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**PREVALENCE OF HEPATITIS C VIRUS INFECTION AMONG HEALTH
CARE WORKERS IN RADA'A CITY, YEMEN**

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ABSTRACT

Background. Hepatitis C virus (HCV) infection is considered one of the most important universal public health problems. HCV usually transmitted parenterally and create a work-related risk to the health care workers (HCWs). Although the fact that a number of studies that conducted in Yemen have provided an estimate of HCV prevalence, there only few studies that reveal the condition in the HCWs. **Aim.** Across-sectional study conducted between March and July 2014 to determine the prevalence of HCV and recognize key risk factors for HCV infection among HCWs. **Methods.** The study population involved 345 HCWs (173 females and 172 males) who subjected for screening of HCV antibodies (Abs) using ELISA quantitative technique. A structured questionnaire used to collect the socio-professional data that statistically analyzed using SPSS program, and $P \leq 0.05$ considered a significant. **Results.** The overall crude

prevalence of HCV Abs was 14/345 (4.05%). There was no significant difference ($p=0.99$) between males (4.06%) and females (4.04%). The prevalence of HCV Abs was a highly significant ($p=0.001$) among the cleaning staff (6.52%) and having almost ten times higher risk of HCV seropositivity ($p: 0.001$, RR: 10.2, $\chi^2: 20.3$, 95% CI: 3.4–30) as compared with those in other occupational categories. **Conclusion.** The respect of universal health safety measures by the medical set particularly those who are working in the cleaning process and their screened for Hepatitis C infection are immediately required to reduce the risk of infection with HCV and protect the medical staff in Yemen.

Keywords: Prevalence; HCV; Anti-HCV; Health Care Workers; Yemen

INTRODUCTION:

HCV infection is considered one of the most important health problems globally (1, 2). Untreated HCV infection might develop within the time to the liver cirrhosis, liver failure and hepatocellular carcinoma (HCC) throughout the world (3-5). Mostly, HCV infection is transmitted parenterally and this is forms an occupational risk to the HCWs (6). It's reported that approximately one million out of three million HCWs per year infected with HCV infection due to the accidental injuries by their occupational instruments that can be polluted with infected blood or other fluids (7, 8). These accidents increase the hazard of HCV transmission (9). Needle sticks injuries stay a risk to HCWs and their patients (8, 10). It's reported that incidence of HCV seroconversion among

those who exposed to the needle sticks injuries ranging from 0 to 10% (11, 12).

HCV distributed throughout the world and the prevalence of anti-HCV positivity among HCWs differs from region to region (7). According to several studies conducted in different parts of the world, the prevalence of Anti-HCV ranging from 0 to 9.7%(7). In Saudi Arabia, the prevalence of HCV among HCWs was 0% (13). In contrast, the higher prevalence of HCV among HCWs was reported in Egypt and Philippines (8% and 9.7% respectively) (14, 15). In Arabian Peninsula, Yemen is the poorest and the second largest heavily populated country. Several studies showed that HCV prevalence among Yemenis healthy volunteers, blood donors and hemodialysis patients was 1.7%, 2.7% and up to 60% respectively (16).

However, the minority determined HCV prevalence among HCWs. Out of 546 HCWs tested in the capital of Yemen (Sana'a) in 2004, 3.5% were positive for Anti-HCV(17). In Yemen, there are a few number of studies regarding prevalence of HCV infection as work-related threat in the high-risk groups of health care staff working in hospitals in Rada'a City, Yemen. The current study therefore designed to estimate the prevalence of anti-HCV amongst HCWs and identify possible risk factors of HCV infection.

MATERIALS AND METHODS

Study design and population:

The present study conducted between March and July 2014 as a cross-sectional study in population of HCWs in a several public and private hospitals in Rada'a City, Yemen. The study involved a total of 345 subjects including of HCWs (doctors, nurses, hematological laboratories, dentists and cleaners) working in a number of public and private hospitals in Rada'a city and informed consent was obtained from all participants. A questionnaire was used to collect the socio-professional data which including the sex, age, occupational category, marital status and the exposure

to some risk factors associated within the infection transmission.

Samples collection:

The blood samples (5 ml) were collected by trained laboratory technicians from each participant in the current study using sterilized EDTA vacutainer blood collection tubes.

Laboratory testing:

All collected samples were subjected for screening of HCV Abs by one step cassette style anti-HCV device (Rapid Anti-HCV Test, Intec, China) according on the manufacturer's instructions. Subsequently, the positive samples reconfirmed using Enzyme Linked Immunosorbent Assay (DRG, HCV antibodies, USA) following manufacturer's instructions.

