



**The Liver Care  
Foundation**  
*Annual Report*  
**2011**  
*(Jan to Dec)*

## **Our Team**

### **Board of Trustees**

Dr. Shiv Sarin,MD, DM	Founder Trustee and member
Dr. Kiran Modi	Managing Trustee and member
Mr. Vikram Varma	Trustee and member
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Dr. B. C. Sharma	Member
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### **Special Advisor**

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### **Legal Advisor**

Mr. M. L. Lahoty

### **Honorary Chief Operating Officer**

Ms. Vibhuti Sharma

## **The Foundation**

The Liver Care Foundation was established in 2005 as a non profit organization with a view to contribute to society by connecting with the public, patient and provider, as a part of its focus towards prevention of liver disease.

## **Goal**

To assist and support Healthcare related to Liver Diseases.

## **Vision**

To contribute to a world 'Free of Liver Disease'

## **Mission**

1. To advocate and generate public awareness about Liver Health through information, education and communication.
2. To assist those living with liver disease.
3. Strive continuously to bridge the global gap in the field of academics and research, relating to Liver and its diseases.

# **Liver and it's care**

## **Introduction**

The Liver is an organ which is placed on the right side of the body. It is distinctly the largest and key organ of a human body. It is strategically the first port of entry from process of digestion before nutrients leave for the rest of the body.

The Liver, therefore, is a very sensitive and an important organ in the human body and has a crucial role to play in infusing in us the passion for a long life—an enthusiasm which we take for granted—which could easily be dismayed when the Liver gets afflicted.

It is indeed a point for concern that, as per WHO report, more people die of Hepatitis B in a day than AIDS in an entire year. Around 50 million people in India are infected with Hepatitis B and about 15 million with Hepatitis C. Moreover, people are hardly aware that both hepatitis B and C are spread in the same way as AIDS.

Dr. Shiv Sarin states that the amount of blood needed to transmit hepatitis B and C is much less compared to HIV virus. The most notorious of liver affliction is Hepatitis, which could cause a host of associated ailments that could endanger life. Many lives have been affected beyond repair due to this disease.

There are three distinct categories of Hepatitis—Hepatitis A, B and C, of which Hepatitis B is particularly virulent. On a worldwide study, the figures are estimated at 300 to 400 million people and the vulnerable areas are Southeast Asia, China, sub-Saharan Africa and the Indian subcontinent.

The Government of India has expressed its concern in the matter and has therefore launched a campaign against this killer disease by starting a Hepatitis B vaccination programme in selected districts and urban slums.

Hepatitis B is a major health problem in India as well. Even in Delhi, ninety percent of population is not vaccinated yet against Hepatitis B, which kills more people than HIV/AIDS. It has also been estimated that out of 25 million infants born each year, over one million run the lifetime risk of developing chronic HBV infection. About 1% of these carriers are at risk of developing liver cancer estimating that approximately 500,000 Indians can die due to liver cancer, the ninth leading cause of death (WHO). This virus can affect people of all ages.

The Liver Care Foundation assists and supports healthcare related to liver diseases. A vaccination program within the community against Hepatitis B has been taken up as an activity that would contribute to a “Hepatitis Free Delhi” as its key goal.

## **Key Activities**

1. Awareness
2. Assistance
3. Academic Support

## 4. Organisation Values

### **Awareness**

The aim of LCF is to bring about an awakening in the minds of people about the importance of functioning of liver in a human body; and if not taken care of, can create a number of diseases related to liver and thus cause complications.

It will also educate people about the treatment of liver disease and the availability of Doctors and Hospitals, treating this malady

### **Assistance**

LCF will endeavor to provide assistance in terms of financial aid (and through Donors) to those who are willing to donate their liver.

### **Academic Support**

LCF also undertakes to promote upcoming Doctors, financially, who though, are well qualified to attend higher studies or present papers, but cannot do so for lack of funds. Each case is considered on merit through a screening body before providing them with any financial assistance

### **Organization Values**

Competency, Credibility, Commitment, Care and Cooperation constitute the culture of The Liver Care Foundation.

