Impact of Hepatitis C on Health-Related Quality of Life in Egypt
Enas Mohamed Ibrahim and Abeer Abd El Aziz Madian
Community Health Nursing Department, Faculty of Nursing, Damanhour University
enas_moh2002@yahoo.com; Abmadian@hotmail.com

Abstract

Background: Hepatitis C Virus (HCV) has a major impact on quality of life and can cause patients significant distress. From a public health perspective, it is of great concern that there is no vaccine to prevent HCV infection and no post exposure prophylaxis. Therefore, prevention can only be based on increase awareness of HCV infection and change harmful behaviors aiming to reduce the risk of transmission of HCV infection to the others. So, education remains the leeway to change negative perceptions and attitudes towards HCV as infectious disease.

Aim of study: Is to evaluate the impact of an educational program on Health-Related Quality of Life (HRQOL) among Virus Hepatitis C patients. Material and Methods: Two approaches were used: A cross-sectional design in the first phase to assess both generic and disease-specific quality of life among Hepatitis C patients, and True-experimental design in the second phase to evaluate the impact of an intervention program on QOL of a sub-sample.

Results: As regard to Hepatitis C patients' generic HRQOL, the program created a positive effect on Physical Component Summary (PCS) ($p = 0.000$) and Mental Component Summary (MCS) ($p = 0.000$) and all its' items as general health, bodily pain, physical functioning, role limitation physical, social functioning, role limitation emotional, vitality and mental health.
As regard to Hepatitis C patients' specific HRQOL, the program developed a positive effect \((p= 0.000)\) on its' all items: physical, psychological, social and spiritual impacts. Conclusion and Recommendations: These findings presented a clear picture of the magnitude of the problem of the impact of HCV on HRQOL among Hepatitis C patients. Also, the positive effect of health education program on HRQOL of HCV patients. Therefore, Ministry of Health (MOH) activities, Hospitals and specialized centers activities and educational campaigns to increase awareness of population at risk and general population recommended. These activities should have the priority to encourage people to take a more active role in preventing exposure to HCV and/or modifying their behavior that permit transmission of HCV to reduce the burden of HCV disease on HRQOL of infected patients in Egypt. 


**Keywords:** Chronic liver diseases – Hepatitis C – health related quality of life.

**Published in:** Journal of American Science 2011;7(11)
[http://www.americanscience.org](http://www.americanscience.org)

**References**
3. Deuffic-Burban S, Mohamed M, Larouze B, Carrat F,


13. El Hoseiny S. (2005): Preventive health education for family with hepatitis C virus infected member. Faculty of Ain Shams. Faculty of Nursing;
21. Ware JE, Sherbourne CD. (1992): The MOS 36-item