Tackling Hepatitis C in Scotland

Dr Nicola Rowan
NSS PHI (Health Protection Scotland)
nicola.rowan@nhs.net
Context
About Scotland

Scotland is the northernmost of the four countries of the United Kingdom. It is bounded by the Irish Sea to the southwest, the North Sea to the northeast, and the Atlantic Ocean to the northwest. The capital city is Edinburgh and the largest city is Glasgow. The map shows the main cities of Scotland: Aberdeen, Edinburgh, and Glasgow.

8.3% of the UK population, 5.3 million in 2012, live in Scotland.

Scotland’s population by age:
- 17.2% under 16
- 65.4% aged between 16 and 64
- 9.5% aged between 65 and 74
- 7.9% 75 or over

Image: BBC News

The Scottish Government
People who inject drugs (PWID): 50-80%

Prevalence of Hepatitis C in different populations in Scotland

Pregnant women: <1%

GUM Clinic Attenders: <1%

Surgeons/HCWs: <1%

Hutchinson et al. SMJ 2006
Scotland’s HCV Timeline: Key Milestones

- **1980**
  - Drug Injecting Epidemic begins
  - Acute Hep B and HIV among PWID
  - Harm reduction developed

- **1989**
  - Discovery of HCV

- **1990**
  - INF therapy

- **1998**
  - INF + RBV therapy

- **1992**
  - INF therapy

- **2000**
  - INF + RBV therapy

- **2001**
  - PEGINF + RBV therapy

- **2004**
  - HCV Consensus Conf

- **2006 - 2015**
  - Hepatitis C Action Plan (Phases I, II and III)

- **2006 - 2015**
  - Strategic Framework for Action in the Hepatitis C Programme

- **2010**
  - Epidemiological data
    - HCV Diagnosis Database
    - HCV Prevalence Surveys

- **2010**
  - Epidemiological/clinical data
    - HCV Clinical Database
    - Projections of HCV Disease

- **2010**
  - Patient Advocacy established

- **2010**
  - Parliam/CMO Working Groups

- **The Scottish Government**
Advocacy Milestones

1999  National Needs Assessment
2003  UK Hepatitis C Resource Centre
2003  Scottish Hepatitis C Awareness & Parliamentary Event
2004  Consensus Conference (RCP, Edin)
2004  UK Awareness Day, Parliamentary Events, Parliamentary Questions
2004  Parliamentary Working Group on Hepatitis C
2004  Parliamentary Debate on Hepatitis C
2005  Action Plan Phase I
       (1st draft, consultation and further advocacy)
What We Did: Phased Approach

(Evidence first)
Phase I – Evidence Gathering
2006 - 2008

(Determined and costed future large scale action)
Scotland’s Hepatitis C Action Plan

Prevention

High prevalence of HCV remained among young PWID in Glasgow

Diagnosis

Majority of HCV infected in Scotland remained undiagnosed

Key Evidence in Phase I

Modelling work demonstrated insufficient numbers on HCV treatment to curb rising trend in liver failure/deaths in Scotland

Treatment

Number treated/yr:
- 225 PWID
- 1,000 PWID
- 2,000 PWID

Disease

HCV related deaths
AIDS related deaths

Scotland, 2006

0 20,000 40,000
Chronic HCV
38,000
Diagnosed (ever)
14,500

Majority of HCV infected in Scotland remained undiagnosed

High prevalence of HCV remained among young PWID in Glasgow

Scotland, 2010 2020 2030

0 50 100 150
Number treated/yr:
- 225 PWID
- 1,000 PWID
- 2,000 PWID

Modelling work demonstrated insufficient numbers on HCV treatment to curb rising trend in liver failure/deaths in Scotland

HCV related deaths
AIDS related deaths

Year
N

Year
N

82 84 86 88 90 92 94 96 98 00 02 04
Phase II – Service Improvement and Investment 2008 - 2011
Scotland’s Hepatitis C Action Plan

Aims

➢ To prevent the spread of Hepatitis C, particularly among people who inject drugs

➢ To diagnose Hepatitis C infected persons, particularly those who would most benefit from treatment

➢ To ensure that those infected receive optimal treatment, care and support
Phase II: Service Improvement Actions (2008-2011)

• **Prevention:**
  – Improvements in Injection Equipment provision
  – National guidelines for injecting equipment provision
  – Education (Peer to Peer, schools)

• **Diagnosis:**
  – Awareness raising initiatives
  – Finger prick sampling in non-clinical settings

• **Treatment:**
  – Increase in clinical capacity
  – Funding for treatment & national procurement of antivirals
Prevention
What has been the impact?

Evidence showing a reduction in new HCV infections in Scotland, in the context of a scale-up in interventions.

National Scale-Up 2008 to 2012

Injecting Equipment Provision
(N/S coverage: 53% to 74%; Other Equipment: 5% to 40%)

Methadone
(50% to 64%)

Estimated number of new HCV infections per year among PWID in Scotland

Phase II: Outcome

↑ Number of people treated
↑ Number of people diagnosed
↑ Prevention activity
↑ Diagnoses

↓ Transmissions
↓ Incidence in people who inject drugs
↓ Chronic HCV infection
Lessons
Scotland’s Hepatitis C Action Plan
Driving Forces > Lessons

- Clinical & Public Health Leadership
- Good Communication
- Extensive Consultation
- Strong Evidence Base
- Strong Governance
- Performance Managed
- Serious Investment
- High Profile Advocacy
- Multi-disciplinary
Hepatitis C Policy in Scotland

Hepatitis C Action Plan, Phase I (2006-08)
- Gathering evidence to inform Phase II Actions
- Generating actions for Phase II
- Investment: £4 Million

Hepatitis C Action Plan, Phase II (2008-11)
- Investment to improve services
- High level actions to improve prevention, diagnosis, treatment and care (& monitoring/evaluation)
- Investment: £43 Million

Sexual Health and BBV Framework (2011-15)
- Continued focus on Hepatitis C
- Focus on improving joined-up working with SH & HIV/BBVs.
- Investment £116 Million across SH & BBV

Refreshed Sexual Health & BBV Framework (2015-20?)
- Continued outcomes
- New treatments
- Investment £???
Acknowledgements

Health Protection Scotland
David Goldberg       Beth Cullen
Allan McLeod         Caroline Kelleher
Norah Palmateer      Nicola Rowan
Lesley Wallace       Sue McBride
Kirsty Roy           Miriam King

Glasgow Caledonian University
Esther Aspinall      Christian Schnier
Ellen Carragher      Heather Valerio
Hamish Innes         Amanda Weir
Scott McDonald       Sharon Hutchinson

Scottish Government
Gareth Brown

NHS Boards
John Dillon
Ray Fox
Jim Shanley

Third Sector
Charles Gore
Petra Wright
Leon Wylie

Supported through funding from Scottish Government
Thank-you

Nicola Rowan

nicola.rowan@nhs.net