

# Living with Hepatitis C Project

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# Quan Yin Healing Arts Center: A Community Clinic Model

Founded in 1984

- Grass roots effort
- Community based
- Responding to the needs of the public
- Addressed the HIV epidemic,
- Now, pioneering HCV work
- Mobilized community action



QUAN YIN  
HEALING ARTS CENTER

# The Mission of Quan Yin Healing Arts Center

Assure quality, and  
accessibility to Chinese  
Medicine

Outreach to high risk and hard  
to reach people who need  
services

To provide culturally sensitive  
and linguistically appropriate  
services



- Mobilizing community action
- Reaching out to link high risk and hard to reach people and bring them into care
- Support clients to develop health seeking behaviors





Lack of access to insurance or health care benefits



Collaboration between Eastern and Western medicine providers

Addressing disparities in health care through community partnerships



*Quan Yin Healing Arts Center Healing Arts uses a model of compassionate care that strives to meet the patient where they are at, from those who are active drug users to those who are contemplating, or have embraced, a clean and sober lifestyle. Patients are encouraged to enter into individual therapy or counseling or to seek out support groups specifically for substance using/abusing issues.*



**QYHAC provides Harm Reduction based health care services that are integrated into a full spectrum of medical care at the following San Francisco public health settings:**

**Mission Neighborhood Health Center; Clinica Esperanza  
Asian & Pacific Islander Wellness Center  
Castro Mission Health Center  
Lyon Martin Women's Health Services  
Tenderloin Health  
Catholic Charities; Leland House  
Shanti Community Services  
Lutheran Social Services  
Hazel Betsey House  
UCSF Positive Health Practice  
Mission Neighborhood Health Services  
Castro Mission Health Center**



# Living with Hepatitis C Project

## Client demographics:

45% White

24% African American

18% Latino

7% Asian or Pacific Islander

5% Native American

36% Gay

18% Lesbian

42% Hetero

4% Transgender

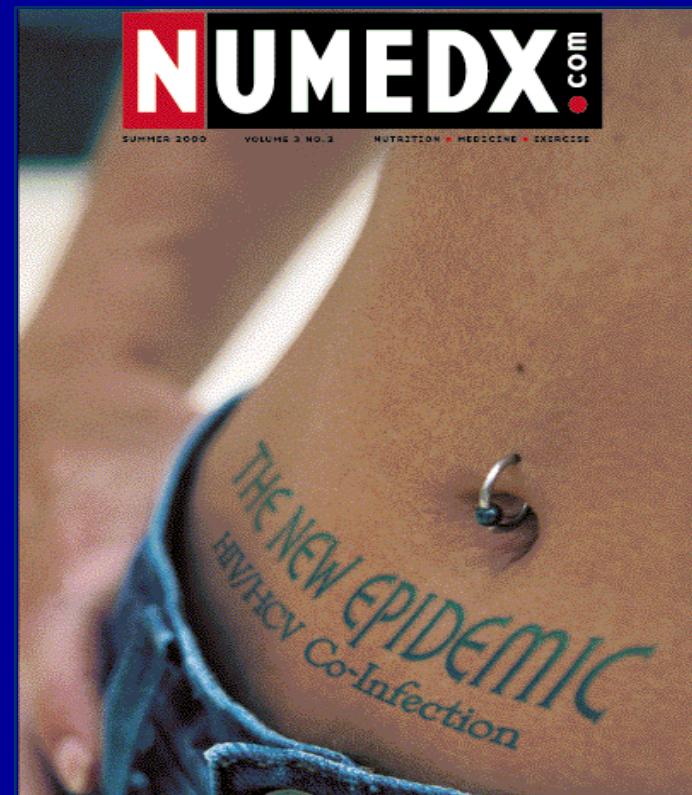
2003 survey indicated that 20% of all QYHAC clients were seen for HCV

35% of HIV + QYHAC clients reported to be coinfectd with HIV/HCV

# HIV/HCV Coinfection

Approximately 40% to 50% of all HIV+ people are chronically infected with HCV. Hepatitis C infection-related diseases are currently the leading cause of death in people infected with HIV.

