

Management of Adult Patients with Chronic Hepatitis B (CHB) in Primary Care - Summary

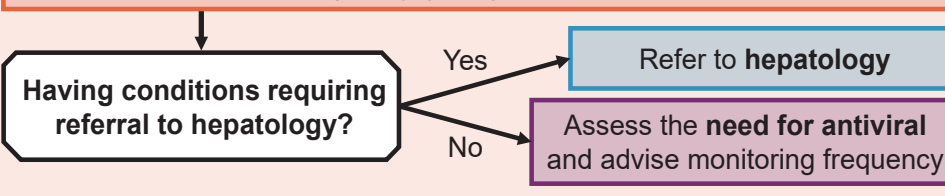
Initial assessment and triage of CHB patients

Initial Assessment

- History
- Physical examination
- Baseline blood tests
- Non-invasive tests for liver fibrosis (e.g. AST-to-platelet ratio (APRI), Fibrosis-4 index (FIB-4) and transient elastography)
- Consider liver ultrasonography (USG)

Counselling

- Reinforce the importance of lifelong monitoring
- Promote a healthy diet and lifestyle
- Advise on preventive measures against HBV transmission



Indications for antiviral treatment

- CHB patients with **advanced fibrosis** (liver stiffness measurement (LSM) > 9 kPa), **cirrhosis**, **decompensated liver disease**, or **HCC**; and **detectable HBV DNA**
- CHB patients with **elevated ALT** (> upper limit of normal (ULN) [i.e. 35 U/L for males and 25 U/L for females]) and **HBV DNA > 2000 IU/mL**, regardless of HBeAg status
- Pre-emptive treatment for patients **on anti-cancer chemotherapy** or **immunosuppressive therapy** at risk of hepatitis B reactivation
- **Transplant patients** with hepatitis B infection
- **Pregnant women** with HBV DNA > 200,000 IU/mL

Subgroups of CHB patients requiring hepatology care

- Patients with **complications** of CHB
- Patients with **concurrent liver conditions**
- Patients with **liver lesions**
- Populations with **specific management needs** and **indications for antiviral**
 - Co-infection with HCV or HIV
 - Pregnant women with high viral load
 - Patients on immunosuppressive therapy at risk of HBV reactivation

Monitoring of CHB patients

Regular monitoring is **necessary** for all patients with CHB, which consists of the following:

- **Clinical assessment**
 - Signs and symptoms of decompensation
- **Laboratory investigations**

Test	Testing interval	Remarks
Liver function test (LFT)	Every 6 months	Every 3 – 6 months for HBeAg+ patients not yet on treatment
Alpha-fetoprotein (AFP)	Every 6 months	
HBV DNA	Every 6 - 12 months	Every 6 months during the 1st year of treatment, then yearly
APRI	Yearly	Derived from complete blood count test and AST from LFT
HBeAg and anti-HBe (for HBeAg+ve patients)	Yearly until HBeAg seroconversion	
HBsAg (for HBeAg-ve patients)	Yearly	
Renal function test (RFT), including eGFR (for patients on treatment)	Every 6 months	With serum phosphate if on tenofovir

Note: Adjust monitoring interval according to stage of disease and need for antiviral

- Evaluate **need for antiviral treatment** if not yet on treatment
- Start treatment if fulfill indications

- **Monitor adherence** if on treatment

- Review need for **specialist referral**

- Consider periodic **non-invasive test** for assessment of **liver fibrosis** (e.g. transient elastography)

- Recommend **hepatocellular carcinoma (HCC) surveillance with USG** in patients at increased risk

HCC surveillance

Risk factors

- Patients with cirrhosis
- Men over 40 years of age
- Patients with family history of HCC
- Women over 50 years of age

Modalities

- AFP should be performed every 6 months; **and**
- USG of the liver, preferably every 6 months, should be recommended

Other criteria for referral from primary care to hepatology

- **Unexplained deranged** liver function
- **Severe acute** hepatitis / **acute-on-chronic liver failure**
- **Virological breakthrough** in patients receiving antiviral treatment
- **Abnormal AFP**

Stratification of CHB patients & bidirectional referral

Hepatology
Subgroups of CHB patients requiring specialist care

Primary care
Stable CHB patients

Criteria for referral from hepatology to primary care

- CHB patients with **stable liver conditions over the past year**
 - **Absence of symptoms** and signs of advanced liver disease **and**
 - **Normal ALT and AFP**, or **stably elevated ALT** (< 3x ULN) after exclusion of other causes **and**
 - **No change in antiviral medication** **and**
 - **Absence of advanced fibrosis** (LSM < 9 kPa) with fibrosis assessment within 3 years

Managing hepatitis B for healthy living 2024

1 JAN

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 元旦	2 廿一	3 廿二	4 廿三	5 廿四	6 小寒
7 廿六	8 廿七	9 廿八	10 廿九	11 十二月	12 初二	13 初三
14 初四	15 初五	16 初六	17 初七	18 初八	19 初九	20 大寒
21 十一	22 十二	23 十三	24 十四	25 十五	26 十六	27 十七
28 十八	29 十九	30 二十	31 廿一			