## **A snap shot of our activities**

### **Education programme**



**Slum area**



**Mother meet programme**



**Education through flip chart**



**Draw the body map**

## **Vaccination Camp**



**Parents consent signature**



**Child vaccinated**



**Child vaccinated**



## **A work shop on Hepatitis B**



## Community Study



## Activities



## 2011-2012

The year 2011 was very progressive year. We conducted 92 awareness programme & organized 64 vaccination camps during this year. This was good achievement for us.

### Education Programme

While there is awareness about AIDS, there is little awareness about hepatitis, its transmission is hundred times more than that of the dreaded HIV. To prevent transmission and progression of the disease in the community, proper community awareness about the disease, including prevention, is necessary.



**Education through flip chart**



**Awareness in slum**

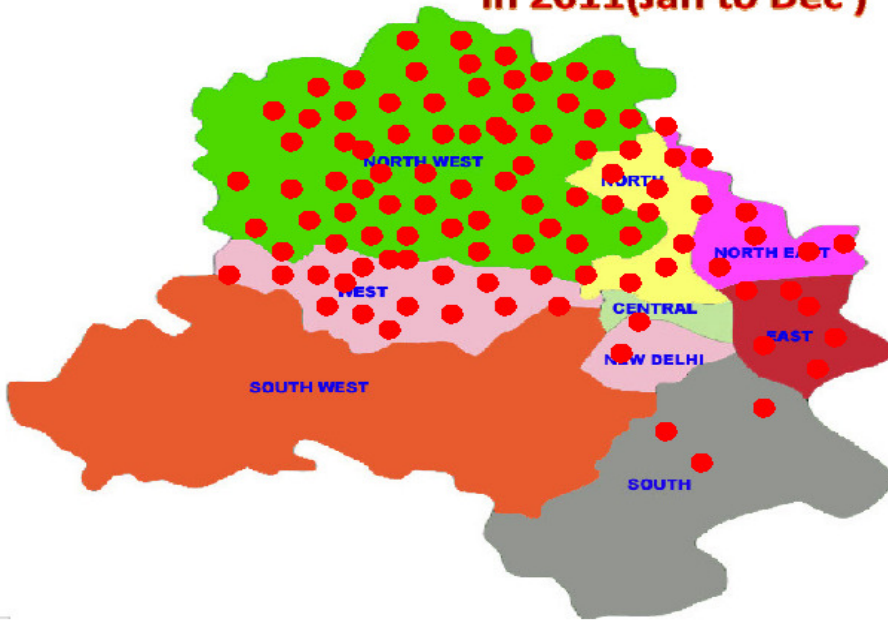
The number of cases in India is increasing with each passing year because of lack of awareness among the people about this disease. Although the likelihood of a Hepatitis-B virus infection becoming chronic is dependant upon the age at which a person becomes infected. 90% of infants infected during the first year of life develop chronic infections; 30% to 50% of children are infected between one to four years of age.

Given these statistics, it becomes important to initiate preventive measure for a next generation by ensuring vaccination in the ages of 6-17 years and to minimize the risk of any horizontal transmission. Both risks remain unfunded by the government.

### Covered Area

#### Delhi Map

## 92 Education program Conducted in 2011(Jan to Dec )



This accounts for an estimated 30% of the population out of which 1% of the high income groups alone may have been protected. The rest of the 29% have no access to this service. This accounts for approximately 500,000 of the population.

