



Service Priorities and Programmes
Electronic Presentations

Convention ID: 153

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Implementation of HB education class: how useful it is? A prospective study

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Keywords:

Hepatitis B

Education Class

Prospective study

Introduction

Hepatitis B virus (HBV) infection is a global public health problem. It is estimated that 350 million persons worldwide are chronically infected with HBV and about 600,000 people die annually from HBV related liver disease. In Hong Kong, the prevalence of chronic HBV infection was estimated at around 8%. According to World Health Organization, it is important for people to know more about the HBV disease information. A monthly "Hepatitis B Education Class" has been provided to patients with hepatitis B and their relatives in New Territories West Cluster (NTWC).

Objectives

1) To understand the background knowledge on chronic hepatitis B infection in HB education class participants
2) To assess the usefulness of HB education class.

Methodology

Patients who are suffered from chronic hepatitis B will be referred from Specialist Out-patient Department, General Out-patient Clinic and Family Medicine. The education class was divided into 2 sessions. In the first session, gastrointestinal nurse will introduce the epidemiology, potential complication and lifestyle modification measures. The second session which included the choice of anti-viral treatment and disease monitoring plan will be delivered by our hepatologist. The participants will complete a quiz with 17 questions to assess their background knowledge on chronic hepatitis B infection before and after the education class. The scores of the quizzes before and after the class were compared by a nonparametric test (Wilcoxon signed ranks test). The participants were also invited to complete a satisfaction survey on various aspects of the class on a 4 points scale.

Result

A total of 590 patients had attended the education class from January 2009 to December 2012. All of them have completed the quizzes and patient satisfaction survey. The pre-class mean score is 13.4 and the post-class mean score is 15.2. Using Wilcoxon signed ranks test, this difference is shown to be statistically significant ($p < 0.001$). This result showed that the participant's knowledge in hepatitis B was increased after attending the education class. For the satisfaction survey, more than

90% of the participants expressed that the class had intensified their knowledge on hepatitis B and more than 90% of them felt that the class could help them to choose a suitable anti- viral regime. 95% of the participants would like to refer their relatives to our class. These results showed that the HB education class has increased patient's knowledge on CHB and increased their confidence on HB management.