

# Mums to B: Care for women with hepatitis B

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## PROJECT AIM

The *Mums to B* project aims to empower culturally and linguistically diverse (CALD) women living with or at risk of hepatitis B to improve health outcomes for themselves and for others in their community.

### PROJECT IMPLEMENTATION:

#### Phase I (2014 – 2015)

- Conducted a needs analysis of women living with chronic hepatitis B (CHB) and preferred form of connecting with peers.
- Developed resources for pregnant women diagnosed with hepatitis B, providing key information about pregnancy and post-delivery care for the mother and their babies.
- Mums to B* resource were produced in English, Chinese, Vietnamese and Dari.

#### Phase II (2015 – 2016)

- Distributed *Mums to B* resources for pregnant women living with or at risk of hepatitis B infection, providing key information about pregnancy care and management, and post-delivery care for the mother and their babies.
- Connected women with others living with hepatitis B to share experiences and learn about hepatitis B through traditional and online routes.
- Offered support to women so that they are empowered to provide information to others in their community.
- Provided information around hepatitis B for CALD community to improve health literacy and self-care, to raise public awareness and reduce stigma and discrimination, and to increase the uptake of hepatitis B testing and CHB management.
- Distributed information kits to CALD health service providers on hepatitis B to increase awareness and uptake of treatment and referral to specialist centers.
- Gathered information on cultural barriers to accessing health care, identification of knowledge gaps and discussion of personal experiences to inform the development of future projects.

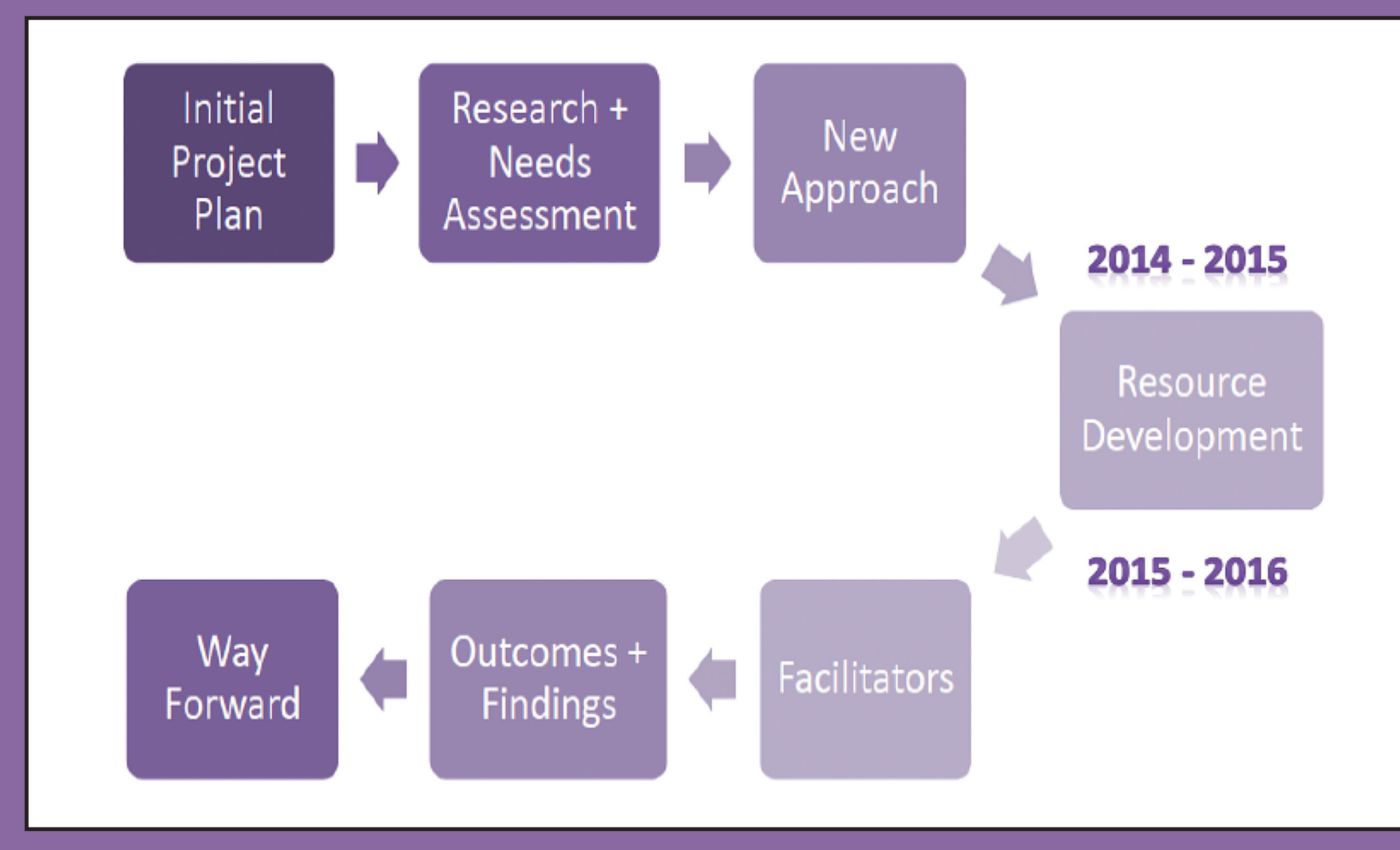
### PROJECT PARTNERS:

- Mums to B* resource have been developed with the collaboration of Barwon Health.
- The Centre for Culture, Ethnicity and Health provided advice and connections to CALD groups.
- Maternal and Child health nurses at City Councils of Greater Dandenong and Melton provided advice and connections to CALD Playgroups.
- EMPHN and SEMPHN provided help to distribute *Mums to B* resource.
- Other 15 community organisations helped us reach out priority population in Victoria.

## PROJECT BACKGROUND

Chronic hepatitis B (CHB) infection is the biggest single cause of liver cancer in Australia. It disproportionately affects migrant and refugee communities in Australia, particularly people from Asia-Pacific region and Sub-Saharan Africa, including Australian-born communities who trace ancestry to regions of CHB high prevalence.

For many women living with CHB, pregnancy is the first time that they learn that they have the chronic illness. Currently, women who are being diagnosed during pregnancy aren't being offered adequate health and support post-delivery in order to manage their condition – there is no systematic approach to post birth follow up of either mother or baby to monitor and treat as required.



*Mums to B* session participants in Springvale.

## MUMS TO B/B UNDERSTOOD EDUCATIONAL SESSIONS

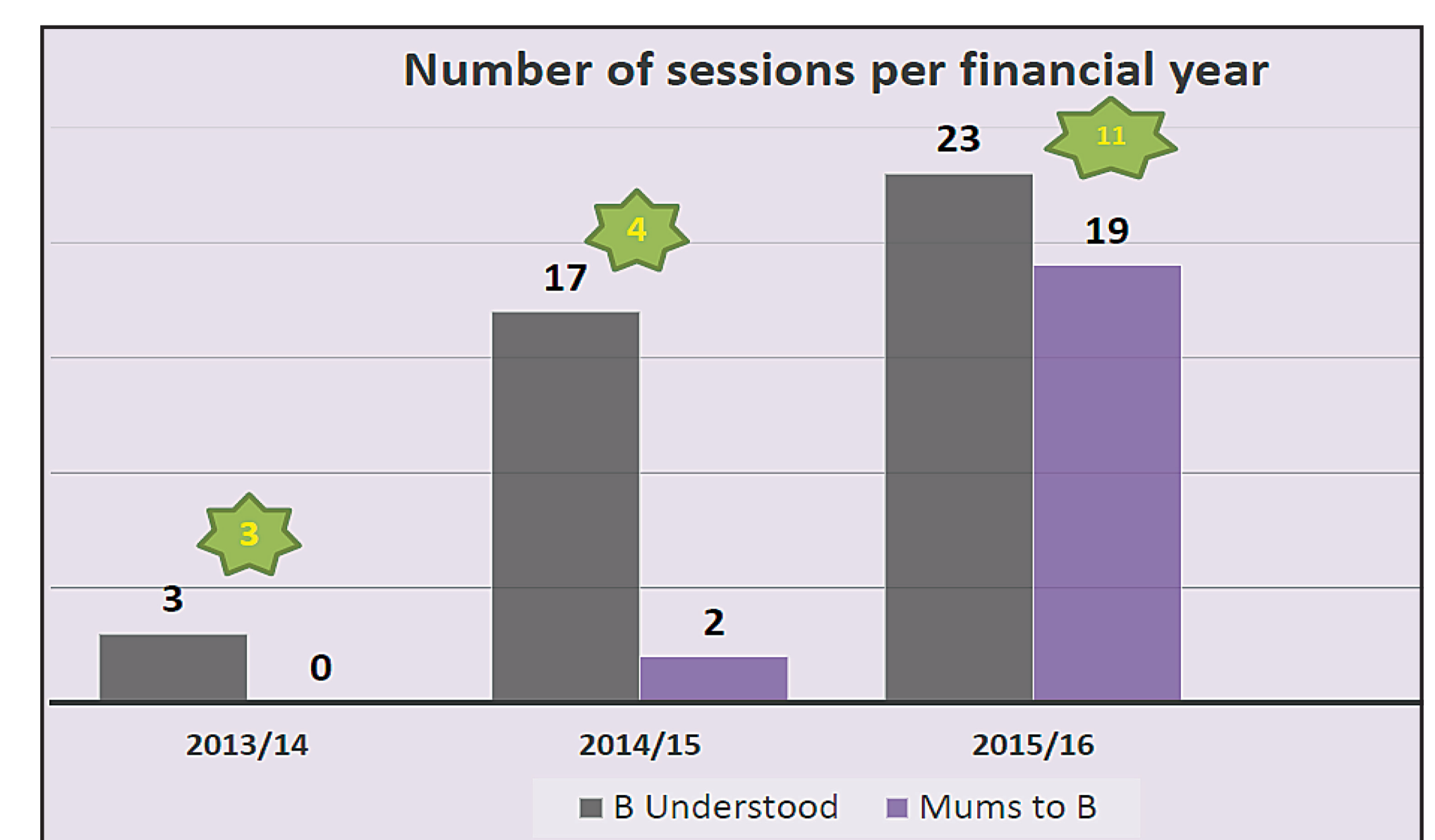
*Mums to B* session focuses on CALD parents and women of childbearing age; and *B Understood* session targets the general CALD community.

The key factor for success was the inclusion of community peer-facilitators. All facilitators were recruited and trained to deliver sessions in audiences' mother tongue; facilitators also provide input into program planning and ensure it was culturally appropriate.