Statistical analysis:

Statistical analysis was conducted with SPSS statistical program, version 15.0. The Binary Logistic Regression was used for the analytical assessment and a *p-value* of ≤ 0.05 was considered statistically significant.

RESULTS

Sociodemographic Characteristics:

Out of 736 HCWs employment in different public and private hospitals in Rada'a City, only 345 (46.87%) agreed to

participate to this study. They were 173 (50.14%) women and 172 (49.85%) men; the mean age was 29.8 years (range 20 to 60). According to the sex, the distribution of participants was approximately equal (Male=49.9%, and Female=50.1%). The majority of the subjects were married (N=187, 54.2%) and in the age category of 20 to 29 years old (N=204, 59.1%). Regarding occupational category, more than third of subjects (N=132, 38.3%) were nurses.

Prevalence of HCV infection:

Out of 345 participants, 14 were positive for HCV Abs (4.05%) as presented in Table 1. There was no association between the prevalence of HCV Abs and gender (P=0.99) and age (P=0.75) as shown in Table 1 and Figure 1 respectively.

Among HCWs and according to their occupational category, the prevalence of HCV Abs was statistically significant in those who are working in the cleaning practices and having almost ten times higher risk of HCV seropositivity ($p: 0.001$, RR: 10.2, $\chi^2: 20.3$, 95% CI: 3.4–30) as compared to the other occupational categories (Figure 2).

Most of the participants in the present study were married (54.2%), and

the rest were single (42.6%), divorced (2.3%) and widow (0.9%). The divorced and single participants were at risk of HCV seropositivity (RR: 3.24 and 1.8 respectively). However, the association between the prevalence of HCV Abs and marital status was not statistically significant as presented in Figure 3.

Potential risk factors for HCV infection:

Exposure to needle stick injuries, was reported by 143 (41.44%) of HCWs, and only seven of them (4.89%) were positive for HCV antibody with not statistical significance ($p=0.5$). The frequency of HCV infection among HCWs was not statistically associated with injected drug abuse ($p=0.65$), contact with patient samples ($p=0.5$) and contact with surgical waste ($p=0.41$). On the other hand, only 20 HCWs (5.79%) had received a blood transfusion in their lifetime and no HCV Abs detected among them. Some of the HCWs (200, 57.97%) had dental procedure and seven (3.5%) of them were positive for anti-HCV with not statistical significance ($p=0.52$). Among those who subjected for cupping (6.66%), only two of them were positive for Anti-HCV with no significant association ($p=0.66$). In HCWs who

exposed to surgical operation (27.53%), only four (4.21%) of them were positive for HCV Abs. However, there was no

significant association ($p=0.92$) between the prevalence of HCV Abs and surgical exposure as presented in Table 2.

Table 1: Prevalence of HCV Abs among HCWs in relation to sex

Gender	No.	Anti-HCV +		χ^2	P
		No.	%		
Male	172	7	4.06	0.00	0.99
Female	173	7	4.04		
Total	345	14	4.05		

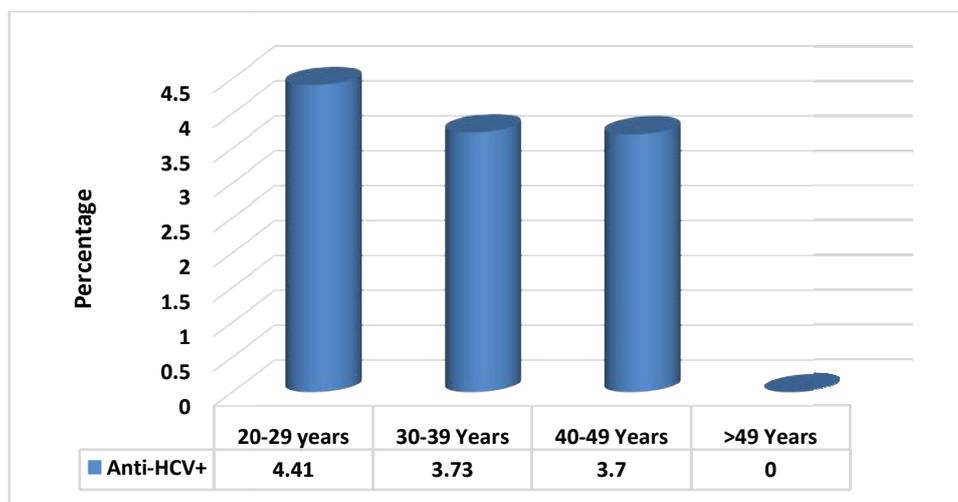


Figure 1: Prevalence of HCV Abs among HCWs in relation to age ($\chi^2 = 0.13, p=0.75$)

