

The Use Of Traditional Medicines And Supplements Among Vietnamese People Living With Chronic Hepatitis B In Queensland- A Community Perspective



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Ethnic Communities Council of Queensland (ECCQ)

Nil Disclosures

About Our Program

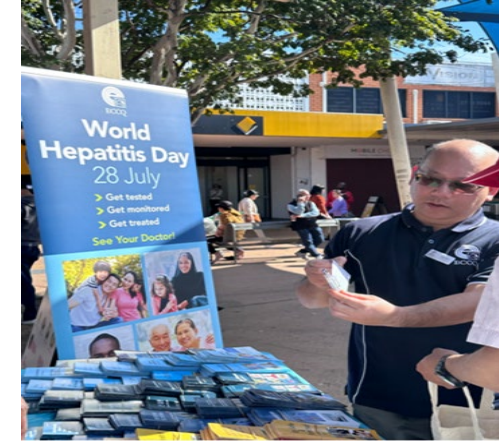
- ECCQ, Non Profit Organisation.
- Funded by Queensland Health.
- Purpose:
 - Raising awareness and knowledge of Hepatitis, HIV and STIs.
 - Improving access to testing, management and treatment of viral hepatitis.
- Target:
 - Culturally and linguistically diverse (CALD) communities.
- Service model:
 - Long established team of highly trained peer bi-lingual community health workers, supported by senior staff Zhihong and Marrienne with extensive knowledge and experience in this field and communities.
 - Comprehensive approach.

What Do I Do?

- Education sessions: last year
 - Conducted 13 Workshops with 274 Vietnamese participants.
- Held information stalls: Inala market, Lunar New Year, Moon Festival events and other Vietnamese community events.



Hepatitis workshop- English class



Information stall-WHD 2024



Information stall- WHD 2024



Hepatitis workshop- Factory

What Do I Do?

- Health Promotion- Facebook page in Vietnamese:
 - 1,100 followers
 - 59 posts
 - Impressions: 164,000
 - Reach: 97,000
 - Engagement: 8,536
- Individual support: 23 CHB Vietnamese patients
- Assist with resource development and translation
- Fibroscan clinic: individual education and support to individual referred patients



Love Health-Hepatitis, HIV/AIDS, Sexual Health Program
 www.eccq.com.au/bbv



How do we find this information?

- Education sessions delivered to 216 patients living with Chronic Hepatitis B (CHB), between Dec 2022-Dec 2023.
- Their use of traditional medicines and supplements (TM/S) is explored.
- Advised to notify and discuss any use TM/S with their GPs.



Definitions

Traditional medicines: any oral traditional medicines.

Supplements: any oral supplements.

