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1 Retrieval of patients with hepatitis C who were lost to follow-up in Southern Denmark

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9
10 **Abstract**

11 **Background**

12 The goal of the C-Free-South project is to eliminate hepatitis C (HCV) in the Region of Southern Denmark
13 (1.2 million inhabitants). One target group consists of people with HCV who had received care but were lost
14 to follow-up. The study aim was to evaluate program efficacy in locating these patients and getting them
15 into care.

16 **Methods**

17 Patients were contacted if they were HCV-RNA positive and age 18+ years, registered in the clinical
18 hepatitis database as of November 1, 2019, and had no scheduled HCV-related appointment. They were
19 contacted at 2-month intervals by phone or letter. For patients who did not respond, we asked their
20 general practitioner to refer them, if possible.

21 **Results**

22 We identified 69 (7%) patients in the database who were listed as untreated and not being followed up. We
23 successfully contacted 54 (78%), and the remaining 15 (22%) did not respond to our contacts. To date, 45
24 (65%) had initiated treatment, one (1%) had rejected treatment, and eight (12%) did not show up to their
25 appointments. Among those receiving treatment, 20 (44%) responded after the first contact, 18 (40%) after
26 the second contact, and 7 (16%) after informing the general practitioner.

27 **Conclusion**

28 An intensified and persistent effort made it possible to reach most HCV patients lost to follow-up. All new
29 contact attempts increased the possibility that patients would receive treatment. Nevertheless, 22% of HCV
30 patients lost to follow-up did not respond to repeated contact attempts.

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35 **Keywords:** Hepatitis C, micro-elimination, lost to follow-up, direct-acting antivirals, retrieval
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39 Introduction

40

41 Hepatitis C (HCV) is a viral infection that globally causes more deaths than HIV and malaria (1). Worldwide,
42 56.8 million people are infected with HCV, which entails a risk of liver cirrhosis and ultimately
43 hepatocellular carcinoma (HCC) (2). The World Health Organization aims to eliminate HCV by 2030. Targets
44 are defined as a 90% reduction in new infections and initiation of treatment in 80% with HCV. In absolute
45 numbers, these goals mean decreasing incidence to <5 per 100,000 persons and <2 per 100 of people who
46 inject drugs (1, 3).

47 Denmark is on track to HCV elimination according to the latest global updates (4). The estimated
48 prevalence of HCV in Denmark is 0.21%, and 85% with HCV acquired their infection through injection drug
49 use. According to a capture-recapture analysis, only 37% of the 9975 people estimated to live with chronic
50 HCV in Denmark in 2016 have attended specialized care, and the proportion of undiagnosed HCV patients is
51 estimated to be 24% (5). Direct-acting antivirals (DAAs) have been used in Denmark for the treatment of
52 HCV regardless of concurrent injection drug use, and since November 1, 2018, regardless of fibrosis stage
53 (6). Treatment is genotype specific according to the medical council's recommendations, and pan-genotypic
54 treatment may be used in selected populations. Prescription of DAAs is the responsibility of specialists in
55 infectious diseases and gastroenterology. The Danish healthcare system is tax paid and organized at a
56 regional level, and all citizens are assigned to a private practitioner serving as the entry point for all
57 secondary care.

58 In the Region of Southern Denmark (RSD), which accounts for 21% of the Danish population, a micro-
59 elimination plan for HCV, the C-Free-South project, was initiated in March 2019 (7). An important part of
60 the elimination program is to track patients who are lost to follow-up (LTFU). Patients can be lost at all
61 steps in the cascade of care, such as before receiving test results, prior to referral for treatment, before
62 treatment initiation, and during follow-up (8-11). Thus, in different studies the term "LTFU" may not
63 necessarily cover the same population (12). In this study, we focus on the last steps in the cascade, on HCV
64 patients who at some point attended a hepatitis clinic in the RSD and then became LTFU without receiving
65 treatment for HCV. These patients were mainly LTFU before the introduction of DAA treatment without
66 restrictions and might not know that they had become eligible for treatment. Previous LTFU studies have
67 highlighted different methods of re-engaging patients, with contact made through the hepatitis clinic or
68 through other departments, in combination with contact by phone and/or letter (electronically, physical
69 mail), with several repetitions and in different combinations (10, 11, 13). The aim of this study was to
70 evaluate the efficacy and success of the C-Free-South project intervention in re-engaging HCV patients who
71 had contact with a specialized HCV clinic and then were LTFU.

