

**A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING
PROGRAMME ON KNOWLEDGE REGARDING PREVENTION OF
HEPATITIS AMONG ADOLESCENTS IN SELECTED SCHOOLS OF
KANYAKUMARI**

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ABSTRACT

Hepatitis is an inflammation of the liver. The condition can be self-limiting or can progress to chronic hepatitis, which can lead to progressive scarring of the liver cirrhosis or liver cancer. Hepatitis viruses of 5 types- hepatitis A virus (HAV), hepatitis B virus (HBV), hepatitis C virus (HCV), hepatitis D virus (HDV) and hepatitis E virus (HEV) are the most common cause of hepatitis in the world. According to WHO Globally 325 million People were living with viral hepatitis. In this 2,850,000 people because newly infected in 2017, in which 80% of people living with hepatitis lack Proper testing and treatment. The average estimated carrier rate of hepatitis B virus (HBV) in India is 4%, with a total pool of approximately 36 million carriers. In Conclusion we need to prevent this diseases and educate the young group to follow the preventive measures of Hepatitis. This study aims to educate the adolescents regarding the prevention of Hepatitis . The structured teaching programme was developed and imparted knowledge to adolescents. The result shown that the mean post test knowledge score was higher than the mean pre test score.

Key words : Effectiveness, knowledge , Prevention, Hepatitis and Adolescents

INTRODUCTION

Hepatitis B infection is an ancient disease from the times of Bronze Age which had been suspected as an agent of infection in the 50s which was later reported first as Australian antigen in the 60s and subsequently discovered under the electron microscope in the 70s. Hepatitis is a major public health problem as one-third of the world population is infected with hepatitis Virus. Based on the prevalence of hepatitis, India is in the intermediate HBV endemicity zone (HBsAg prevalence among the general population ranges from 2% to 8%) with 50 million cases which makes it the second largest global pool of chronic HBV infection.

However, it is observed that there are several others with this condition who are not aware of it and have no access to treatment at all due to which millions continue to suffer. As per the estimates of World Health Organisation (WHO), 300 million people across the world are infected with Hepatitis, yet unaware of it and do not undergo treatment. Hepatitis B and C are the most common types of Hepatitis infection found in India. Hence, it is essential to know how contagious these are and the risk factors associated with them. Hepatitis B is quite contagious and it gets transmitted through infected blood and some other body fluids. However, it is essential to know that the virus never spreads through sharing utensils or kissing even though it is found in saliva. It does not pass on through sneezing, coughing, or breastfeeding. For the initial three months after exposure, Hepatitis B remains asymptomatic and it can last for 2 to 12 weeks. During this phase, an infected individual could be contagious even without signs of Hepatitis. The virus can live outside the body for up to a week. Acute infection may occur with limited or no symptoms, or may include symptoms such as jaundice (yellowing of the skin and eyes), dark urine, extreme fatigue, nausea, vomiting and abdominal pain

Dr Mallikarjun Sakpal, Consultant, Hepatology and Liver Transplantation, Aster CMI Hospital, Bangalore says, "Two of the most common strains of Hepatitis infection in India are Hepatitis B and C. Hepatitis B and C typically spreads through the exchange of infected bodily fluids. A person may contact Hepatitis by coming into direct contact with infected blood – this has been commonly observed in drug users who share needles or people who receive tattoos from unhygienic places. Another way the virus commonly travels is through sexual contact with an infected individual. It is also possible for a mother

to pass on a Hepatitis infection to her baby through childbirth. Those who are most likely to unexpectedly contract a Hepatitis infection are healthcare workers, people who have unsafe sex with multiple high-risk partners, or those who frequent places where infected needles or razors are used such as unsafe piercing and tattoo parlours or unhygienic barber shops. Hepatitis is a virus that can drastically take a toll on the liver and therefore individuals whose health has already been impacted with diabetes, kidney disease or chronic liver disease are likely to suffer greater health impacts from a Hepatitis infection. In extreme cases, a Hepatitis infection could even develop into liver cirrhosis or liver cancer.