2 FEB

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 廿二	2 廿三	3 廿四
4 立春	5 廿六	6 廿七	7 廿八	8 廿九	9 三十	10 農曆 年初一
11 農曆 年初二	12 農曆 年初三	13 農曆 年初四	14 初五	15 初六	16 初七	17 初八
18 初九	19 雨水	20 十一	21 十二	22 十三	23 十四	24 十五
25 十六	26 十七	27 十八	28 十九	29 二十		

3 MAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 廿一	2 廿二
3 廿三	4 廿四	5 驚蟄	6 廿六	7 廿七	8 廿八	9 廿九
10 二月	11 初二	12 初三	13 初四	14 初五	15 初六	16 初七
17 初八	18 初九	19 初十	20 春分	21 十二	22 十三	23 十四
24 十五	25 十六	26 十七	27 十八	28 十九	29 耶穌受難節	30 耶穌受難節 翌日

4 APR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 復活節 星期一	2 廿四	3 廿五	4 清明節	5 廿七	6 廿八
7 廿九	8 三十	9 三月	10 初二	11 初三	12 初四	13 初五
14 初六	15 初七	16 初八	17 初九	18 初十	19 穀雨	20 十二
21 十三	22 十四	23 十五	24 十六	25 十七	26 十八	27 十九
28 二十	29 廿一	30 廿二				

5 MAY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 勞動節	2 廿四	3 廿五	4 廿六
5 立夏	6 廿八	7 廿九	8 四月	9 初二	10 初三	11 初四
12 初五	13 初六	14 初七	15 佛誕	16 初九	17 初十	18 十一
19 十二	20 小滿	21 十四	22 十五	23 十六	24 十七	25 十八
26 十九	27 二十	28 廿一	29 廿二	30 廿三	31 廿四	

6 JUN

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 廿五
2 廿六	3 廿七	4 廿八	5 芒種	6 五月	7 初二	8 初三
9 初四	10 端午節	11 初六	12 初七	13 初八	14 初九	15 初十
16 十一	17 十二	18 十三	19 十四	20 十五	21 夏至	22 十七
23 十八	24 十九	25 二十	26 廿一	27 廿二	28 廿三	29 廿四

7 JUL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 香港特別行政 區成立紀念日
7 初二	8 初三	9 初四	10 初五	11 初六	12 初七	13 初八
14 初九	15 初十	16 十一	17 十二	18 十三	19 十四	20 十五
21 十六	22 大暑	23 十八	24 十九	25 二十	26 廿一	27 廿二
28 廿三	29 廿四	30 廿五	31 廿六			

8 AUG

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 廿七	2 廿八
4 七月	5 初二	6 初三	7 立秋	8 初五	9 初六	10 初七
11 初八	12 初九	13 初十	14 十一	15 十二	16 十三	17 十四
18 十五	19 十六	20 十七	21 十八	22 處暑	23 二十	24 廿一
25 廿二	26 廿三	27 廿四	28 廿五	29 廿六	30 廿七	31 廿八

9 SEP

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 廿九	2 三十	3 八月	4 初二	5 初三	6 初四	7 白露
8 初六	9 初七	10 初八	11 初九	12 初十	13 十一	14 十二
15 十三	16 十四	17 中秋節	18 中秋節 翌日	19 十七	20 十八	21 十九
22 秋分	23 廿一	24 廿二	25 廿三	26 廿四	27 廿五	28 廿六
29 廿七	30 廿八					

10 OCT

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 國慶日	2 三十	3 九月	4 初二	5 初三
6 初四	7 初五	8 寒露	9 初七	10 初八	11 重陽節	12 初十
13 十一	14 十二	15 十三	16 十四	17 十五	18 十六	19 十七
20 十八	21 十九	22 二十	23 霜降	24 廿二	25 廿三	26 廿四
27 廿五	28 廿六	29 廿七	30 廿八	31 廿九		

11 NOV

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 十月	2 初二
3 初三	4 初四	5 初五	6 初六	7 立冬	8 初八	9 初九
10 初十	11 十一	12 十二	13 十三	14 十四	15 十五	16 十六
17 十七	18 十八	19 十九	20 二十	21 廿一	22 小雪	23 廿三
24 廿四	25 廿五	26 廿六	27 廿七	28 廿八	29 廿九	30 三十

12 DEC

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 十一月	2 初二	3 初三	4 初四	5 初五	6 大雪	7 初七
8 初八	9 初九	10 初十	11 十一	12 十二	13 十三	14 十四
15 十五	16 十六	17 十七	18 十八	19 十九	20 二十	21 冬至
22 廿二	23 廿三	24 廿四	25 聖誕節	26 聖誕節後 第一個周日	27 廿七	28 廿八
29 廿九	30 三十	31 十二月				



www.hepatitis.gov.hk



Centre for Health Protection
YouTube playlist on viral hepatitis

