

COMMUNITY EMPOWERMENT THROUGH HEALTH EDUCATION ON HEPATITIS B TRANSMISSION IN PREGNANT MOTHERS AND NEWBORN BABIES

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Abstract

Pregnant women with a positive HBsAg risk are very dangerous to the fetus in the mother's womb because it can threaten the safety of the mother and her baby. This assistance to babies is a key step in creating a new generation that is free of Hepatitis B. At the Wae Mbeleng Health Center, the number of cases of pregnant women with hepatitis B in 2020 was 40 cases, compared to the 2019 data, which was 35 cases. The high cases of hepatitis B infection in pregnant women at the Wae Mbeleng Public Health Center is a big concern for the public to be more aware of the dangers of this infection, both for mothers and their children. Therefore, the community needs to be given education about HBV, to break the chain of transmission of this infectious disease. The purpose of this activity is to increase public knowledge about the hepatitis B virus and increase awareness for screening. This service activity was carried out for 3 months. The participants of this activity were 30 pregnant women. The method of implementing the activity is through counseling, as a promotive and preventive effort in controlling hepatitis B virus infection. The results of this activity are an increase in public knowledge seen from the posttest. The ability of participants in mastering the material after the counseling activity can be said to be good (83.3%).

Keywords: Hepatitis B, Counseling, Pregnant Women, Newborns.

INTRODUCTION

Hepatitis is still a major problem in many countries, including Indonesia. Hepatitis is an acute or chronic disease that can cause liver inflammation, liver failure, liver cirrhosis, liver cancer, and death. Hepatitis can be caused by various factors such as viral infections, toxic substances (eg alcohol, certain drugs), and autoimmune diseases (Lee et al., 2020).

Pregnant women are a very vulnerable group with hepatitis B virus (HBV) infection. HBV can be transmitted through contact with infected blood. One of the transmissions is from mothers who are positive for Hepatitis B to their babies. In Indonesia, about 95% of the largest hepatitis B transmission is from mothers to their babies. Maternal delivery that is positive for HBsAg is also a risk for horizontal transmission of Hepatitis B. The importance of HBsAg examination in pregnant women before giving birth is to screen for vertical transmission of Hepatitis B. Pregnant women with a positive HBsAg risk are very dangerous to the fetus in the mother's womb because it can threaten the safety of the mother and her

baby. In addition to being dangerous to the mother and baby, the danger of transmitting Hepatitis B infection can also threaten medical personnel who help the mother during the delivery process (Radji, 2015).

Nationally, based on data from the Ministry of Health in 2013, the number of Indonesians who suffer from hepatitis is 2,981,075 people or around 1.2%. This condition is 2 times higher than the data in 2007. Of the total hepatitis patients, 649,875, or around 21.8% of the population suffer from hepatitis B (Kemenkes RI, 2014). In 2018, the prevalence of hepatitis in Indonesia was at 0.4% percentage, double from 2013 which was 0.2%. Meanwhile, the prevalence of pregnant women with hepatitis B infection is 2.5% (Risksedas, 2018).

The Government of Indonesia through the Ministry of Health of the Republic of Indonesia has launched a program to prevent the transmission of hepatitis B by providing immunization. Hepatitis B control starts from handling pregnant women who have hepatitis B and giving immunizations to babies who are born will break the first chain of hepatitis B transmission. Immunization of babies is a key step in creating a new generation that is free from Hepatitis B (Kemenkes RI, 2013).). Infants born to mothers with positive HBsAg will be given a passive vaccine, namely the HBIg vaccine (Hepatitis B Immunoglobulin). The HBIg vaccine can be given before 24 hours of birth in addition to the HB0 immunization according to the national program. HBIg is a serum hepatitis B-specific antibody that provides direct protection to infants. The efficacy of administering the HB0 vaccine alone is 75%, the efficacy of administering the HBIg vaccine alone is 71%, while the efficacy ability of HB0 and HBIg vaccines in newborns is 94%. Both immunizations given at the right time can provide quite high protection (Ahmad, 2017).

In addition to the provision of immunization, other efforts made by the government to reduce the number of HBsAg sufferers are health promotion. Health promotion efforts are carried out by socializing about hepatitis B, this effort is carried out to increase knowledge, and skills about modes of transmission, prevention methods, and special protection including drug resistance to the Hepatitis Virus. Methods of transmission and prevention, special protection, harm reduction, and immunization, implementing clean and healthy living behaviors, especially for pregnant women and at-risk community groups, such as avoiding the use of syringes, medical devices, and other tools that cause injuries to the body, which not sterile, preventing risky sexual behavior, not exchanging toothbrushes, razors, and tattoo tools, as well as avoiding other risky behaviors that have the potential to transmit Hepatitis B, conducting early detection, and knowing what to do if infected (PMK No. 53, 2015)).