Figure .No : 1 Preventive Measures of Hepatitis



Different types of Hepatitis can be prevented by taking adequate preventive measures such as Vaccines for hepatitis A and hepatitis B are the most effective preventive measures against those viruses and avoid sharing Personal items, avoid alcohol and drugs, take adequate measures while travelling, these help the individual to take necessary steps to prevent hepatitis. The report refers to young people as a “powerhouse of human

potential” and describes strategic opportunities to meaningfully engage them in transforming health and sustainable development. Young people can be critical agents of change, it says, if they are allowed to be part of the conversation in a fundamental way of many preventable diseases. According to WHO, With over 40% of the world’s population under the age of 24 years, young people have to be part of any meaningful solution to the world’s challenges and this is their right. Ensuring young people’s meaningful, safe and effective engagement for health and sustainable development is a matter of urgency to educate them about the diseases and its prevention. In this study the researcher selected adolescents to educate about the prevention of Hepatitis.

OBJECTIVES

1. To assess the source of information regarding the knowledge of prevention of Hepatitis among adolescents
2. To assess the pretest knowledge of adolescents regarding the prevention of Hepatitis before STP.
3. To impart education regarding the knowledge on prevention of hepatitis among adolescents
4. To assess the post test knowledge of adolescents regarding the prevention of Hepatitis before STP.

METHODOLOGY

The general system model was adopted for conceptual frame work. The quasi experimental one group pretest, post test design was selected for the study. The main study was conducted. The sample size was 100 adolescents from different schools of Kanyakumari and samples were selected based on inclusion criteria through convenient sampling techniques. The purpose of the study was explained and written consent was obtained from each students. Data collection was done using structured questionnaires and STP on definitions, types of Hepatitis, its causes, effects, treatment and prevention of hepatitis, after the STP the post test was conducted for the same samples with the same questionnaires.

RESULTS

Table.No; 1 Sources of Information regarding the prevention of Hepatitis.

Sources of Information	Frequency	Percentage
Health Workers	18	18%
Media	31	31%
Family	19	19%
Friends	15	15%
Hospitals	10	10%
Others	7	7%

Figure.No : 2 Sources of Information regarding the prevention of Hepatitis.