72

73

74 Methods

75 Setting

76 In the RSD, HCV treatment has been handled by two clinics: the Department of Infectious Diseases at
77 Odense University Hospital and the Department of Medicine at Sygehus Lillebælt in Kolding. During the
78 retrieval of LTFU patients, the C-Free-South project established another simultaneous outreach
79 intervention with decentralized HCV treatment provided by substance use treatment centers delivering
80 opioid agonist therapy (OAT) (7). Patients LTFU who had enrolled with a substance use treatment center
81 could receive HCV treatment assessment and initiation in an outreach setting without traveling to one of
82 the two hepatitis clinics. The patients in the outreach clinics were linked with one of the two clinics
83 depending on location.

84 Data sources

85 All patients diagnosed with hepatitis in the RSD were registered in a clinical database, “InfCare Hepatitis,”
86 after the first clinical contact in each of the two clinics and after providing informed consent (14). This
87 database contained information about patient demographics, co-infection with hepatitis B and HIV, use of
88 injection drugs and alcohol, liver stiffness measures (LSMs), liver disease staging including pathology and
89 markers of liver function, treatment, and outcome. The database contains data from 2002 onwards. Most
90 of the data have been manually updated except for HCV-RNA and HCV-Ab results. Patients were registered
91 as “discharged” in the database when they achieved cure without a requirement for follow-up, died, or
92 were transferred to another center. If patients did not appear after three scheduled appointments and
93 repeated contact attempts failed before DAA treatment became an option for all people with HCV, they
94 were “discharged” in the hepatitis database without a reason for discharge being noted. Patients were
95 always welcome to be referred again.

96 Study design and population

97 *Retrospective phase: registry-based case finding*

98 In October 2019, a review of all HCV patients registered in the InfCare database was performed. If the
99 reason for “discharged” was not stated, the patients were located in the electronic medical record. If they
100 were still living in the region and without a negative HCV-RNA as their last test result, patients were
101 classified as LTFU and were eligible for the study. In addition to the “discharged” LTFU patients, we found
102 persons registered in the database without discharge or cure who had a positive HCV-RNA without a
103 scheduled appointment for outpatient clinic HCV care. These LTFU patient also were eligible for the
104 interventional phase of the study. Patients LTFU who were contacted in this study are also referred to as
105 “call-back” patients (Figure 1).

106 *Interventional phase: “call back” of LTFU patients*

107 The intervention phase started in November 2019, when LTFU patients from the Department of Infectious
108 Disease, Odense University Hospital, received a letter informing them of the new HCV treatment
109 possibilities and offering a treatment appointment. At the Infectious Disease outpatient clinic in Kolding,
110 Sygehus Lillebælt the first contact attempt was by phone; if patients did not respond, they received a letter.
111 A specialist in infectious diseases made the phone call. If patients did not respond within 2 months after
112 the first contact attempt, a reminder was sent. In case of non-response, correspondence was sent to their
113 general practitioner (GP) with information about the treatment possibilities and asking for a referral if the

114 patient was interested. The letters to the GPs were sent in May 2021. Because of the COVID-19 pandemic,
115 the process was delayed by several months.

116 Patients who responded had the opportunity to receive a full laboratory assessment including HCV-RNA
117 testing, HCV genotyping and FIB4 before the medical check-up and treatment assessment. When blood tests
118 were available, patients were invited for a clinical appointment, including a FibroScan, and treatment was
119 initiated at the first visit. The only planned follow-up was at 12 weeks after completed treatment, and if
120 sustained virological response (SVR) was obtained, the patients were discharged. Patients with suspected or
121 confirmed cirrhosis were offered post-treatment HCC screening according to standard of care. DAA
122 treatment complied with the national guidelines defined by the Danish Medicines Council and was genotype
123 specific. The Council was responsible for the national procurement and use of DAAs. Treating physicians could
124 deviate from the guidelines at their discretion without any delay or inconvenience to the patient. During the
125 study period, recommended treatments were 12 weeks of elbasvir/grazoprevir for patients with genotype
126 1/4, 8 weeks of glecaprevir/pibrentasvir for patients with genotype 2/3, and 12 weeks of
127 velpatasvir/sofosbuvir for patients with cirrhosis.

