

Blood borne diseases, Need AwarenessM. Kashif¹, U. Hani², S.A. Ather³^{1,3} Karachi Medical and Dental College² HOD Dept. of Oral Pathology, Karachi Medical and Dental CollegeDOI: <https://doi.org/10.69491/37tcab09>

To,

The Editor,

Through your esteemed journal, we would like to draw attention to a very important issue i.e. Blood borne diseases, A fear of dentists".

Hepatitis B Viruses and Hepatitis C Viruses (HBV and HCV) can cause possibly fatal liver infections. In Pakistan, it is believed that 5 million people are infected with HBV, while 10 million have HCV (1). Despite the availability of life-saving medicines, Pakistan has the highest rate of increase among the region's nations (2).

Dental treatment is regarded as the most notorious source of cross-infection between healthcare employees and the general public (3). Many dentists and their staff have faced serious dangers from the hepatitis B and hepatitis C viruses at some point in their careers. As a result, cross-infection is one of the most severe concerns for not only patients but also healthcare workers (4).

There is a huge impact of these blood-borne diseases in the life of health care workers, especially dentists as they are much more exposed to blood in their routine work. They are in constant fear and anxiety while treating every patient as they might get infected (5). Reducing fear among dentists in treating hepatitis patients can be achieved through the following ways

1. Providing proper education and training on the transmission and prevention of hepatitis can help dentists feel more confident and prepared when treating patients with the virus.
2. Conducting a risk assessment of the patient's medical history and level of infectivity can help dentists determine the appropriate level of precautions and treatment needed.
3. Developing and implementing SOPS for treating patients with infectious diseases, including hepatitis, can help dentists feel more confident and prepared when treating such patients.
4. Providing support and counseling services for dentists who may experience fear or anxiety when treating hepatitis patients can help them manage their emotions and feel more confident in providing treatment.

5. In each dental organization there must be an annual session to make dentists realize how their work can offer assistance to patients to live the best and healthy lives.
6. Dentists must be properly vaccinated against infections for example hepatitis, influenza, tuberculosis, etc
7. Dentists and dental students should have proper knowledge of the management protocol of needle stick injury and post-exposure management.
8. By implementing these strategies, dentists can feel more prepared and less fearful when treating patients with hepatitis, leading to better patient care and improved health outcomes.

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