Assessment of Self-Efficacy and Self-Care Behaviors among Patients With Hepatitis C Virus

Thesis

Submitted for Partial Fulfillment of the Master Degree in Nursing Science

(Medical Surgical Nursing)

Presented By

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بسم الله الرحمن الرحيم

قالوا

سبحانك لا علم لنا
إلا ما علمتنا إنك أنت
العليم الحكيم

صدق الله العظيم

سورة البقرة الآية: ٣٢

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Assessment of self efficacy and self-care behaviors among patients with Hepatitis C Virus

Abstract

Background: Hepatitis C Virus is asystemic infection which has many consequences on patients' life because of its chronic nature. Patient involvement in doing self-care is crucial for patients with chronic Hepatitis C in order to change their behaviors towards a healthy life style. The aim of this study: was to assess self-efficacy and self-care behaviors among patients with Hepatitis C Virus. **Study design:** a descriptive exploratory design was used. **Setting:** Hepatic outpatient clinic at Ain Shams University hospitals in Cairo– Egypt. **Subjects:** A purposive sample of 200 adult patients from both sex and free from other chronic disease.**Data collection Tools: I-** Demographic data assessment questionnaire for patients with Hepatitis C Virus,**II**-Clinical data assessment tool for patients with Hepatitis C Virus**III-** Knowledge assessment questionnaire for patients with Hepatitis C Virus **IV-** Hepatitis C Virus Treatment Self-Efficacy (HCV-TSE).**V-**Hepatitis C Virus Self-Care Behavioral Scale (HCV-SCB) **Results:**The present study revealed that 86.0% of the studied patients had unsatisfactory level of knowledge about HCV, 73.0% had moderate level of self-efficacy and 86.0% had fair self-care behaviors.There was highly statistically significant correlation between total self efficacy and total dimensions of self-care behavior except psychological self care-behavior **Conclusion:** The majority of the studied patients had unsatisfactory level of total knowledge about Hepatitis CVirus, moderate level of self-efficacy and have fair level of self-care behavior with positive correlation between them **Recommendations:** Promotion and enhancement of the self-care modalities to HCV patients; through a strict written illustrated instruction prepared by specialists about HCV and its associated self-care behaviors .

Key wards: Hepstitis C Virus, Self-efficacy, Self-care behavior.

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List of Abbreviations

ADLS	Activity Of Daily living
AFP	Alpha-Fetoprotein
ALT	Alanine Aminotransferase
ASSLD	American Association For The Study of liver Disease
AST	Aspartate Aminotransferase
BOC	Boceprevir
DAAS	Direct Acting Anti-Viral Drugs
HCC	Hepato Cellular Carcinoma
HCV	Hepatitis C Virus
HCV-RNA	Hepatitis C Virus Ribonucleic Acid
HE	Hepatic Encephalopathy
HIV	Human Immune-Deficiency Virus
IDSA	Infectious Disease Society Of America
INR	International Normalized Ratio
LKMA	liver kidney Microsomal Antibodies
MENA	Middle East and North America Region
MSCCI	Model of Self-Care in Chronic Illness
PCR	Polymerase Chain Reaction
PCT	Porphyria-Cutanea Tarda
PEG.INF	Pegylated Interferon
RBV	Ribavirin
RNA	Ribonucleic Acid
SVR	Sustained Virologic Response
TVR	Telaprevir
U.S. A	United State of America
WHO	World Health Organization

Introduction

Hepatitis CVirus (HCV) is one of the most common chronic diseases in the developing countries and became a major health problem worldwide, affecting between 130 and 170 million people of every age, race and culture. The word hepatitis is the Latin word that means an inflammation of liver and is used to describe that HCV is one which has devastating psychological and physical effects on patients' life. Because of its chronic nature, it has many consequences on patients' life. Depression, social marginalization and economic difficulties are some of the problems in these patients which occur due to its complications and unknown fear for the patients and their families from its consequences ***(Blach, etal, 2017 ; (World Health Organization, 2013)***

Hepatitis C virus is often referred to as the "silent epidemic" disease which approximately 3% of the world population or 170 million persons, are infected with Hepatitis C Virus (HCV) and between 3 and 4 million new infections occurs each year. Africa and Asia have the highest reported prevalence rates, in contrast to the low rates of hcv in North America, Western Europe, and Australia ***(Bennett, Dolin & Blaser, 2014)***

Hepatitis C Virus is one of the most contagious diseases that have great social and economic impact which may touch the future of the young generation and hinder the community. It is approximately 10-15 times more infectious than HIV. It is defined as a chronic systemic infection which involves liver. It has many consequences on patient's life because of its chronic nature. Sothat, involvement of patients with HCV in doing self-care is crucial for them in order to change their behaviors towards a healthy life style and improve their quality of life ***(Fikry, Ahmed, El-Sherbini & Saad, 2015).***

Considering Hepatitis C Virus is a significant health burden worldwide. It leads to high morbidity and mortality, as it has many consequences on patients 'life. So, one of the most widely studied and empirically supported patient- level factors is self-efficacy. Self-efficacy refers to the personal beliefs or to an individual's confidence in their own ability to perform effectively specified tasks. Self-efficacy theory stressed that human action and success depend on how deep the interactions between one's personal thoughts and a given task. Sothat, patients with greater self-efficacy have been shown to practice more self-management behaviors, leading to better disease control, better physical function and better quality of life ***(Bonner, Esserman, Golin& Evon, 2015).***