

# Health **FAX**

## **NEW Simcoe-Muskoka Post Exposure Management Guidelines for Hepatitis B, Hepatitis C and HIV**

**Attention: Physicians, Emergency Departments, Nurse Practitioners, Infection Control Practitioners, Occupational Health Professionals, Walk-In Clinics/Urgent Care Clinics, Family Health Teams, Long-Term Care Homes, Retirement Homes**

**Date:** Jan. 30, 2014

The Simcoe Muskoka District Health Unit is pleased to release its first **Post Exposure Management: Hepatitis B, Hepatitis C and HIV** document for health care providers (HCPs). Through a five step framework developed by St. Michael's Hospital in Toronto (Pocket P.E.P. Reference), this document provides guidance to HCPs in Simcoe Muskoka who are called upon to assess and manage incidents of exposures (percutaneous, mucosal or non-intact skin) to blood and body fluids that are capable of transmitting hepatitis B, hepatitis C, or HIV. We hope this document and its associated tools will support clinicians in your facility in their management of blood and body fluid exposures seen in the ER, walk-in/urgent care or office settings. This document is available on the health unit's blood and body fluid exposures webpage. Its three appendices are also posted as individual tools for your use:

<http://www.simcoemuskokahealth.org/JFY/HealthProfessionals/PrimaryHealthCare/InfectiousDisease/BBFexpose.aspx>

- Assessment of Potential Exposures to Blood Borne Infection Documentation Form
- Post Exposure Instruction and Planning Sheet: Hepatitis B, Hepatitis C and HIV
- Patient Factsheet: Exposure to Another Person's Blood or Body Fluids Fact Sheet

Exposed individuals may include health care workers or emergency service providers as well as others from the community who may seek help for exposures such as blood splashes, bites, sexual exposures, accidental needle sticks or exposures. Official guidance for hospitals in designing their response protocols for internal occupational exposures remains with the OHA/OMA - MOHLTC protocol.

**Each instance of a possible exposure to HBV, HCV or HIV must be assessed carefully and as quickly as possible by a clinician health care provider. If the family physician is unavailable the same day, this is best done in an urgent care/walk-in clinic setting or emergency department. The guidelines may indicate that an exposure warrants treatment with post exposure prophylaxis (PEP) for HBV and/or HIV. Note that HIV PEP should be started as soon as possible, ideally within two hours of the exposure.**

The health unit can provide support to an individual who has had an exposure that could result in the transmission of HBV, HCV or HIV as well as to the HCP providing care. Those who contact the health unit receive counseling and recommendations for follow-up; these interactions have a strong preventive and educational focus.

If you have any questions please contact the Simcoe Muskoka District Health Unit Sexual Health Team at 705-721-7520 or 1-877-721-7520 Ext. 8376.