

## **An Educational Health Promotion Program For Nurses**

### **About Viral Hepatitis "B" And "C" In Rural Areas**

Dr. Howyida .S. Abd El Hameed, professor Dr Abd El – Rahim .S. Shoulah,  
professor Dr Abd El-Shafy. M. Tabl, professor Dr Nawal .M. Soliman And Miss  
Eman .N. Ramadan

#### ***Abstract:***

This study aimed to assess nurses knowledge about viral hepatitis "B" and "C" to detect nurse's needs, assess nurses practice about viral hepatitis B and C implement a health promotion educational program for nurses about viral hepatitis B and C and evaluate the impact of the program on nurses knowledge and practices . It was conducted in all rural health units in Benha.(17 units). These units were (Bata – Damalo – Batanda –Meet El Hofeen – Gezert Bely – El Ramla-El Shmot - Dogwy- Magol- Meet Rady -Metrady- Met Elsbaa – Met El Ataar – Warwara Kafr Atalaa- Gamgara – Kafer El Hamam-pokera). A systemic random sample of 100 nurses who were exposed to Hepatitis "B" and "C" infection. Two tools were used for data collection: An interviewing questionnaire to was developed to assess nurse's knowledge. An observational checklist was Used to assess nurse's practice about viral hepatitis "B" and "C" improved significantly after the application of the an educational health promotion program. The study recommended the continues of educational health promotion program for nurses about all types of viral hepatitis and infection control measures for it in rural health units in all governorates of Egypt. Simple booklets, handouts and pamphlets with updated knowledge and instruction about viral hepatitis should be available in different settings in the community (Rural health Units, Maternal & Child Health Centers, Schools and hospitals). Mass media should play a significant role to disseminate the needed information about viral hepatitis and infection control measures for it. Infection control program for prevention and control of viral hepatitis should be encouraged and assesses periodically by MOHP.

### ***Introduction :***

Viral hepatitis represents a serious public health problem as Most cases of chronic viral hepatitis are caused by hepatitis “B” and “C” virus especially in developing countries. Hepatitis B virus infection (HBV) is endemic in many rural communities. *(Ryder2001 and samilha, 2001).*

HBV and HCV hepatitis are blood borne pathogen which have certain characteristics that facilitate their continued transmission in community setting . Nurses are high – risk health care workers because they have having frequent contact with Blood, blood products or body secretion *(Ngoyen & Keeffe, 2003).*

In developed countries, high rates of “ HBV” and “ HCV” transmission were first associated with transfusions of blood and blood products. In countries with less sophisticated health care services, a high proportion of “ HBV” and “ HCV infection is currently being transmitted in health care settings in association with unsafe injection use, due to a shortage of equipment, training and supervision *(Simonj son et al., 1999).*

More than one third of the world population are estimated to have been infected with hepatitis “B” virus Also it is estimated that there are around 350 million carriers of the hepatitis B virus ( about 5% of the world population) . the world health organization ( WHO ) recommended in May 1992 that all countries should integrate hepatitis B vaccination into their national immunization programs *(jakkila, 2003 ).*

*El-Zayed, (2004)* reported that the of anti-HCV among Egyptian population 12% of the total population i.e 8 million individual in Egypt.

Health promotion programs are designed to improve the health and well being of individuals and communities by providing people with information, skills, services and support they need to under take and maintain positive life style changes *(Hagez and Bagechi, 1994; Thompson 1998 and Nies & Mcxwen, 2001).*

Health education program is a vital component of community health nursing because the promotion, maintenance, and restoration of health rely on client's understanding of health care requirements and increase in the nurses opportunities to develop their role (*Stanhope and Lancaster, 1996*).

Community health nurses who are concerned with hepatitis prevention must recognize clients who are at risk, the locations of the potential reservoirs and sources of hepatitis. Also, they must know environmental factors promote their spread and what are the characteristics of vulnerability of community members and groups. Therefore, community health nurses must work collaboratively with other public health professionals to develop education programs and immunization to improve community infection control policies and to develop health care services (*Allender and spradley, 2001*). Community health nurses working at rural health units are greater risk for contracting blood borne pathogens as HBV & HCV due to lack of awareness of blood borne infection, So that, community health nurses must be knowledgeable to prevent transmission accruing in any health care setting and protect them selves from infection (*Smith and Maures, 1995*).

The main goal of this study is to develop and implement an educational health promotion program to help nurses working in rural units to improve their knowledge and performance about HBV and HCV and to prevent infection.

### ***Subjects and methods :***

#### ***Study design***

The present study follows a quasi experimental design

#### ***Setting :***

This study was conducted in all rural health units in Benha ( Bata – Damalo – Batanda – Meet El Hofeen – Gezert Bely – El Ramla-El Shmot - Dogwy- Magol- Meet Rady -Metrady- Met Elsbaa – Met El Ataar – Warwara Kafr Atalaa- Gamgara – Kafer El Hamam-pokera).