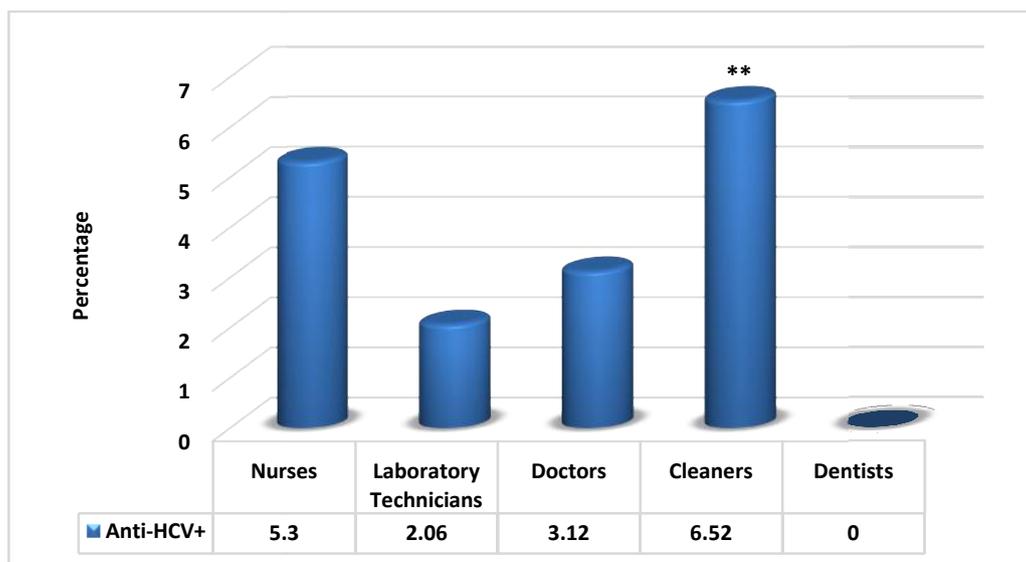


Figure 2: Prevalence of HCV Abs among HCWs in relation to occupation (**= highly significant, $\chi^2 = 20.3, p=0.001$)

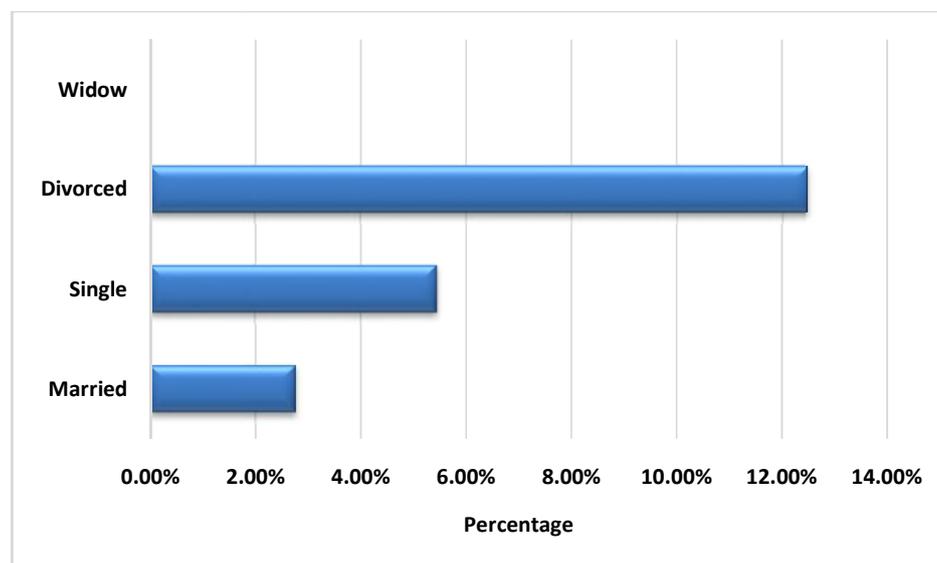


Figure 3: Prevalence of HCV Abs among HCWs in relation to marital status ($\chi^2 = 1.23$, $p=0.33$)

