



Service Priorities and Programmes
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A 5- year review on the implementation of Hepatitis B education class in NTWC

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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 (1, 2). In Hong Kong, the prevalence of chronic HBV infection was estimated at around 8% (3). According to WHO, it is important for people to know more about the HBV disease information as patient with hepatitis B infection could take steps to prevent transmission of the disease to others. Besides, lifestyle precautions (e.g. alcohol elimination and certain drugs with liver toxicity) could also be undertaken to protect patients' liver from additional harm (4).

Objectives

1)To evaluate the background knowledge of the participants on HBV infection. 2)To assess the usefulness of the program.

Methodology

Hepatitis B education class has been implemented in NTWC since January 2009. Patients who are suffered from HBV infection will be referred by doctors from SOPD, GOPC and family medicine. The education class was divided into 2 sessions. In the first session, gastrointestinal nurse will introduce the natural history of HBV infection, route of transmission, potential complication and lifestyle modification measures to the participants. The second session which included the choice of anti- viral treatment and disease monitoring plan will be delivered by hepatologist. Participants need to complete a quiz with 17 questions to assess their knowledge on HBV infection before and after the class. The differences in quiz scores were then compared by Wilcoxon signed ranks test. The participants were also invited to complete a satisfaction survey for the class.

Result

730 patients had attended the education class from January 2009 to December 2013. All of them have completed the quizzes and patient satisfaction survey. The pre-class mean score is 13.5 and the post-class mean score is 15.1. By using Wilcoxon signed ranks test, the 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, over 90% of the participants expressed that the class had intensified their knowledge and more than 90% of them felt that the class could help them to choose the suitable treatment regime. Over 90% of the participants would refer their relatives to attend the class.