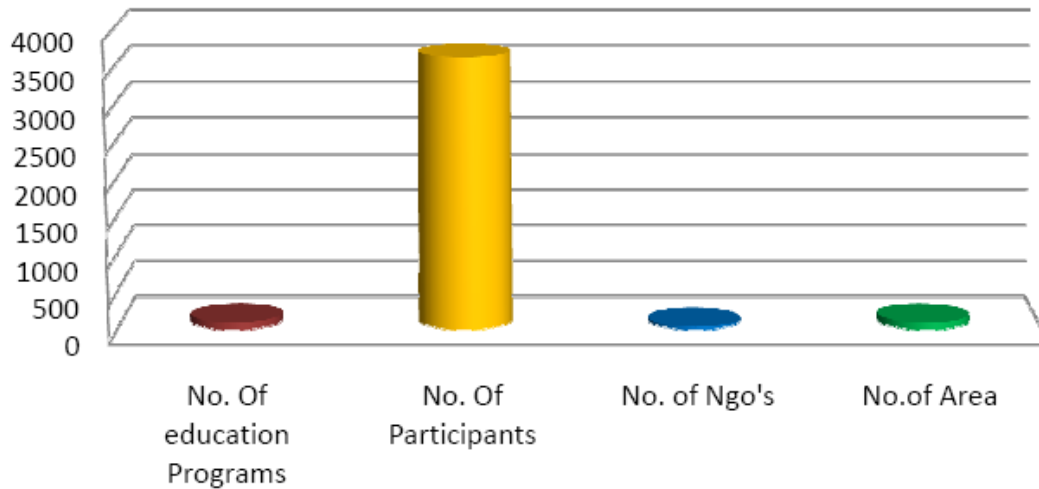


**Attentively listen by participants**



**Refreshment distributed by LCF**

## Records of Education Program 2011(Jan to Dec)

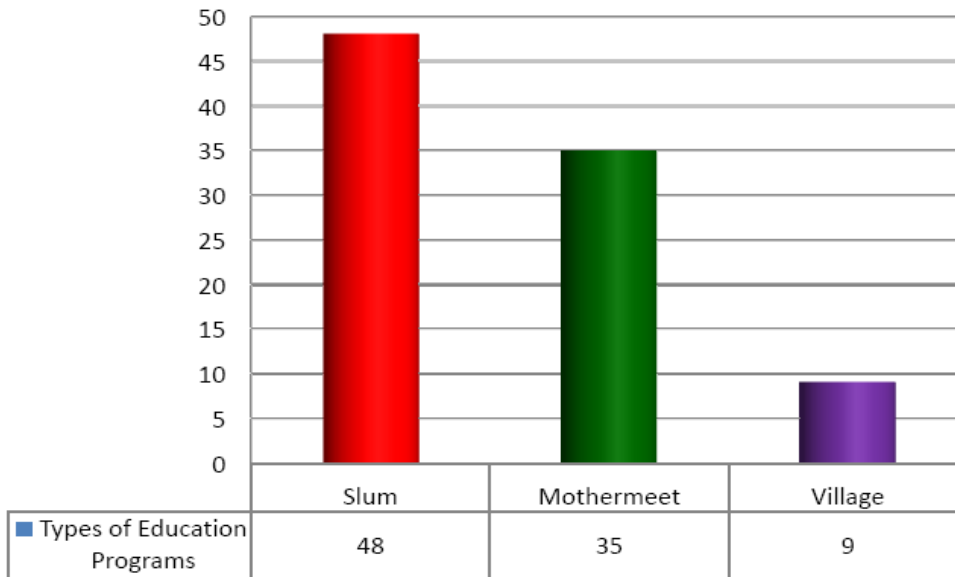


	No. Of education Programs	No. Of Participants	No. of Ngo's	No. of Area
■ Education Programs	92	3653	33	90

In 2011 we have conducted a total 92 awareness program in various part of Delhi. 3653 person attended the education session.. Total covered area was 90 with the help of 33 NGOs. We have conducted 48 slum programme, 35 mother meet and 9 village programme.



## Types of Education Program (Jan to Dec 2011)

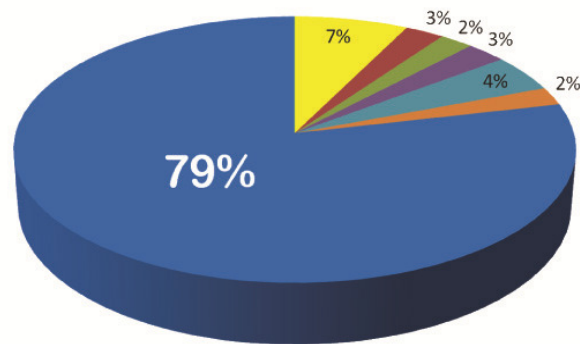


There was ice-breaking so that participants introduced themselves and their community by telling us what they liked, disliked and wanted as change in their habitat. Participant knowledge was tested with questions related to the liver, liver disease, hepatitis, symptoms and if they knew about organ donation. The session commenced by asking a member of the audience to draw an outline of a body then asking the audience to place major organs including the liver on the map. And finally, we delivered our talk “You and your Liver” using a manual flip chart in Hindi



## Largest Organ (pre-test)

Heart Liver Stomach Legs Brain Intestine No idea



Most person attending the pre-test education program were women with children and the age range covered were girls as young as 15 to older women as old as 70. When we asked about largest organ of the body 79% were completely unaware about this. After good impact of our education lecture on liver & liver disease more registrations for the hepatitis B vaccination could take place.

