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# **Nursing interventions in hepatitis B patient care**

## **A literature review**

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Abstract  There are about 350 million chronic carriers of HBsAg worldwide, there are about 12 million hepatitis b patients with an annual incidence of 158/100,000. The aim of this study was to conduct a literature review to find out the nursing interventions in hepatitis B patients care.  The study was conducted as a literature review and the data was collected using two databases: CINAHL and PubMed. Results from eight articles were analyzed using content analysis method, summarizing the different nursing interventions for hepatitis B patients, as well as the patient's self-psychological and physiological nursing intervention education.  In conclusion, comprehensive nursing intervention can help patients with hepatitis B to maintain physical and mental health, prevent patients from worsening their condition, and better help patients to return to normal life. However, these nursing interventions have a broader range of impacts that need to be explored. Further research suggests studying nursing interventions for patients with different ages of hepatitis B and various methods to prevent patient progression.		
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## **1 Introduction**

Hepatitis B's virus spreads through contact with infected people's blood or other body fluids. This is a major global health issue. It can lead to chronic infections and a higher risk of death from cirrhosis of the liver and liver cancer. (Li ,2017.) An estimated 257 million people are currently infected with the hepatitis b virus. Hepatitis b caused 887,000 deaths in 2015, so, the nursing intervention to hepatitis B patient is very important.

At present, research has shown that hepatitis b patients need more comprehensive nursing intervention, from all aspects to guide patients to adjust the poor lifestyle, as well as better protection measures to prevent the spread of hepatitis b virus. Besides, there were some limitations in the understanding of the modern society for hepatitis B patients. The certain discrimination and resistance for the patients with hepatitis B resulted in certain mental dis- order for patients. The heavy social pressure affected the patient' s compliance, physical and mental health, even directly affected the patients' quality of life in all aspects. Most of the current researches have focused on the clinical treatment of hepatitis B , the research in the factors of the patient' s mental health, the medical cooperation conditions and the attitude to the diseases were much less. (Fan, Zhang, Xiong, Wang & Guo, 2015.)

Therefore, it is very important for nurses to give comprehensive nursing intervention to patients with hepatitis b. The aim is to find out the nursing interventions in hepatitis B patients care. The purpose is to provide information of nursing interventions for hepatitis b in nursing students.

## **2 Hepatitis B and nursing care**

### **2.1 Hepatitis B infection and medical treatment**

Hepatitis B (HB) is caused by the hepatitis B virus (HBV). Liver cirrhosis (LC) and hepatocellular carcinoma (HCC) are closely related to the occurrence and development of liver cirrhosis (LC) and hepatocellular carcinoma (HCC). 20% of chronic hepatitis b patients will develop cirrhosis of the liver. People with chronic HBV infection are 100 times more likely to develop HCC than others. HBV infection is worldwide distributed, among which Western Europe, North America and Australia are low-prevalence areas with hepatitis B surface antigen (HBsAg) carrying rate less than 2%. Eastern Europe, Japan, South America, North America and Mediterranean countries are the middle endemic areas; China, Southeast Asia and South Africa were highly prevalent (the HBsAg rate was about 10%). There are about 350 million chronic carriers of HBsAg worldwide, three-quarters of them in Asia. HBV infection causes between 500,000 and 1.2 million deaths worldwide each year, of which about 320,000 are caused by HCC. China is a very high rate of HBV infection, about 60% of the people actually infected with HBV, 10% of the people are the carriers, up to 120 million. Currently, there are about 12 million hepatitis b patients with an annual incidence of 158/100,000. With the advent of HBV vaccine in 1982, the infection rate of HBV was greatly reduced, and the emergence of antiviral drugs also made some progress in the treatment of hepatitis b. However, the current situation of hepatitis b is still not optimistic, the number of existing hepatitis b patients and carriers is huge, facing the risk of developing cirrhosis and liver cancer, unfortunately, so far, there is no specific drug for HBV. Therefore, the treatment of hepatitis b will remain a serious problem for at least the next 50 years, and the search for more effective treatment is a major topic of medical research. (Suk & Dong ,2004.)

