

Implementation of a Train-the-Trainer Pilot Program: Increasing Hepatitis B Awareness in San Diego during the COVID-19 Pandemic

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Introduction

Asians immigrating to the United States arrive from countries where hepatitis is endemic. Compared to whites, Asian Americans were reported as twice as likely to develop chronic hepatitis B between 2013-2016 and nearly eight times more likely to die from hepatitis B.

Asian Pacific Health Foundation aims to educate providers and communities on hepatitis B to reduce health disparities, and improve testing and linkage to care to prevent HBV-related liver disease and cancer.

APHF has gained increasing knowledge and infrastructure build-up over four years with Hepatitis B Foundation in improving HBV testing and linkage to care; expanding HBV education, collaborating with a wide range of partners to seek new approaches to HBV and reach the highest in viral hepatitis screening and education.

Since 2014, APHF continues to help and educate the community about hepatitis B through increasing access to HBV testing and linkage to care, expanding HBV education efforts, and developing collaborations with new partners to tackle hepatitis B.

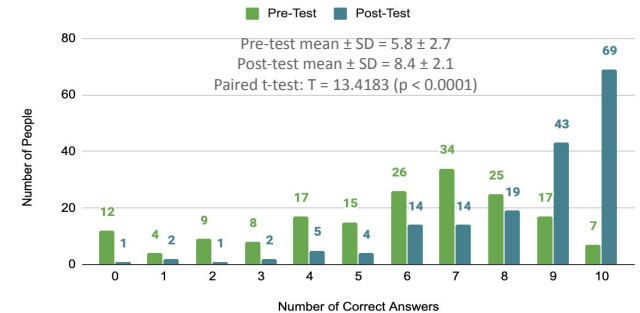
In 2016, APHF developed and subsequently launched an educational program that incorporated videos to supplement their educational efforts about the prevention, transmission, and treatment of hepatitis B and then evaluated people's increased knowledge. In light of the COVID-19 pandemic, the use of videos can be a more viable solution to continue its educational efforts by streaming or sharing the videos online. APHF aimed to increase awareness about hepatitis via a three-pronged approach.

Background Data

Participants were recruited through 46 community health fairs organized by APHF in San Diego County from December 2017 to March 2020. Consented participants were asked to complete pre-screening surveys as well as pre- and post-knowledge assessments.

A paired t-test indicated a statistically significant improvement in knowledge after health education ($P < 0.0001$), providing preliminary evidence of the value of videos in promoting health education and raising awareness.

Viral Hepatitis Knowledge Assessment (N = 174)



Methods

In this year's project, APHF's approach is the Direct Outreach through Train-the-trainer strategy directed to the Asian community in San Diego. APHF will create Hep B videos and accompanying handouts in English and Vietnamese languages to educate a group of "trainers" quarterly who will then educate and share information with their "trainees." APHF will also conduct an online seminar on Hepatitis B for health professionals. These educational activities aim to increase HBV screening according to guidelines in challenging COVID-19 time, and develop strategies for reaching specific, hard-to-reach populations in San Diego.

Objective 1

The *first objective* is to test at least 150 individuals for HBV and to provide health education on the disease. To test people in communities of need, HBV testing will be publicized in ethnic newspapers, posted as flyers in community locations, and publicized online through various website organizations.

Objective 2

The second objective is to provide in-person and remote education opportunities for San Diego community by conducting health outreach and creating videos about preventative techniques, risk factors, and treatment for HBV.

Objective 3

The third objective is to conduct a free educational online seminar for health professionals about updates in Hepatitis B screening and treatment. Seminar attendees will be administered online knowledge assessment surveys that includes treatment, the latest guidelines, and sociodemographic questions.