128 Ethics approval

129 According to Danish law, doctors cannot contact patients once they have been discharged from their clinic.
130 In these cases, because the contact was deemed to be in the best interest of the patients, the Legal Office
131 at the RSD (21/27031) authorized the intervention. The study was approved by the Danish Data Protection
132 Agency (j.nr.: 21/27949).

133 Data collection and analysis

134 The characteristics of the 69 individuals eligible for call back were defined through the data in the InfCare
135 hepatitis database. For patients in the non-treated group, the last available data including FibroScan results
136 were used from the database before “discharge.” For patients in the treatment group, the latest FibroScan
137 results before treatment initiation were used.

138 Descriptive data are reported as absolute numbers, percentages or medians (with interquartile ranges; IQRs).
139 Differences between subgroups were tested for statistical significance using the chi-square test, Mann–
140 Whitney U test, or Kruskal–Wallis test. Analyses were performed using STATA 16.

141 Results

142 *Retrospective phase*

143 The review of the InfCare database yielded 69 patients with HCV in RSD who were LTFU and eligible for
144 retrieval. Of this group, 19 were associated with the Department of Medicine, Sygehus Lillebælt, Kolding,
145 and 50 patients were from the Department of Infectious Diseases at Odense University Hospital (Figure 2).

146 *Interventional phase*

147 Contact was achieved with 54 (78%) of the 69 eligible call-back patients. Treatment was initiated in 45/69
148 (65%). Thirteen of the successful contacts (29%) received their medical checkup and treatment through
149 outreach care in a substance use treatment center near their place of residence. One (1%) patient rejected
150 treatment, and 8/69 (12%) expressed interest in treatment but did not attend appointments. No contact
151 was achieved with 15 (22%) of the patients with HCV who were LTFU after two attempts and a letter to

152 their GP. Of those who initiated treatment, 20 (44%) responded after the first contact by phone or letter,
153 and 18 (40%) responded after the second contact by letter. Seven (16%) patients responded after a letter
154 was sent to their GP (Figure 3). Among those who were treated after the first, second and third contacts, an
155 analysis for differences in age, ethnicity, mode of transmission, use of alcohol or injection drugs, stage of
156 fibrosis, and genotype showed a significant difference only for genotype.

157 No major differences were found between the treated (n=45) and non-treated groups (n=24), (no contact,
158 n=15; with contact but no treatment started, n=8; rejection of treatment, n=1). The only significant
159 difference between the groups was the availability of a FibroScan result. Both groups were majority male,
160 and the median age for the whole group was 43.1, but the treatment group was numerically older (median,
161 44 years). The main mode of transmission was drug use, which was the same in both groups and related to
162 the use of injection drugs. The majority of patients in the treatment group had no reporting of heavy
163 alcohol use (>14 weekly units for women and 21 for men), whereas the non-treated group was evenly split
164 between those who did and did not report heavy use. Overall, nine patients (13%) had significant fibrosis
165 (LSM >10 kpa), seven (10%) had LSM compatible with cirrhosis (>12 kpa) (Table 1) (15). The first patient
166 initiated treatment 3 days after first contact, whereas the latest patient who initiated treatment did so at
167 977 days (2.7 years) after the first contact attempt. Seventeen patients (37.8%) initiated treatment one
168 year after first contact (Table 2).

169 *Cascade of care*

170 None of the LTFU patients had ever received HCV treatment before call back. Of the initial 69 patients who
171 were LTFU, 43 of 45 who initiated treatment had completed treatment to date, and the remaining two
172 were still in ongoing treatment. Eight patients expressed an interest in treatment but repeatedly did not
173 appear for treatment assessment. Most of this group (6/8) had indicated interest in treatment when
174 contacted by phone. The “response on contact” between the clinics did not differ significantly and 34 of 50
175 patients (68%) started treatment at Odense University Hospital compared with 11 of 19 (58%) initiating
176 treatment at Kolding. No patient discontinued treatment, and no relapse has been registered so far. Of the
177 43 patients who completed treatment, 34 achieved SVR, 3 SVR results were pending, 4 were LTFU, and 2
178 patients died after treatment and before SVR was achieved (Figure 4). The two clinics did not differ
179 significantly in contact efficacy or treatment initiation rates.

