

# **Culturally appropriate education model for people living with hepatitis B or C from the Vietnamese community in Queensland**

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**Introduction:** People born in Vietnam ranked the second highest proportion of people living with chronic hepatitis B (HBV) among all countries of birth in Australia and Queensland. However, many people diagnosed with hepatitis B or C are still lack of knowledge and understanding of the infections. A culturally appropriate education model is vital to improve their knowledge and self-management.

**Method:** A trained Vietnamese bi-lingual community health worker (BCHW) provides a culturally appropriate education session based on a purposely developed Knowledge/Behaviours Gap Analysis Form in the Vietnamese language for people diagnosed with hepatitis B or C referred for a Fibroscan provided by Ethnic Communities Council of Queensland. The session involves discussions and focuses on transmission routes, importance of and recommended minimum timeframes for check-ups, treatment, testing for other blood borne viruses, alcohol consumption, use of traditional medicines and/or supplements and vaccination status of partners and children. At the completion of the education session and Fibroscan, clients are given feedback forms to evaluate our services.

**Outcome:** A total of 216 feedback forms were collected from January 2020 to November 2021. The results show 100% of Vietnamese clients stated our service increased their knowledge and understanding of HBV and HCV, and conducted in a culturally appropriate way. About 98% of clients believed that a BCHW was very helpful, and 23% said they had not visited their doctors regularly for check-ups. However, all of them stated they would visit their doctors regularly for check-ups in the future.

**Conclusion:** These findings confirm a culturally appropriate education model by engaging a Vietnamese speaking staff who delivers hepatitis education is very effective and well received. It will lead to not only the knowledge increase but also future behaviour changes such as having regular check-ups.

## **Disclosure of Interest Statement:**

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