the risk of developing a chronic HCV infection. It HCV by contributing to liver damage. Even if an individual does not have HCV, excess alcohol consumption can lead to alcoholic hepatitis. Whether a person's hepatitis is due to excess alcohol consumption or HCV, the condition can have very serious complications if it progresses to its advanced stages. People can speak with a doctor if they have any concerns about hepatitis, alcohol consumption, or the impact it is having on their liver.

## REFERENCES

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