## Capacity Building with Management Orientation Programs (MOPs)

One day was reserved in a month for the MOP wherein members of the partnering NGO were called in to the Liver Care Office where field related problem solving took place. If the NGO has participated in a Education program, the representative would be called in to take feedback on how to strategize a vaccination programme within the community they worked in. Their advise in this matter was considered important as they had first hand knowledge of how effective





such a program could be. Partnering NGOs ported many issues such as child welfare, adolescent health, none formal education, vocational training etc.

## Vaccination Camp

50 million Indians are estimated to be carriers of the Hepatitis-B virus. Liver Care Foundation to educate the population at large about liver diseases with a focus on Hepatitis B virus, and immunize underprivileged children aged 6-17 years that do not qualify for government immunization programs

Delhi Government vaccinates children in the ages of 0-6 years as per the Universal Immunization Plan. The Liver Care Foundation will undertake the task to vaccinate children aged 6-17 years as the state has no additional funds for this age-range.

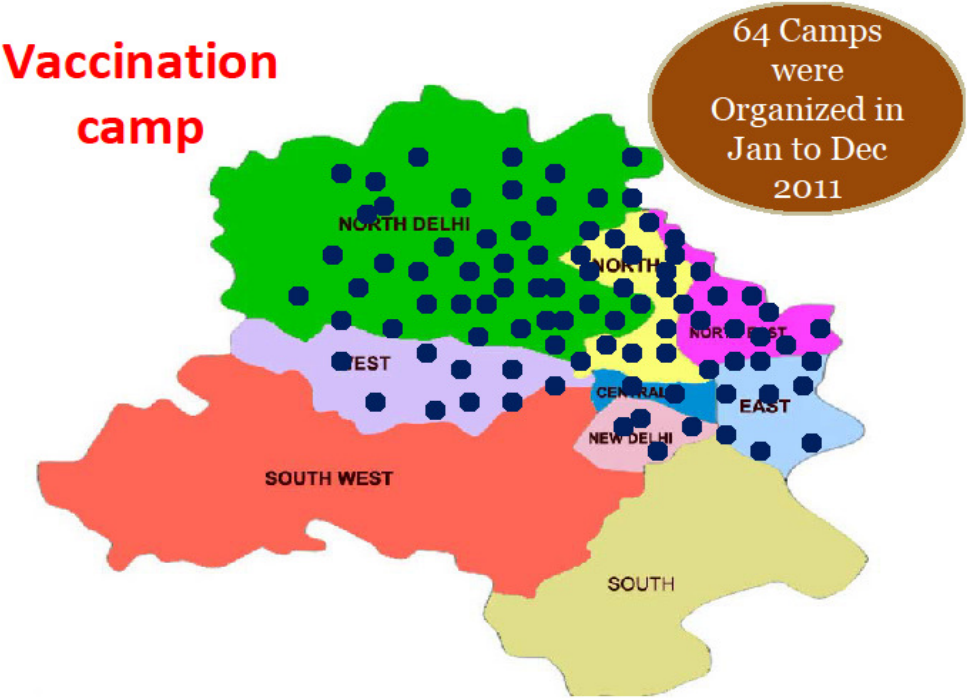


**Vaccination of child**

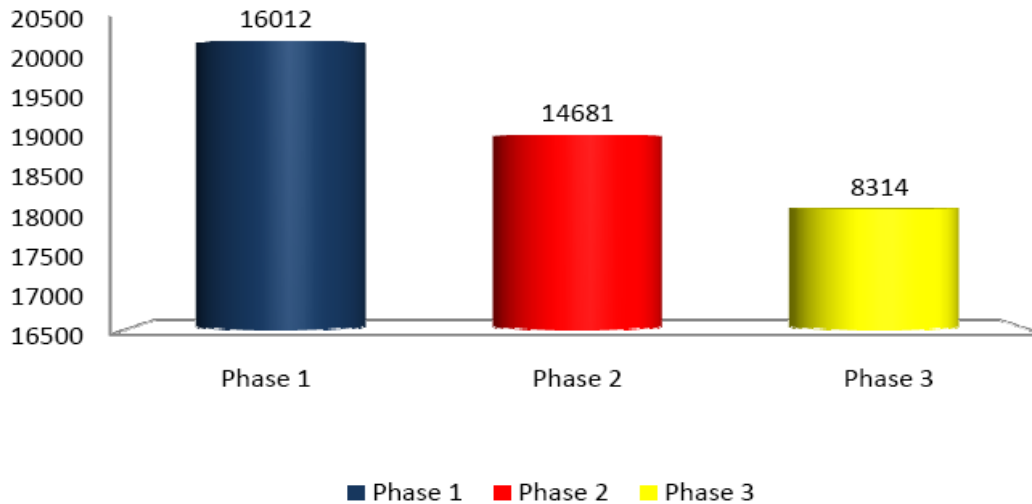


**Parents consent signature**

Covered Area



## Vaccinated Children 2011 (Jan to Dec)



In the year 2011, we were able to immunize 16012 children in 1<sup>st</sup> phase, 14681 in 2<sup>nd</sup> phase & 8314 in 3<sup>rd</sup> phase, which was quite an achievement given the migrant nature of the target communities.