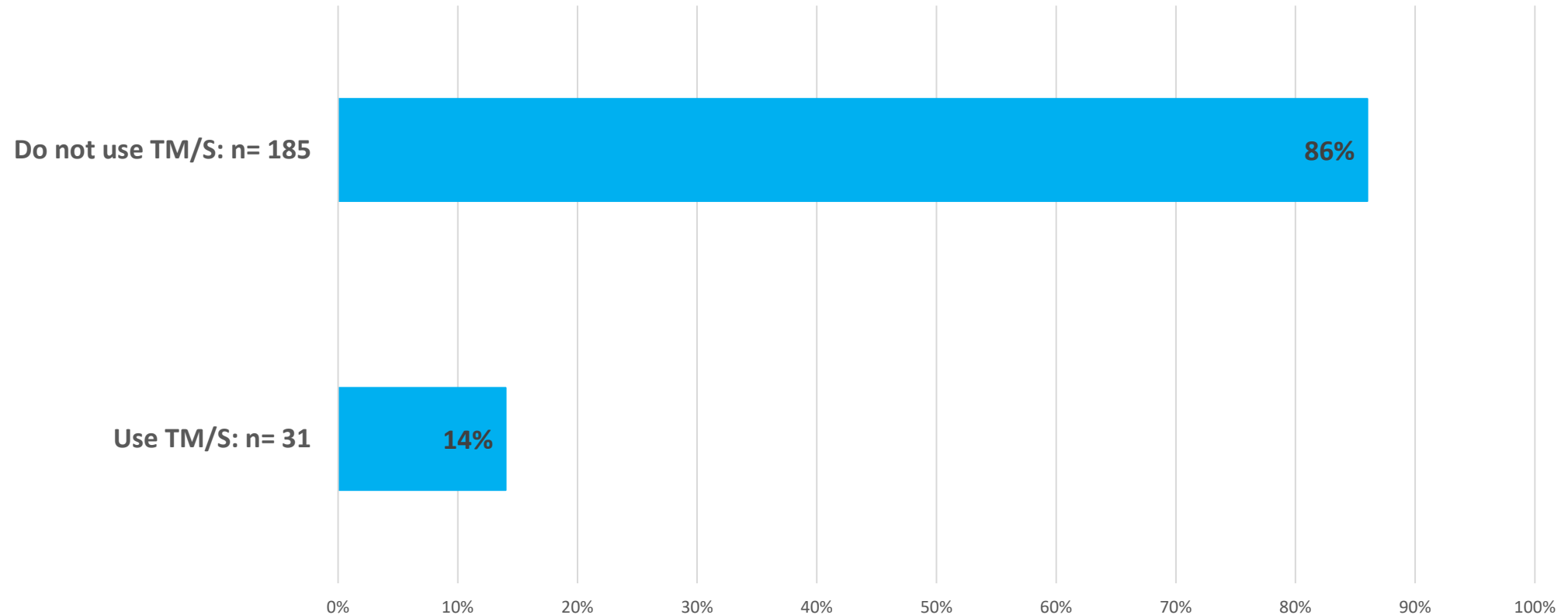


Characteristics of Patients

Country of Birth	Vietnam: 213 (98.6%)	Australia and other: 3 (1.4%)	
Language spoke most at home	Vietnamese: 214 (99.1%)	English: 2 (0.9%)	
Gender	Male: 105 (48.6%)	Female: 111 (51.4%)	
Age group	40 and > 40 years old: 175 (81.1%)	25-39 years old: 34 (15.7%)	18-24 years old: 7 (3.2%)
Time living in Australia	5 years and over 5 years: 185 (92%)	under 5 years: 31 (8%)	

What Did We Find?

Use of TM/S



Reported Traditional Medicines Used

- Turmeric
- Artichoke flower
- An xoa (*Helicteres hirsuta*)



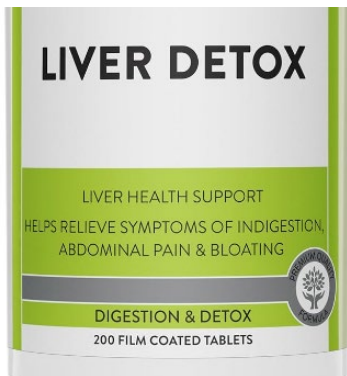
Reported Traditional Medicines Used

- Ginseng
- Honey
- Snake capsules (made by snake's bone, flesh)
- Linh Chi (also called LingZhi, Reishi)



Reported Supplements Used

- Liver detox tablets
- Sheep placenta tablets
- Royal jelly capsules
- Fish oil capsules
- Spirulina tablets



Reported Supplements Used

- Shark cartilage
- Collagen
- Hrbvor tea



Why Do Clients Use Traditional Medicines ?

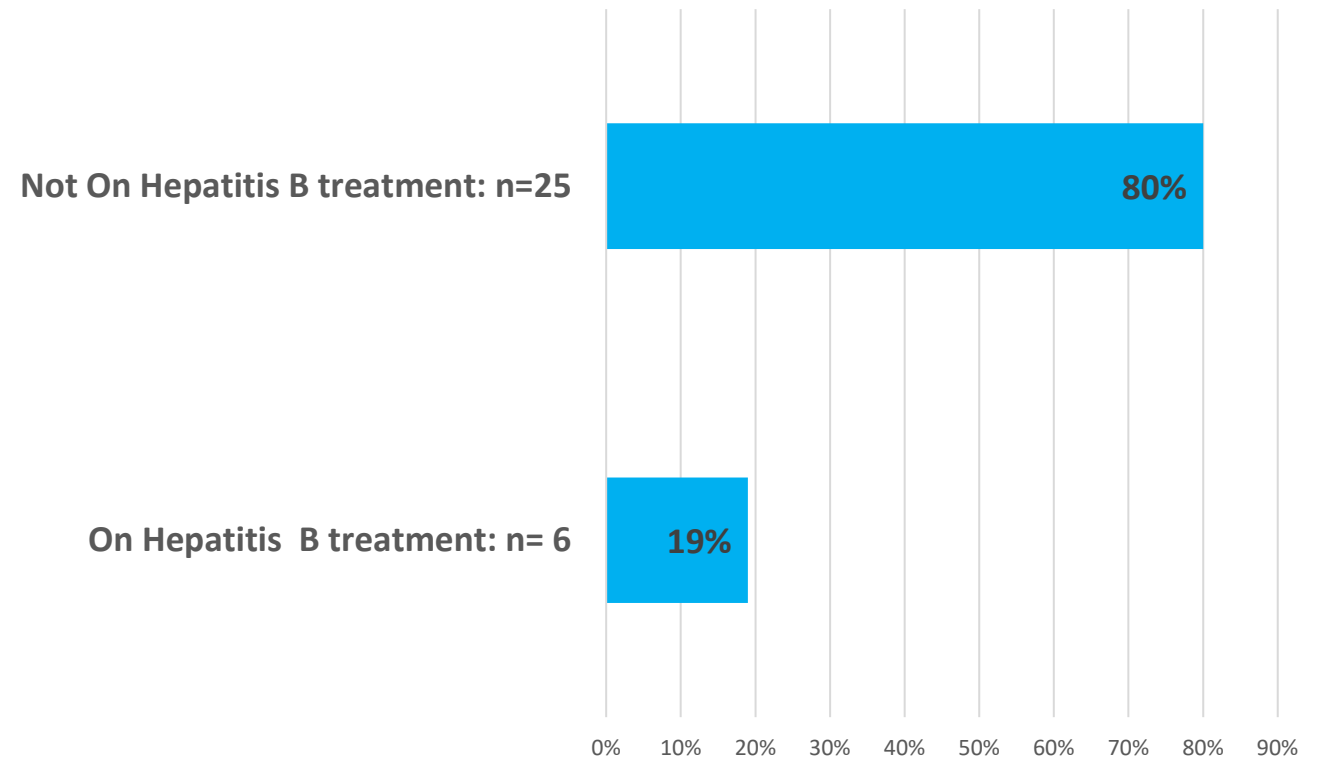
- **Tuệ Tĩnh's ideology:** "Southern medicine for Southern people".
- **Traditional medicines practice:** "*Thanh nhiệt giải độc*" means "clear heat and detoxify" is key of hepatitis treatment.
- **Hold on strongly to this belief and their culture.**