180 Discussion

181 To our knowledge, this effort is the first HCV call-back project in the Nordic region. We re-traced 78%
182 (n=54) patients and initiated treatment in 65% (n=45). This proportion is higher than previously reported in
183 LTFU studies (10, 16). In the Netherlands, which has a lower HCV prevalence than Denmark, a national
184 program for retrieving LTFU patients has been implemented, and studies have shown that it is feasible in
185 terms of achieving HCV elimination (17, 18). In several regions of the Netherlands, patients have been
186 “called back” for treatment. In a study from the South Limburg region 308 HCV patients were contacted
187 and 29% responded (10). In a study from the Utrecht province, 269 HCV patients were contacted, but only
188 17.4% (n=47) responded. Of those, 42 had chronic HCV and 25 were cured, had results pending, or were
189 scheduled for treatment (16).

190 The high call-back efficacy in our study may relate to several factors. We contacted only individuals who
191 had been patients in our outpatient clinics. We did not systematically ask about the reason for dropout, but

192 our impression is that the vast majority did so because of the lack of accessible treatment options before
193 the DAA era. Nevertheless, it was probably easier for LTFU patients to return for treatment if they were
194 invited by letter to the clinic they had previously attended instead of to an unfamiliar department (16).

195 The option to be treated at a local substance use treatment center probably contributed to the high
196 treatment uptake in our study. Of 45 treated patients, 29% (n=13) were treated through this outreach
197 intervention. The longer distance to HCV treatment clinics is linked to decreased treatment uptake.
198 Simpson et al found that people living within <4 km from their HCV treatment clinic had a 1.22 higher odds
199 of being treated compared with those living further away (19). One LTFU study from Spain, which examined
200 factors related to non-attendance at a HCV treatment clinic, showed that OAT was a predictor of non-
201 attendance (20). By offering treatment at a local substance use treatment center, we eliminated the
202 distance obstacle and integrated hepatitis treatment with regular OAT (21).

203 Multiple visits to initiate treatment are a known risk factor for dropping out of the cascade of care, but at
204 the time of this study, we had to allow for 4–6 weeks of processing time for HCV genotyping. With
205 complete blood work available at a local laboratory immediately after contact, the patient only needed one
206 visit at the clinic that initiated treatment. This factor might also have been important in retaining patients in
207 care once contact was made (22). In the latest national guidelines (2022), pan-genotypic treatment is now
208 allowed if patients are at high risk for being LTFU, allowing the physician to treat at the first encounter (23).

209 Our findings indicate that repeated contact attempts improved call-back efficiency considerably. We
210 contacted patients by phone or letter in several attempts. In a comparison of the two contact strategies,
211 contact by phone seems to have been easier but did not seem to have been an advantage in terms of
212 treatment response. The group who received a letter had taken the effort to make an appointment,
213 whereas the phone group did not. The fact that eight patients indicated an interest in treatment, but never
214 attended clinic could indicate that showing interest in treatment is easier than attending clinic. Supporting
215 this inference is the fact that all LTFU patients who did attend clinic after their retrieval initiated treatment
216 and fulfilled it. If we could engage other healthcare settings that patients contact or could identify peers
217 who could motivate patients to enter treatment, we might be able to reach even more of them, especially
218 the 12% who indicated interest in treatment (24).

219 Our study had 22% non-respondents to our repeated contact attempts. We believe that reaching this
220 “hard-to-reach” group requires dedicated and experienced HCV staff. We have therefore engaged an
221 outreach mobile clinic with dedicated personnel to increase uptake further (25). A major limitation of this
222 study, however, is that the reason patients did not respond is a matter of speculation. In other studies, a
223 high alcohol intake has been a barrier to treatment initiation, and we had a numerically but non-
224 significantly higher intake of alcohol in the non-treated group (26). The InfCare database contains no
225 information about living conditions, which is another study limitation and reduces knowledge about the
226 patient’s background.

227 We included only patients who had attended our clinic in this study. There remains a large group of
228 individuals who once had a positive HCV test but never attended clinical care. This group could not be
229 contacted for legal reasons at the time, but fortunately, the ministry of health overruled this prohibition in
230 2020. Now more than 3000 possible HCV patients in Denmark have been contacted and are in the process
231 of being offered treatment in the so-called “call-in” initiative. Thus far, the efficacy of “call in” in RSD has

232 been somewhat lower than for call back, but we hope that the data we present here can be used to
233 improve the ongoing call-in process (Peer Brehm Christensen, personal communication).