300,000 people in the US are infected with HCV



# HIV/HCV Coinfection

People with HCV who later contract hepatitis A virus have a 40% chance of dying from the acute infection, much higher than the usual .5% estimate for the HCV negative population.



**HEPATITIS**  
and GUM Clinics\* - What you need to know

At GUM clinics\*:  
you can get Hepatitis A and Hepatitis B vaccines there  
you can get tested and treated for other sexually transmitted infections (STI's)  
all services are **FREE**  
all clinics are **CONFIDENTIAL**, more so than your GP  
you don't need a referral from your GP, call directly for an appointment  
you don't have to give your real name  
you can use any clinic YOU CHOOSE, anywhere in the UK  
you can get advice and counseling about STI's and other matters

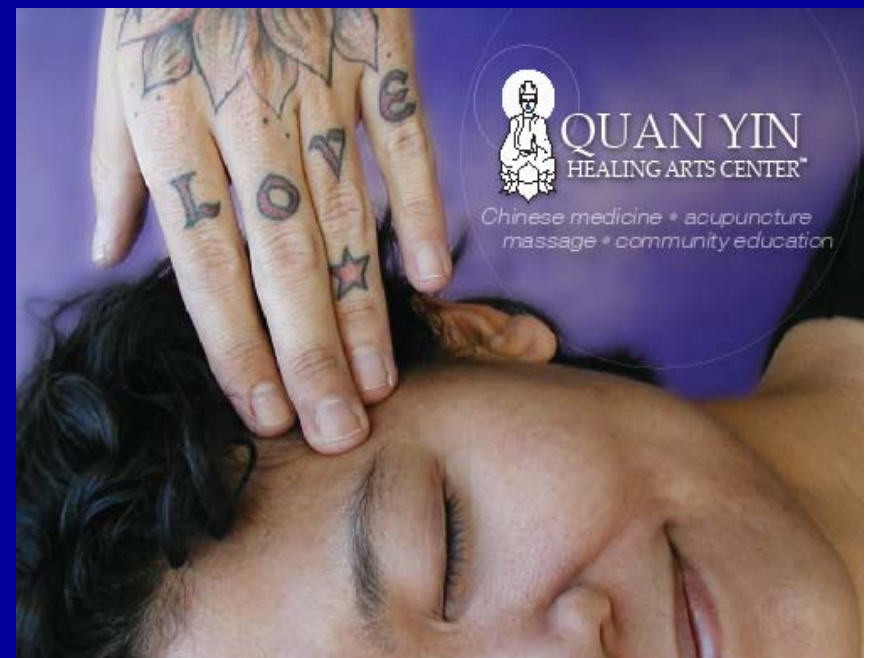
Check out [www.demon.co.uk/gmfa](http://www.demon.co.uk/gmfa) for a list of GUM\* clinics OR look in the phone book under "Clinics".  
\*Genito-Urinary Medicine or Sexual Health Clinics

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**GMFA**  
Gay Men Fighting AIDS

# The living with Hepatitis C Project

- The LHCP emerged as a response to client needs
- The project was designed to create access to CAM therapies for people with no health insurance, and limited income



# Living with Hepatitis C Project

- The purpose of the project was to investigate the impact of accessibility to acupuncture treatment
- Evaluate response to symptom management associated with HCV
- Access utilization of self-care instruction and education groups



# Living with Hepatitis C Project

- From January 2003 – February 2005 1260 acupuncture treatments were provided for 63 clients enrolled in the LHC Project
- Clients received acupuncture treatment on a weekly basis and twice a week if engaged in interferon treatment.
- Health education workshops were held monthly addressing a wide variety of HCV related issues



# Living with Hepatitis C Project

- Quality of life surveys were collected and analyzed from 60 clients at the end of each year
- The surveys included a symptom check list were used to collect data from clients taking part in the project