The transmission way of second liver basically has 3: blood is transmitted; Vertical mother-to-child transmission; sexually transmitted. Second liver does not pass alimentary canal and respiratory tract transmission, so daily contact is like shake hands, hug, and work together, have a meal to wait to won't be transmitted commonly by second liver virus. But if the friend that eats together with second liver patient has oral cavity ulcer to wait, have the contact of blood exposure with second

liver patient, it is to can spread second liver virus possibly. Special reminder: dental filling, shaving, pedicure, medical instruments such as needles, oral equipment, endoscopy and other disinfection is not complete, but also easy to be ignored by the transmission of hepatitis b virus.(Chinese journal of infectious diseases, 2001)

Antiviral medications: several antiviral medications — including entecavir, tenofovir, lamivudine, adefovir and telbivudine — can help fight the virus and slow its ability to damage your liver. Interferon injections: Interferon alfa-2b (Intron A) is a man-made version of a substance produced by the body to fight infection. It's used mainly for young people with hepatitis B who wish to avoid long-term treatment or women who might want to get pregnant within a few years, after completing a finite course of therapy. Interferon should not be used during pregnancy. Side effects may include nausea, vomiting, difficulty breathing and depression. (Mayo Clinic, 2017.)

## 2.2 Nursing interventions

A nursing Intervention is defined as “A single nursing action, treatment, procedure, activity, or service designed to achieve an outcome of a nursing or medical diagnosis for which the nurse is accountable” (Saba, 2007). A physician usually initiates the medical orders for patient services which are reviewed by the hospital admitting nurse. As part of the admission process the primary nurse interprets the medical orders and prepares nursing orders based not only on the medical orders, but also on the signs and symptoms, diagnoses, and other presenting problems together form the nursing plan of care (POC) which also includes the goals/expected outcomes that require the specific Nursing Interventions and Action Types to resolve (Saba, 2007).

When nurses care for patients they follow the nursing process. This includes making a plan and setting goals for the patient. Nursing interventions are the actual treatments and actions that are performed to help the patient to reach the goals that are set for them. The nurse uses his or her knowledge, experience and critical-thinking skills to decide which interventions will help the patient the most. (Lee& Mills, 2000.)

There are different classifications of nursing interventions that can involve care of the entire patient. This can be anything from promoting bowel functioning, educating the patient on new medication side-effects or just keeping the patient safe. Interventions can be focused on basic physiological needs, complex physiological needs, behavioral functioning, promoting safety, caring for the family, using the health system and/or the overall health of the community. As nurses, we are caring for the total patient, so there are can be interventions concerning every area of the patient's life. (Sellers & Haag, 1998.)

#### Types of Nursing Interventions

Some of the nursing interventions will require a doctor's order and some will not. There are different types of interventions: independent, dependent and interdependent. (Sellers & Haag, 1998.)

Once outcomes have been developed and agreed, nursing interventions that facilitate their achievement are planned and implemented. Planning and using nursing interventions based on good quality evidence of effectiveness is of importance to ensure that the desired outcomes of care are achieved. Identifying, appraising, and incorporating the best currently available research into evidence-based nursing practice promotes clinically effective quality care. Outcomes of care and associated nursing interventions that have been developed in collaboration with the patient provide a clear structure for the effective audit of nursing practice, facilitate better patient adherence to therapeutic regimens, and keep the patient at the center of the care process. (Pratt, Johan & Wijgerden, 2009.)

### **3 Aim,purpose and research questions**

The aim is to find out the nursing interventions in hepatitis B patients care. The purpose is to provide information of nursing interventions for hepatitis b in nursing students.

The research question is:

What are the nursing interventions for hepatitis B patients?