234 The call-back intervention took place during the COVID-19 pandemic, which significantly prolonged its
235 duration. Our outpatient clinics were partially closed for HCV patients during 2020-2021, and it is possible
236 that we might have had even higher efficacy if treatment had not been deferred for patients (27).

237 In a low-prevalence HCV setting, it is very efficient to treat identified patients with HCV who have been
238 LTFU. However, this effort should be made in combination with other initiatives trying to detect the group
239 of undiagnosed, e.g., by screening in the general population (28). To trace those diagnosed with HCV
240 infection and initiate treatment is an important milestone, however, and on the road to HCV elimination by
241 2030, every patient counts.

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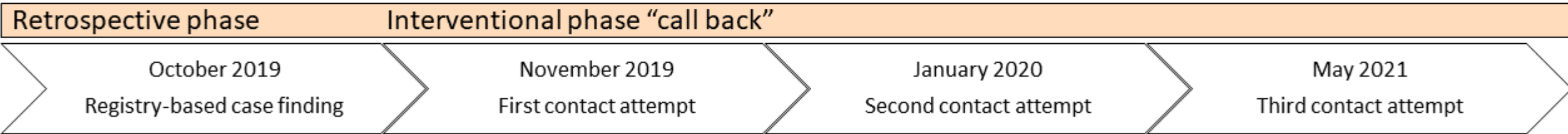