# Living with Hepatitis C Project

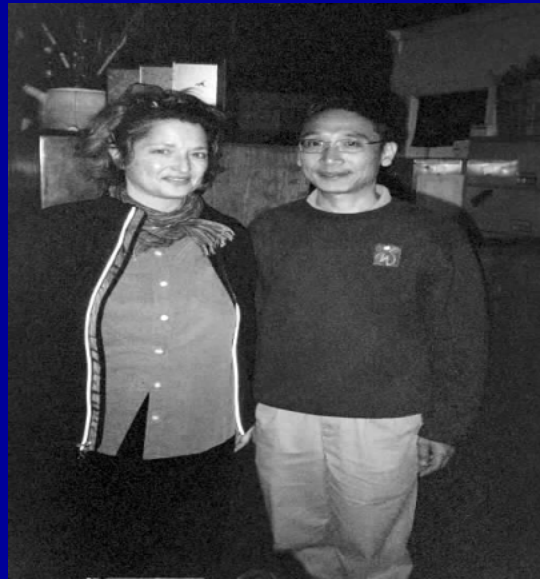
- Results from the **Self Evaluation Survey** indicated that 20 clients (33%) with HCV/HIV felt that they were being helped significantly by complementary treatment.
- 30 clients (50%) of the non HIV clients reported that they received significant help in managing HCV.





# Living with Hepatitis C Project

- Pain, Allergies, Sinusitis, and Depression were conditions that were named by clients as co-existing conditions. 15 % of clients were on Interferon treatment at the time of the survey collection.



# Living with Hepatitis C Project

- Mental health issues listed on the **Self Evaluation Survey** were; Depression, Anxiety, Mood Swings. All 60 respondents rated a high positive response to feeling better. On average, over 50% stated that they felt Better, and 19% stated Much Better. Escalating anxiety and depression are often experienced with chronic illness. Acupuncture treatment is used by many clients to manage the chronic stress that leads to mood swings and depression as well as alcohol and drug use.

# Education component of the LHCProject

Focus groups were held 2x year to obtain input from clients

Outcomes form the groups

- The monthly education series were seen as very important in raising awareness and deepening understanding of the need to work with a variety of healthcare providers.
- The monthly education groups opened the door for people with HCV to connect with each other, exchange experiences and establish supportive relationships.
- There was unanimous agreement that a support group was a necessary element to the health and well being of people living with HCV.
- There was shared agreement at all focus groups that a support group is needed in the Mission. It was suggested that a group be held at Quan Yin Healing Arts center
- There should be a referral resource guide to help people navigate the system.

- People living with HCV need to learn peer support skills so that they can better support each other, become community educators and help others to avoid infection.
- There is a lack of psychosocial support for people living with HCV.
- Comprehensive care for HCV requires access to psychosocial support, i.e., treatment advocacy, case management, emotional support, assistance with financial benefits, housing and peer support services.
- People living with HCV, have none of the above listed services, as opposed to those living with HIV who have a host of services available.



- Case management and treatment advocacy is sorely missing for people living with HCV.
- People living in SRO ( Residential) hotels are often isolated and yet HCV rates are very high and injection drug use is common.
- People who live in SRO hotels are often not comfortable leaving their residence for outside groups. It would be best to provide education groups at the SRO Hotels.



# Living with Hepatitis C Project

## Conclusion:

Utilization of the services provided that there is significant interest in combining Eastern and Western medicine by people living with HCV

Data gathered indicated the need for ongoing funded programs for people living with HCV

The education self care portion of the project was seen as an important part of care

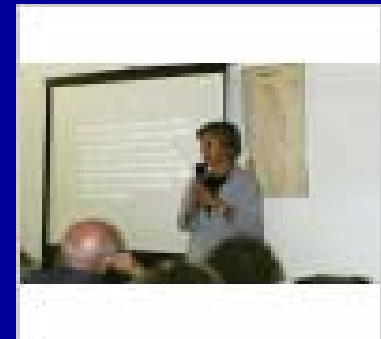
Ongoing HCV education and community building are linked to support for people managing HCV.





## Quan Yin HCV Certification Course

**In the past 5 years  
190 Licensed Acupuncturists, nationally  
and internationally, have been  
trained and certified to provide integrated health care  
for people living with HCV through the  
Quan Yin Certification Course**



*We welcome visitors at the center. Please call and make a time to come and experience our unique community clinic*



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