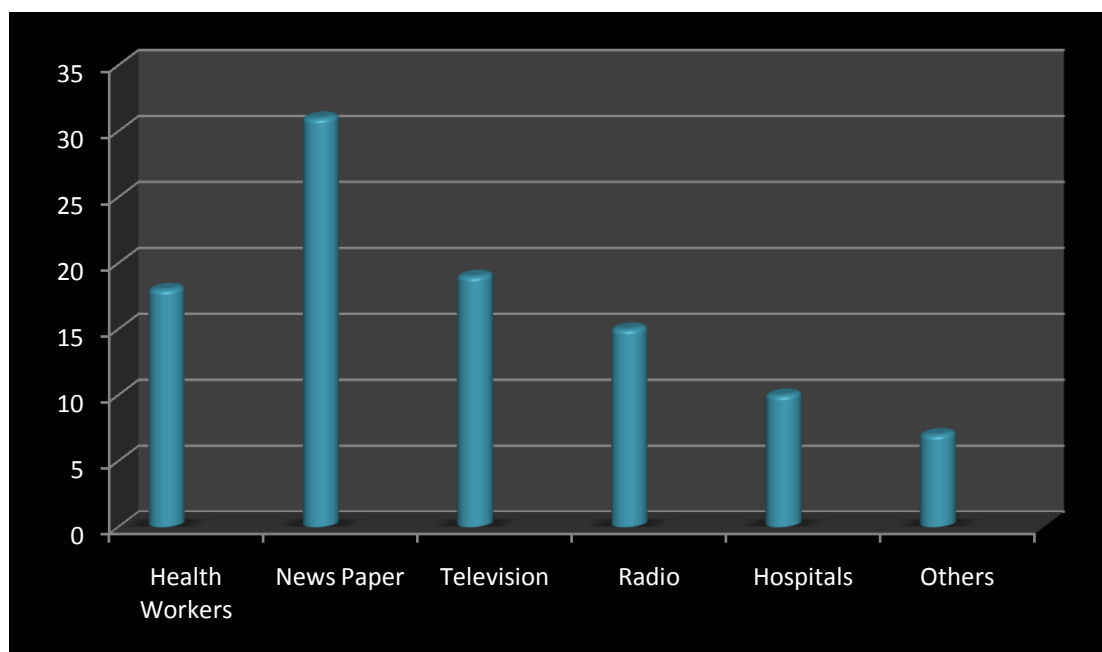
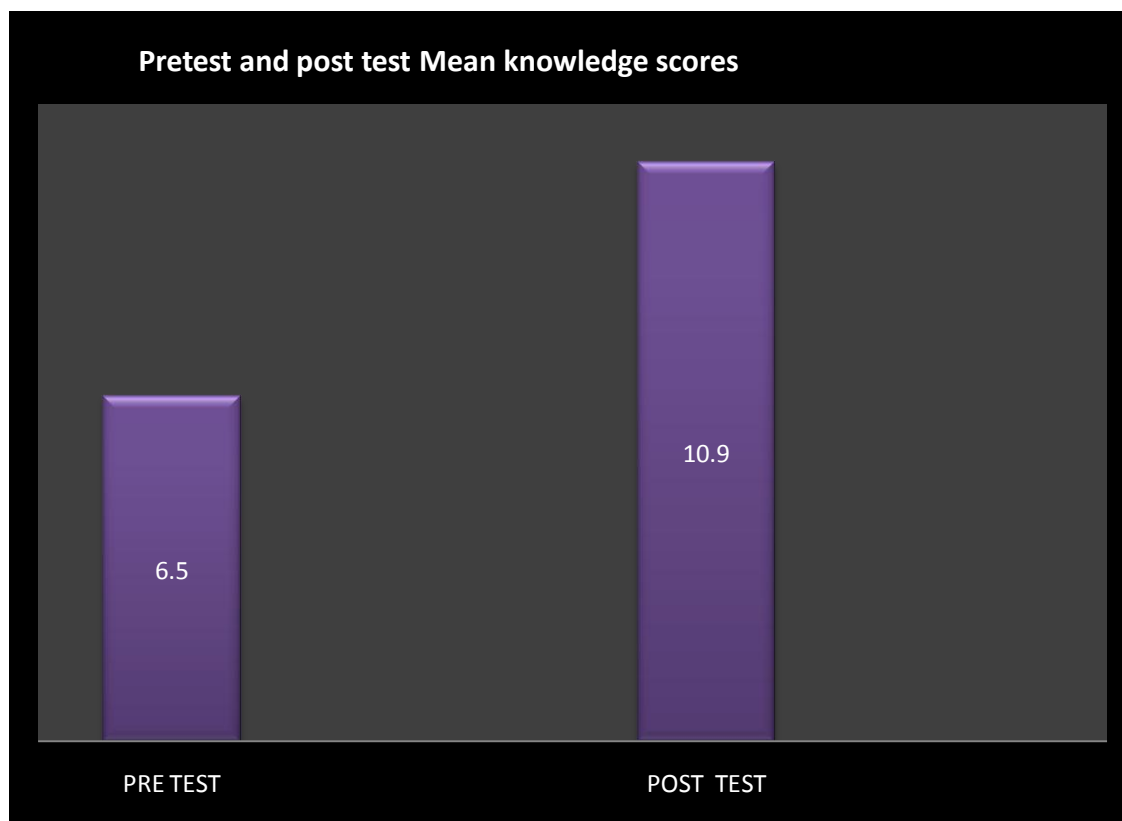


Table.No: 2 Comparison of pretest and Post test Knowledge scores regarding Prevention of Hepatitis among Adolescents

	Mean	MD	Standard Deviation	't' Value
Pretest	6.5	4.4	1.59	18.5
Post test	10.9		1.38	

Figure.No : 3 Comparison of pretest and Post test Knowledge scores regarding Prevention of Hepatitis among Adolescents.



DISCUSSION

The Present Study revealed that the mean post test knowledge score was higher than the mean pre test scores of respondents regarding the prevention of hepatitis. The mean pre test knowledge score was 6.5 and mean post test knowledge score was 10.9. In this study majority of adolescents source of information regarding prevention of Hepatitis is from Mass media.

CONCLUSION

The present study shows significant difference in increasing knowledge regarding prevention of hepatitis among adolescents. This study was undertaken to evaluate the effectiveness of the educational Programme to the adolescents group. Hence this type of researches and education should be conducted in other parts of state for the improvement of promotion of health.

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