Figure 1. Flow of study design

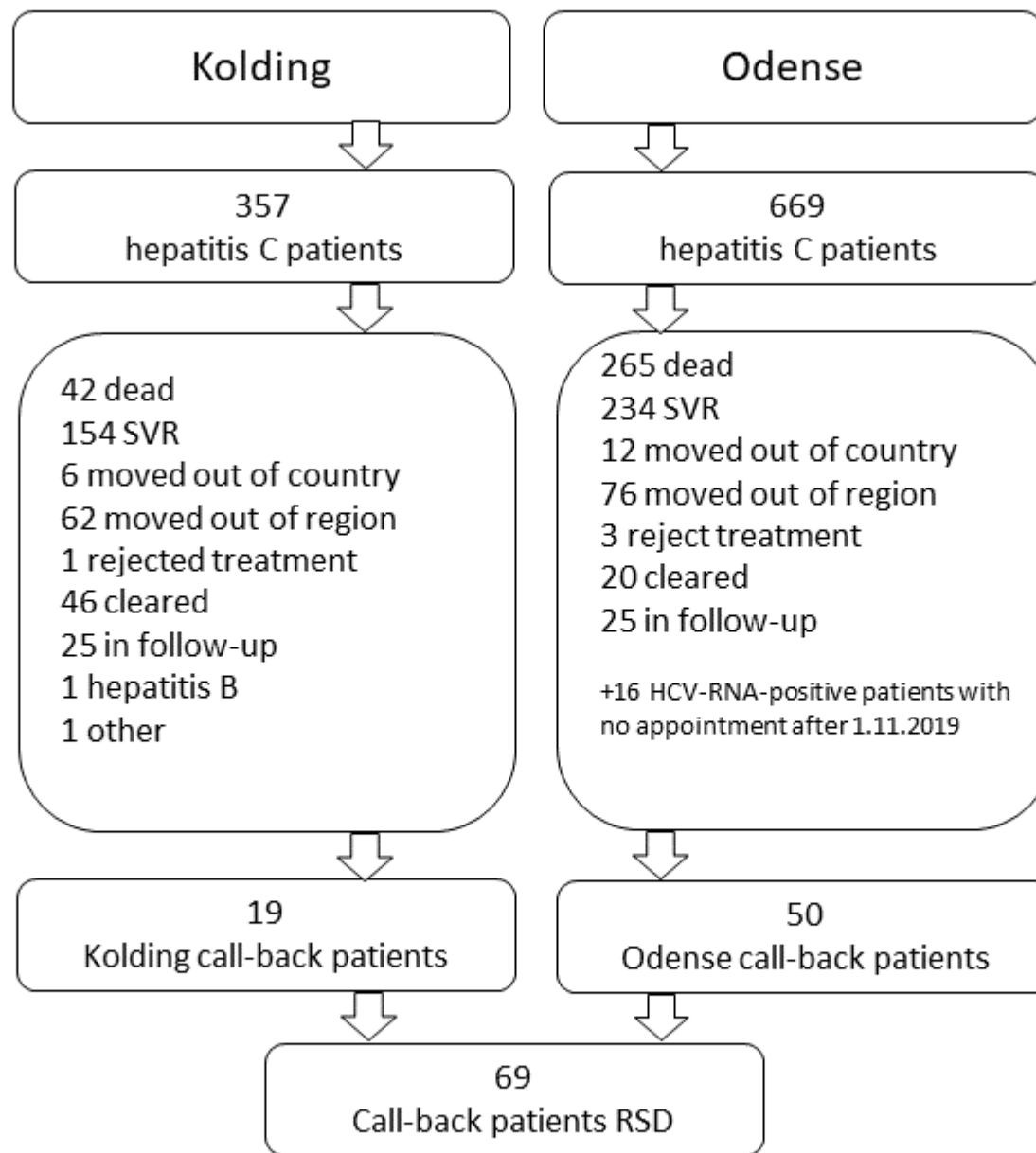


Figure 2 Flowchart of the identification in the database of patients lost to follow-up