TM/S and Hepatitis B Treatment

- Can TM/S have potential interactions with hepatitis B treatment drugs?
 - Can TM/S reduce the effectiveness of hepatitis B treatment?
- Can TM/S reduce renal function?

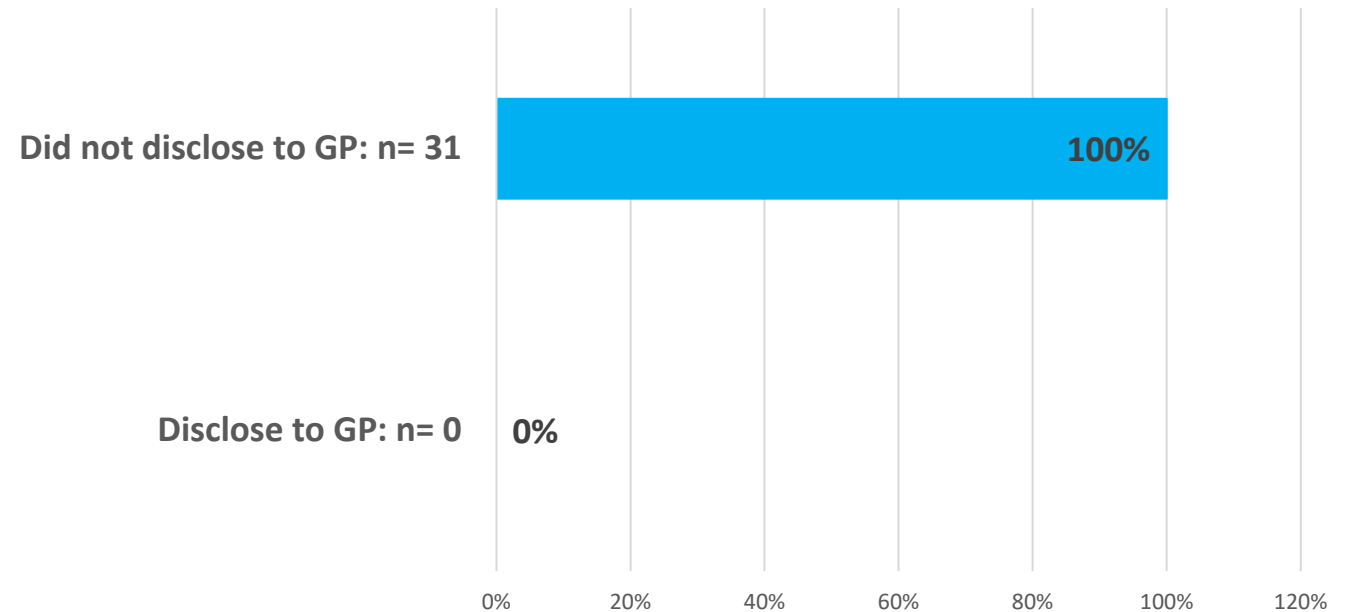
Use TM/S
while Not On/ On Hepatitis B treatment



TM/S Disclosure to GP

- Not disclosing TM/S use to GP is an issue of concern. Why?
- Do patients have self-stigma about using TM/S?
- Do their GPs have enough time for them to disclose?
- Afraid of conflict with Western trained GP's belief if they disclose?

Disclose/ Did not disclose use TM/S to GP



In Summary

Findings:

- 14% Vietnamese people living with CHB use TM/S. Could be just tip of iceberg.
- Concurrent use of TM/S with Hepatitis B treatment drugs.
- Not disclosing the use of TM/S to their GPs.

The work of highly trained peer bi-lingual community health workers is an effective way to explore this phenomenon.

- Peers, sharing same language, having work experiences, understanding the culture and belief which result in building trust relationship.

Special Thank You

- ECCQ and Queensland Health.
- Particularly Zhihong Gu- Love Health program manager, Marrienne Black-management and treatment coordinator and my colleagues at ECCQ Hyatt Narsh, Kristy Lekkas and Mirim Kim for their great support.

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