**Preparation for vaccination**



**Children waiting for vaccination**



The targeted children and their families were first educated about liver diseases, particularly Hepatitis. The Liver Care Foundation prepared a registry of children to be vaccinated and procured the informed and written consent from the parents of these children. Each child then received three doses of vaccination over 3 months to provide lifetime immunity from Hepatitis-B.



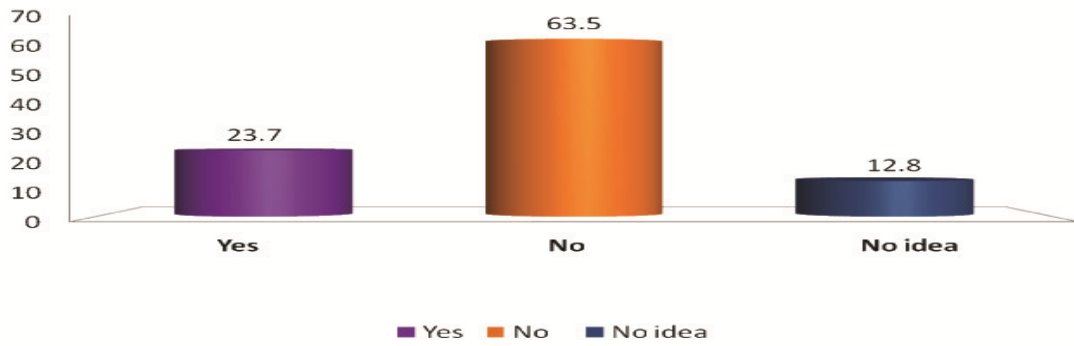
## Community Survey

A community survey has been done by The Liver Care Foundation to know the vaccination of hepatitis B. The result was that 23.7% were vaccinated, 63.5 % were not vaccinated & 12.8 % have no idea



# Community Study

## Have you been vaccinated against Hepatitis B 2011-2012



## Workshop

The Liver Care Foundation organized a workshop on Liver Health and Hepatitis B on 8<sup>th</sup> June 2011 with eight NGOs.



## APASL Award 2011

The effort to extend support to young scientists and doctors continues. This year eight travel grants were disbursed to doctors and scientists who had been accepted to present their papers at the APASL 2011 in Bangkok. It was heartening to see that we were able to provide these bright, young achievers the opportunity to present their pieces of work.

### Name of the APASL awardees:

1. Dr. V. Vimalraj
2. Mr. Ayan Biswas
3. Dr. Rajendra Prasad Ola
4. Ms. Vinita Shrivastava
5. Ms. Shvali Justa
6. Ms. Moumita Bose
7. Dr. Shweta Singh
8. Dr. Narmada Thongam



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