- RSD: Region of Southern Denmark; SVR: Sustained virological response

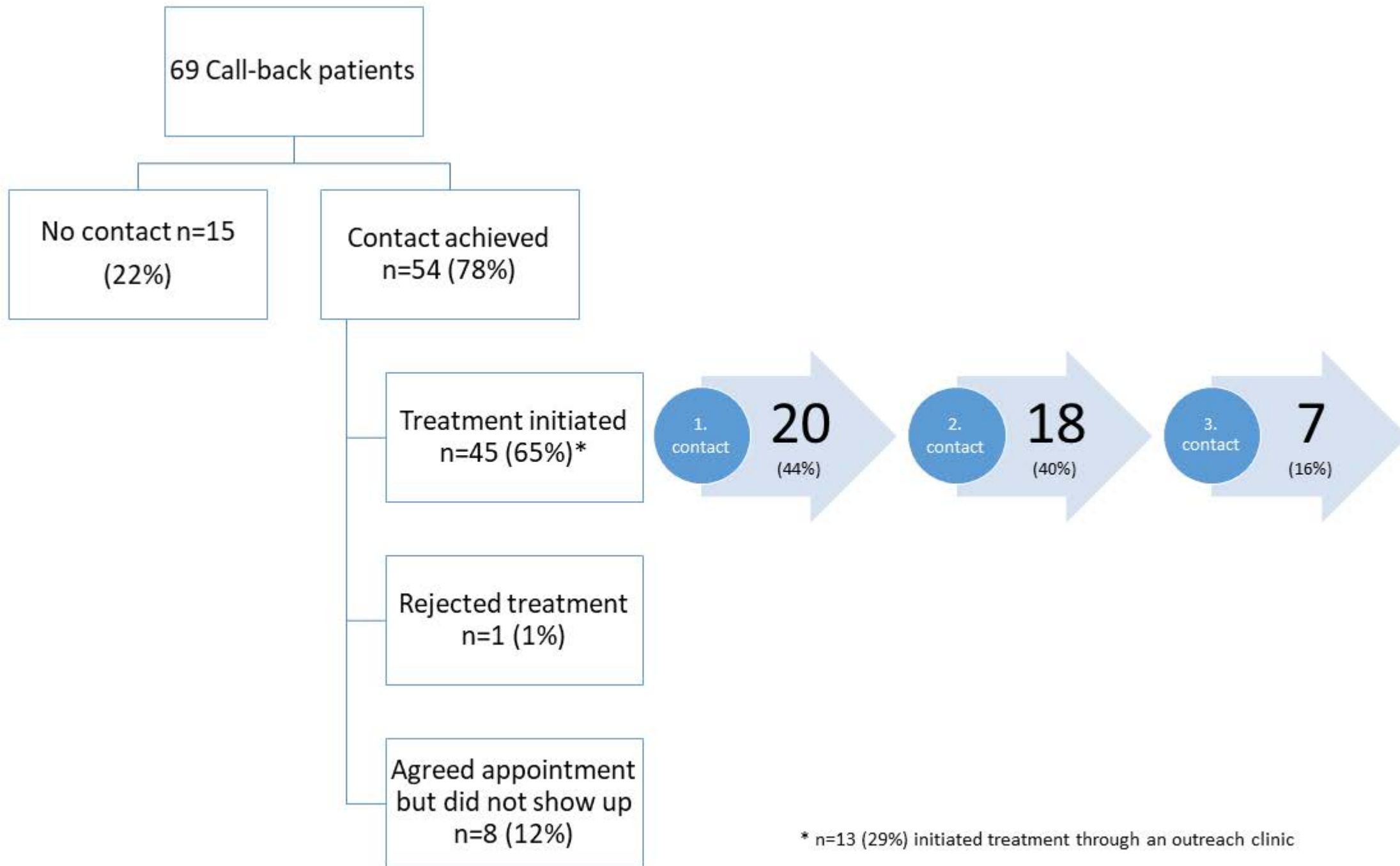


Figure 3. Flowchart of call-back patients and an overview of how many persons initiated treatment after each contact attempt