The results of Faisal's research (2019) stated that the presence of family members suffering from hepatitis B facilitates direct contact. The difficulty of limiting direct contact with patients results in a high risk of being contaminated with the hepatitis B virus.

Based on data obtained from the Wae Mbeleng Health Center in 2019, the number of pregnant women with HBsAg positive was 35 out of 1659 pregnant women screened for hepatitis B. In 2020 the number increased to 40 people with positive HBsAg from 634 pregnant women screened for hepatitis B (Wae Mbeleng Health Center, 2020).

The high cases of hepatitis B infection in pregnant women at the Wae Mbeleng Health Center should be a big concern for the public to be more aware of the dangers of this infection, both for mothers and their children. Therefore, the community needs to be given

counseling about HBV, to break the chain of transmission of this infectious disease, namely from sexual intercourse, exchange/blood contamination, and vertically from mother to child, both during pregnancy, in the delivery process, and while breastfeeding. Transmission of this infection from mother to child can be prevented with simple and effective interventions, namely in the form of early detection or screening during early pregnancy, treatment as early as possible when diagnosed, and immunization. Lack of knowledge and information about Hepatitis B infection during pregnancy check-ups results in high transmission of this infection from mother to child.

Based on the above background, the public needs to be given education about hepatitis B, to increase public knowledge about the causes, transmission process, and management of the infection and increase awareness to screen, especially pregnant women, so that they can be treated as early as possible to avoid transmission to the fetus, during delivery and breastfeeding.

IMPLEMENTATION METHOD

The implementation method for this community service program is systematically arranged

1. Preparation Stage

Activities carried out in the preparatory stage are:

- a. Survey of the place of activity.
- b. Administration and licensing of community service places.
- c. Preparation of materials about hepatitis B through health education.

2. Implementation Stage

This activity was carried out at the Wae Mbeleng Health Center, Ruteng District, Manggarai Regency with a target number of 30 pregnant women. Before conducting the counseling, the event began with participant registration. The main event of this activity is in the form of exposure to hepatitis B disease, which begins with a pretest. The team distributed informed consent sheets and questionnaires to be filled out by activity participants. The method used in the extension activities is lectured to be able to transfer knowledge to the participants in the hope that the objectives of this activity can be achieved. The lecture/counseling method was used by the team to convey information on all matters related to hepatitis B (transmission process, the impact of hepatitis B on the mother, and its management). Furthermore, the team explained the benefits of hepatitis B examination for pregnant women.

3. Evaluation Stage

The evaluation stage is a stage carried out to assess the activity as a whole and review whether there are deficiencies during the activity. This evaluation stage aims to ensure that the activities carried out can run effectively and as expected. The evaluation phase focused on maternal knowledge about hepatitis B that had been given through health education. During the counseling activity, the participants seemed enthusiastic and paid attention to the contents of the counseling material. Knowledge evaluation through posttest. Furthermore, the questionnaire data and the results of the pretest and posttest were analyzed using computer software.

RESULTS AND DISCUSSION

The service activity with the title "Community Empowerment Through Health Counseling About Hepatitis B Transmission to Pregnant Women and Newborns at the Waembelang Health Center" went smoothly. The distribution of respondents' knowledge about hepatitis B before and after being given counseling can be seen in table 1.

Table 1. Distribution of Knowledge About Hepatitis B Before and After Counseling

Category	Before Counseling		After Counseling	
	N	%	N	%
Well	7	23,3	25	83,3
Not enough	23	76,7	5	16,7
Total	30	100.0	30	100.0

Based on the data in table 1, it is known that the respondents' knowledge about hepatitis B infection before being given counseling was mostly lacking (76.7%), while the respondents' knowledge after being given counseling about hepatitis B was mostly good (83.3%). This shows that this activity has a positive impact on the community and is said to be successful, namely an increase in public knowledge about Hepatitis B.

The ability of participants in mastering the material after the counseling activity can be said to be good (83.3%). This is in line with the theory that states that knowledge is the result of knowing and this occurs after people have sensed a certain object (Mubarak, 2011).

Throughout the penuluan event, residents showed quite good enthusiasm. In this community service activity, providing health education to pregnant women can be considered as a strategic solution to increase knowledge and mothers about hepatitis B disease, thus supporting long-term efforts in controlling this disease in the community.

CONCLUSION

This community service activity has a positive impact on the community. During the activity, participants showed quite good enthusiasm throughout the counseling event. An increase in participants' knowledge after being given counseling showed that participants understood the material presented by the team through counseling activities, where most of the participants' knowledge was good (83.3%).

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