To date, the project has reached out not only to Vietnamese, but also Chinese and other CALD communities, including Afghan, Burmese, Cambodian, Polish, Egyptian and South-Sudanese.

Length of session	Session format	Hep B-Aware Resource Kit
45 Minutes	Conversation with flip chart, picture cards activity.	<i>Mums to B</i> pamphlet. <i>Hepatitis B what you need to know</i> booklet.
60-90 Minutes	PPT presentation, picture cards activity, case study (scenario analysis).	<i>Hepatitis B testing</i> postcard Hepatitis Infoline cards. <i>12 questions to ask your doctor if you have been diagnosed with hepatitis B.</i> <i>Eat4Health</i> flyer.
120 Minutes	PPT presentation, picture cards activity, case study (scenario analysis), T&F quiz and evaluation.	<i>Love Your Liver</i> bag.

## PROJECT OUTCOME



★ Peer-facilitators

The main achievement of the project would be the increased awareness of CHB and improved understanding towards hepatitis B related prevention, testing, treatment and management among CALD women at risk of, or living with hepatitis B.

Furthermore, the project achieved following secondary outcomes amongst general CALD communities:

- Increased awareness among CALD communities in regards to the risks associated with the transmission of hepatitis B from mother to child.
- Increased awareness of strategies to prevent hepatitis B infection among their contacts and to manage CHB infection.
- Decreased stigma and discrimination associated with living with CHB.
- Sharing among health care provision services in regards to education on CHB diagnosis and treatment.



*Mums to B* session participants in Melton.



*Mums to B* session participants in Noble Park.



Burmese participants of *Mums to B* session in Wyndham.



A Vietnamese *Mums to B* session in St. Albans.



Picture Card activity.