

Awareness of Viral Hepatitis among People of Rural Areas of Faisalabad, Pakistan

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Abstract

The present paper represents the awareness of viral hepatitis among people of rural and urban areas of Faisalabad, Pakistan. The data was collected from Faisalabad District by interviewing a sample of 80 respondents. The data were collected through a well designed interview schedule and by using statistical techniques. As per research achievements of the project, it was concluded that 83.87% of the respondents were unvaccinated which denotes poor income condition of the people. Majority i.e., 78.8% of the respondents were unaware of this disease. Significant association between literacy rate and awareness among people about Hepatitis was noted.

Keywords: Awareness, Viral hepatitis, Rural areas, Faisalabad.

Introduction

Hepatitis is an inflammatory disease of liver caused by viruses and various other agents. All known types of viral Hepatitis are endemic throughout world and Hepatitis is of two types i.e. acute and chronic. In acute liver disease, patients show symptoms of fever, jaundice, vomiting and excrete dark urine. Whereas, in chronic disease patients show symptoms of abdominal discomfort due to stretching of liver capsule (Finlayson., 1991). The viruses which are most common cause of Hepatitis are the first 3 viruses (A, B and C), the other viruses (D and E) are less prevalent and rare causes but may result in factual deaths. As example Hepatitis E which is water born meaning it spreads through poor sanitary condition. It affects pregnant women. The mortality rate in pregnant women may be 10-20% (Shafiq, 2004). Hepatitis B and C can be called as "AIDS" in some of the developing countries, including Pakistan. Unfortunately, the fight against Hepatitis B and C is at a very slow pace. Hepatitis B and C are not only the commonest causes of chronic liver disease in the patients; many individuals carry the virus of Hepatitis B and C in their bodies without any signs and symptoms (Yusufzai, 2003).

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There is much you can do to help prevent Hepatitis. Safe and effective vaccine yet, there are ways to reduce the risk of getting it. Today about four million people in the U.S are afflicted with chronic Hepatitis. The present study was designed to ascertain the level of awareness of Hepatitis among the rural areas of Faisalabad, Pakistan and some guidelines to protect human life from the effects of this viral disease.

Methodology

The micro-level study was based on primary data collected through field survey. A random sample consisted of 80 male and female respondents having problems of Hepatitis and reported for treatment at various hospitals and clinics located in Faisalabad District area. To explore study objectives, a well designed interviewing schedule was prepared. Data thus collected were analyzed statistically.

Results and Discussion

The present study revealed that there were more males than females in the study and that 48.8 percent of the respondents were illiterate, which denotes our poor literacy rate. In all 78.8 percent of the respondents were unaware of Hepatitis, whereas 21.2 percent of respondents were aware of Hepatitis (Figure 1). Most of the respondents (67.5 percent) had no knowledge about source of transmission of Hepatitis, whereas 32.5 percent of them had knowledge about source of transmission (Figure 2).

The present study showed that blood transfusion was a major risk factor in transmission of virus by using repacked syringes, contaminated razors, instruments, used in dental, ear and nose treatment. Piercing with infected needles, sharing of infected person's hair and tooth brush and through infected pregnant mother to new born. According to study 17.5 suffered due to reuse of blood, syringes, barber's shaving method and major surgery e.g. Tily (Spleen), Pita (Gal bladder), Kidney, whereas minimum 1.3 percent of the respondents denote unawareness about it. About 58.8 percent of the respondents were those who had not been provided any social and economic help by social welfare Department for treatment, whereas 41.2 percent of them did receive help in the form of medicine. It denotes that social welfare department was useful source of great help for needy and helpless people. Significant association was found between economically good people and awareness among people about Hepatitis. Awareness in society

was very essential for rehabilitation of patients of Hepatitis. Medical sociologist could help them in providing assistance through NGO's and made them able to work and live as normal person, who could play his productive role for the development of society.

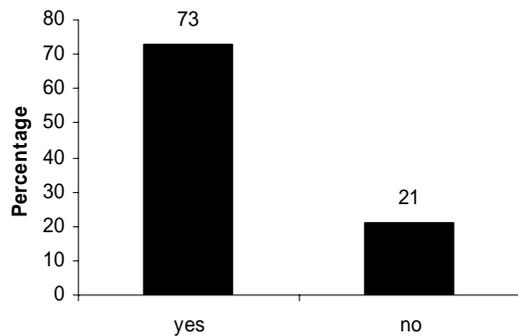


Fig. 1 Awareness about Hepatitis

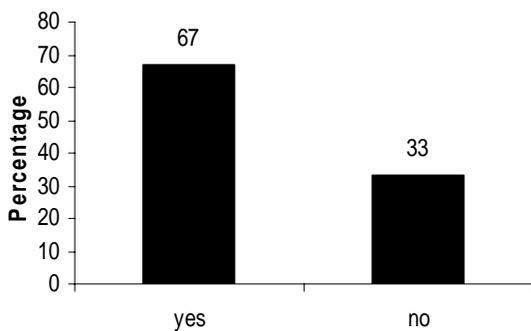


Figure 2: Knowledge about source of transformation

Conclusion and Recommendations

The present study reveals that there is lack of awareness among people about Hepatitis. It is concluded that risk factors/disease determinants of Hepatitis in the people of Faisalabad are poor hygiene conditions, poor diet, low socio-economic status, dental surgery, marital sex tradition, reuse of blood syringes, barber's shaving method, ear and nose piercing and sharing of infected person's tooth brush, hair brush and nail clipper. Due to economic problem, illness and family tradition, some people consulted homeopathic and peer (Religious leaders). Major impacts of Hepatitis on family were economic problem and tension. Major impacts of Hepatitis on individual were psychological discomfort, frustration, anemia and hopelessness. Major impacts of Hepatitis on society were low productive manpower, high mortality rate, high morbidity rates and child labor. The study reveals that Social Welfare Department was a useful source of great help for needy and helpless people. Majority of respondents were unaware due to lack of education and other reasons.

References

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