Table 2: Prevalence of HCV Abs among HCWs in relation to potential risk factors

Potential risk factors	No.	Anti-HCV +		RR	95% CI	χ^2	P
		No.	%				
Needle stick injury	143	7	4.89	1.4	0.5–3.9	0.44	0.5
Injected drug abuse	37	1	2.70	0.6	0.03–4.7	0.2	0.65
Contact with patient samples	249	9	3.61	0.7	0.3–2.0	0.45	0.5
Contact with surgical waste	69	4	5.79	1.6	0.5–4.9	0.67	0.41
Cupping	23	2	8.69	1.4	0.3–5.9	0.19	0.66
Dental procedure	200	7	3.5	0.7	0.3–2.0	0.38	0.52
Surgical operation	95	4	4.21	1.1	0.34–3.3	0.01	0.92
Blood transfusion	20	0	0.00	--	--	0.4	0.3

χ^2 : Chi-square, P: Probability value ≤ 0.05 : significant, RR: Relative risk, CI: confidence interval.

DISCUSSION

HCV is a blood-borne virus that transmitted parenterally and affects millions of people all over the world. Patient may remain unaware of their HCV status for long period, while pose a threat to infect others. As a part of their occupation, Health Care Workers(HCWs) frequently deal with patients, including HCV infected patients, and perform

procedures likely to expose them to viremic blood or other body fluids (7). HCV transmission from patients to HCWs appears to be more frequent than previously thought. In developed countries, such transmissions were documented at several occasions (18), but similar data from developing countries are lacking. Consequently, it has been reported that HCV is more prevalent in

HCWs than in other occupational groups or even general population (19-21). The present study estimate crude HCV prevalence among HCWs in Rada'a city to be 4.1%. This is in agreement with a previous study showing HCV prevalence among HCWs in Sana'a to be 3.5% (17). Internationally, reports regarding HCV prevalence in HCWs showed considerable inconsistencies. Absence (0% prevalence) was reported in Saudi Arabia and Iraq, less than 0.5% were reported in Denmark, Scotland, and Turkey; and below 1% were reported in Albania, Spain, United States and Poland (7, 22, 23). On the other hand, higher HCV prevalence were reported in HCWs of Philippines (9.7%) and Egypt (8%) (7, 14), while comparable values of 3.2%, 4% and 5.6% were reported in Pakistan as well as 4% in Nigeria (7, 24, 25).

Inconsistency in HCV prevalence may reflect variation of HCV prevalence in the background populations (7, 25, 26). In Yemen, overall HCV prevalence in background population was estimated to be 1.7 or 1.8%; while it was 0.8%, 1.3%, 2.3% and 5.1% in Aden city, Ibb city, Sana'a city and Socotra island, respectively (27-29). Similarly, in Morocco, HCV prevalence in HCWs was

2.5%, higher than prevalence in background population which was 1.58% (30). HCV prevalence in HCWs of Egypt (8%) was not significantly different from that of Cairo population (10.4%) (14). Similarly, HCV prevalence in Italian HCWs (1.2%) was not significantly different from control group (0.8%) (31). Apart from patient to HCWs transmission, the risk of HCV transmission from HCWs to attendee's of Health Care Centers (HCCs) or from patient to patient was also previously reported (18, 23, 32, 33). In this respect, the possibility of HCV transmission from surgeon to patient during a single operation was estimated to be $0.014\% \pm 0.002\%$ and $0.00018\% \pm 0.00002\%$ for HCV-RNA positive and HCV-unknown status surgeons, respectively (34). This emphasizes the need for periodic screening of the HCWs for HCV infection as a part of disease control program.

The present study demonstrates that HCV seropositivity was not associated with gender ($p=0.99$). Our finding is in agreement with those reported in Egypt (14); Nigeria (25); Morocco (30); and Bangladesh (35). In contrast, a retrospective study for more

than a decade that covered five European countries (France, Italy, Spain, United Kingdom and Switzerland) showed that HCV seropositivity was significantly associated with male-HCWs rather than female-HCWs ($p=0.04$) (26). However, such difference could be attributed to underlying variations in route of transmission and associated risk factors. In the developed countries, HCV infection associated mainly with injection drug use while in developing countries unsafe parenteral practices and transfusion where the main routes of transmission (27, 36, 37). The results of this study indicated that the HCV seropositivity among investigated HCWs was not associated with age. Several studies showed HCV seropositivity to be associated with age of HCWs. However, these studies were not in agreement on affected age stratum. Hence, this variation may arise from variations in the investigated population. For example, some studies showed that HCV prevalence display tendency to increase with age and reach the peak in the >50 years' group (14, 30). Other studies reported that the highest HCV prevalence was associated with the 30-39 years'

group ($p=0.012$) (23) or 41-45 years' group ($p<0.05$) (25).