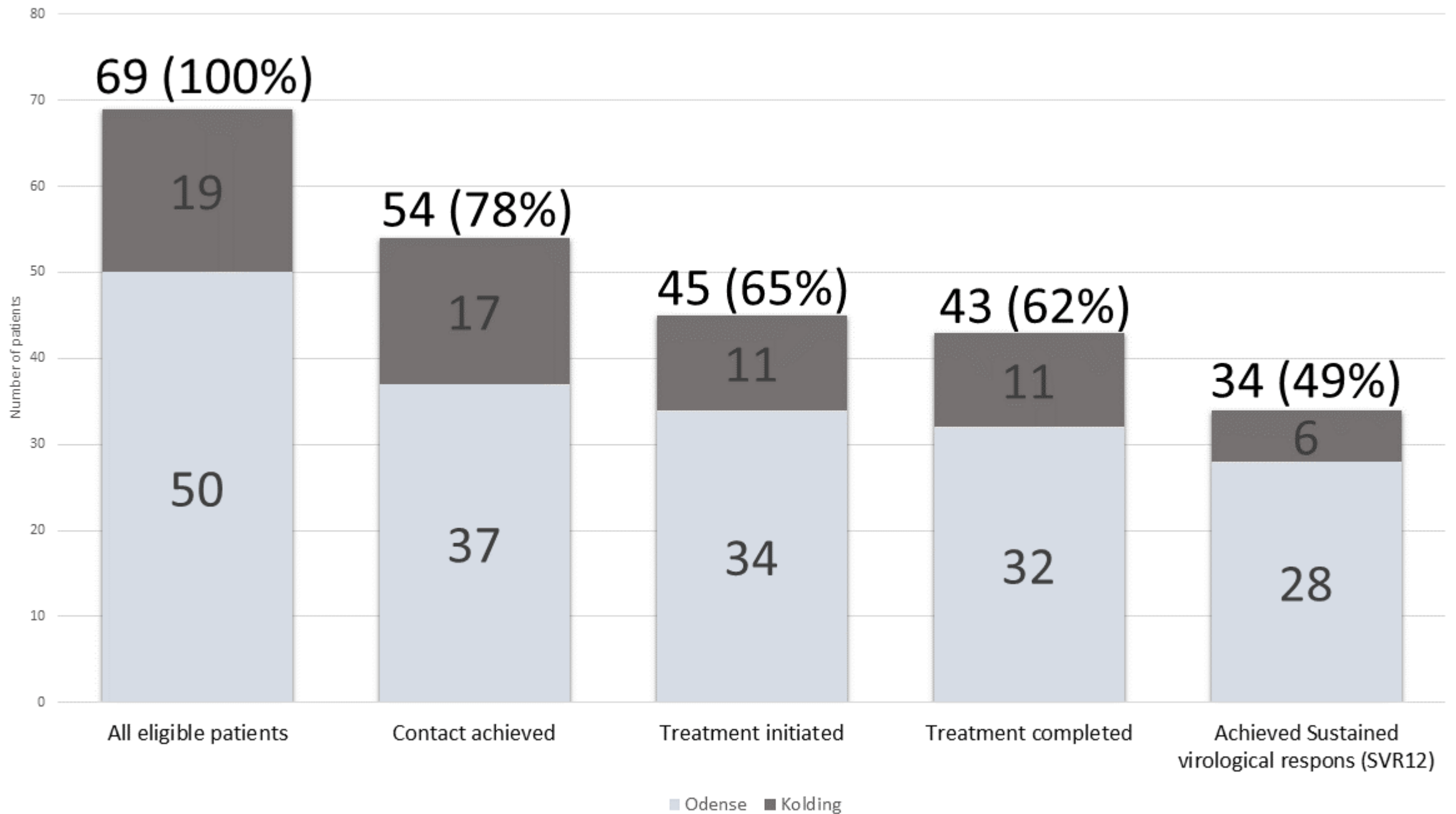


Figure 4. Cascade of care of traced call-back patients

Table 1. Characteristics of hepatitis C patients lost to follow-up

	All (N=69)	Treated (n=45)	Non-treated (n=24)	P value
Age in years, median (IQR)	43.1 (34.8–49.4)	44.0 (33.2–49.5)	42.8 (36.7–48.3)	.239 ^M
Male sex, n (%)	51 (74)	33 (73)	18 (75)	.881 ^C
Ethnicity, n (%)				.862 ^K
<i>White</i>	46 (66.7)	28 (62.2)	18 (75)	
<i>Non-white</i>	5 (7.2)	3(6.7)	2 (8.3)	
<i>Unknown</i>	18 (26.1)	14 (31.1)	4 (16.7)	
Last day of registration in the InfCare database before retrieval, n (%)				.858 ^C
<January 1, 2015	13 (18.9)	8 (17.8)	5 (20.8)	
>January 1, 2015 < October 31, 2018	33 (47.8)	21 (46.7)	12 (50)	
>November 1, 2018	23 (33.3)	16 (35.5)	7 (29.2)	
Mode of HCV transmission, n (%)				.942 ^K
<i>Drug use</i>	44 (63.8)	30 (66.7)	14 (58.3)	
<i>Sexual route (no other risk)</i>	4 (6.4)	3 (6.7)	1 (4.2)	
<i>Tattoo or drug use</i>	1 (1.4)	1 (2.2)	0	
<i>Sexual route or drug use</i>	2 (2.9)	0	2 (8.3)	
<i>Other</i>	1 (1.4)	1 (2.2)	0	
<i>Unknown</i>	17 (38.6)	10 (22.2)	7 (29.2)	
Heavy alcohol consumption (ever >14 units weekly for women, 21 units weekly for men), n (%)				.487 ^C
<i>Yes</i>	23 (33.3)	14 (31.1)	9 (37.5)	
<i>No</i>	30 (43.5)	21 (46.7)	9 (37.5)	
<i>Unknown</i>	16 (23.2)	10 (22.2)	6 (25.0)	
History of injection drug use, n (%)				.812 ^C
<i>Yes</i>	40 (58.0)	28 (62.2)	12 (50.0)	
<i>No</i>	15 (21.7)	10 (22.2)	5 (20.8)	
<i>Unknown</i>	14 (20.3)	7 (15.6)	7 (29.2)	
FibroScan LSM examination in database, n (%)				.001 ^C
<i>Yes</i>	64 (93.0)	45 (100)	19 (79.2)	
<i>No</i>	5 (7)	0	5 (20.8)	
FibroScan LSM in kpa, median (IQR)	5.6 (4.8–7.9)	5.6 (5.0–7.6)	5.6 (4.5–8.1)	.791 ^M

LSM ≤10 kpa, n	55	36	19	.110 ^C
LSM >10 kpa <12 kpa, n (%)	2 (3)	2 (4)	0	
LSM >12 kpa, n (%)	7 (10)	7(16)	0	
Genotype				.256 ^C
1	28	18	10	
2	4	4	0	
3	21	15	6	
4	2	2	0	
6	1	0	1	
<i>Unknown</i>	13	6	7	

M=Mann-Whitney U test; C=Chi-square test; K=Kruskal-Wallis test

LSM: Liver stiffness measure

	All treated	<12 weeks	>12 weeks <12 month	>12 month
Initiated HCV treatment, n (%)	45 (100)	12 (26.7)	16 (35.5)	17 (37.8)
Days from first contact until treatment initiation, median (IQR)	230 (41–734)	43 (23–68)	164 (113–239.5)	601 (459–734)

Table 2. Time in days from first contact attempt until treatment initiation divided in groups