Our study covered wide range of HCWs, including doctors (physicians and consular), nurses, laboratory workers, dentist and cleaners. The highest rate of HCV seropositivity was found among cleaner (6.5%), with relative risk equal to 10.2, CI= 3.4 – 30, $X^2 = 20.3$, $P.V <0.001$. Similarly, HCV was highly prevalent (16%) in a hospital's manual workers in Egypt (14). People working in these job usually belongs to low socioeconomic groups, have low incomes and low educational background, if compared with other investigated occupational groups. Such characters were reported to be a risk factors for HCV infection in Yemen (27, 38). In the present study, HCV prevalence in nurses was 5.3%, but association was not significant with this occupation. Likewise, Thorburn and colleagues (2001) found no association between HCV seropositivity and occupational categories. Similar study showed that nursing was the highest occupational group prone to HCV infection with a prevalence of 4.44% (30). In general, it has been reported that HCV seropositivity associated with working in

hospital's departments with frequent exposure to blood (31) and working in hemodialysis units (6). Though not investigated in the present work, some studies showed association between HCV seropositivity and duration of work in HCCs(30, 31); however, such association was not constant (6, 25).

In this study, direct contact with surgical waste and patients' samples as well as exposure to needle stick injuries was repeatedly reported by investigated HCWs though association with HCV seropositivity was not significant. Studies on HCV prevalence reported frequent exposure among HCWs to needle stick injuries (24, 30, 39) and significant association with HCV seropositivity was also documented (31). HCV infection in HCWs was linked to percutaneous exposure to HCV rather than to mucocutaneous exposure, despite the few cases of transmission reported after mucocutaneous exposure. In this regard, it has been reported that HCV infection occurs in one out of ten percutaneous exposures to blood containing HCV-RNA(7, 26). Notably, disposal of biohazards, infectious agents, and sharp objectives is not regulated by law in Yemen; and this may contribute to the

high HCV prevalence in cleaning workers in the present study. In the current investigation, transfusion was reported by 5.8% of the involved HCWs. None of the HCV seropositives had previously received blood transfusion. Similarly, 6.8% of the involved HCWs in Bangladesh reported previous transfusion and 1 out of five HCV seropositives had received transfusion (40). In contrast, numbers of transfusions were reported to be significantly associated with HCV seropositivity in HCWs in Egypt, and to be prevalent in HCV seropositive HCWs in Chile (5 out of 11) (14, 41). In Yemen, HCV prevalence in blood donor was reported to be 1% in Sana'a city (42, 43) and 1.3% in Aden city. Blood transfusion was significantly associated with HCV seropositivity in blood donor in Aden city (44) while association was not significant in pregnant women in Sana'a City (38).

Transfusion mediated-HCV acquisition was dramatically reduced after introduction of routine screening of donated blood for HCV positivity. In England, the post-transfusion HCV infection was fall from almost 2 out of million in 1993-'998 to 1 out of 30 million in 1999-2001 after introduction of HCV-RNA screening of donated blood

(45). However, this is not the case all over the world; many developing countries still linking between transfusion and HCV acquisition. Transfusion was estimated to represent moderate risk for HCV acquisition in the Arabian countries (16). In the current work dental and surgical operations, cupping, injection drug use and marital status were not significantly associated with HCV seropositivity. HCV seropositives represent 3.5% and 4.2% of those reported to had dental and surgical procedures, receptively. On contrast, surgical and dental procedures were reported to be significantly associated with HCV seropositivity in HCWs in Egypt (14). Study in general population of Yemen reported HCV positivity in 2%, 0.0% and 7% of those reported to had dental procedures in Sana'a, Aden and Taiz cities, respectively; while HCV positives represent 2% in Sana'a and none in Aden and Taiz cities among those underwent surgical operations (46). Similarly, in a study targeted pregnant women in Sana'a city, HCV seropositivity was not associated with nether surgery nor dental procedures (38). Relatively low HCV prevalence in general population of Yemen (1.7%) may

provide a clue to understand inability of these studies to link HCV seropositivity with these factors (28).

CONCLUSION

The present findings of this study revealed the importance of HCV as an occupational risk to HCWs. The crude prevalence of serological markers of HCV among HCWs in Rada'a City of Yemen exceeds that of general population. The highest rate of HCV occurred among cleaners, also a huge risk of contracting HCV infection was found to be associated with them. Respect of universal health safety measures by the medical set particularly those who are working in the cleaning process is immediately required to reduce the risk of infection with HCV and protect the medical staff in Yemen.

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Conflict of Interest:

The authors declare that there is no conflict of interest regarding the publication of this paper.

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