## **4 METHODOLOGY**

### **4.1 Literature review**

A literature review is a selected compilation of documents that are available on a certain topic. It includes evidence-based data and ideas that are presented to reach a certain goal or to express a particular point of view. In addition, it shows skillfulness in searching for relevant materials. However, in the current study, the goal is not to include excessive amount of literature, but to use material that is narrow to describe hepatitis b patients' experiences of social support during their illness. (Hart, 1998.)

Then establish your research questions and organize your literature into logical categories around the subject/ topic areas of your questions. Your research questions must be specific enough to guide you to the relevant literature. (Troyka & Lynn, 2002.)

The literature review is important because it describes how the proposed research is related to prior research in statistics. It shows the originality and relevance of your research problem. (Desai & Potter, 2006.) To answer the above research question, a literature review is conducted with carefully documented process. Literature review as research methodology is suitable because it is a comprehensive study and it interprets current literature that relates to this certain topic. When writing papers, we adopt five phases included in a literature review to obtain social data through observation and discussion.

1) Defining the aim and the research question,

- 2) searching for and selecting literature,
- 3) appraising literature,
- 4) analyzing and synthesizing literature
- 5) reporting results. (Niela-Vilén & Hamari 2016.)

The present literature review systematically followed the aforementioned steps in order to give the research. To maintain consistency and minimize bias, the full inclusions are summarized in Table 1.

**Table1: Inclusion criteria and Exclusion criteria**

Inclusion criteria:
Full text
The articles were published in ten years(2009-01.03.2019)
The language is English and Chinese
Answer the research questions
Peer reviewed articles

#### 4.2 Scientific article selection process

Using the database: CINAHL (Ebsco)and PubMed. CINAHL (Cumulative Index to Nursing and Allied Health Literature) was used since it contains journals related to nursing. PubMed (a free search engine that provides biomedical search papers and abstracts. Its database source is MEDLINE) was chosen as it was recommended by an information specialist. Besides, it is recognized as highly valuable databases for nursing research (Moule, Aveyard & Goodman 2017). Retrieving these keywords results in selecting articles on the appropriate topic from the results for selection and search.

CINAHL (Ebsco)key words: Hepatitis b,  
nursing interventions or nursing care or nursing support or nursing  
Health promotion or health education or patient education

Pubmed key words:Hepatitis B

Nursing interventions

Health promotion

**Table2: searching results**

Database	Search terms	Results	Chosen based on the title and/or abstract	Chosen based on the full text
CINAHL (Ebsco)	Hepatitis b, Nursing interventions or nursing care or nursing support Health promotion or health education or patient education	20	2	7
pubMed	Hepatitis b, Nursing interventions Health promotion	4	1	1

#### 4.3 Data Extraction and synthesis of data

Data analysis in research reviews requires that the data from primary sources are ordered, coded, categorized, and summarized into a unified and integrated conclusion about the research problem (Lamb & Sandr, 1998). Content analysis is one

of the methods of literature research. It refers to the way of thinking through logical reasoning, focusing on content analysis and researching the specific attributes of the article. Content analysis is a method to identify the content of the literature. An indicator that is suitable for analyzing the probability and application rate of an article.

This literature refers to eight articles, including Ebsco (n=7) and pubmed (n=1). The studies were done in UK (3) USA(5). The methodologies of them were 6 quantitative and 2 qualitative.

## 5 RESULT

Psychological intervention	Instruct patients to treat diseases with the right attitude	
	Help patients learn to get out of depression	
Behavioral intervention	Regular review	
	Reasonable diet	Balanced diet
		Light diet
		Protein supplementation
Combination of work and rest		
Drug intervention	Correctly counseling patients to take drugs	
	Pay attention to the adverse reactions of drugs	

Psychological intervention:

Actively communicate with patients, give understanding and respect, establish a good relationship between nurses and patients, and give different nursing interventions according to different psychological characteristics of patients. First of all, nurses use language and communication art to let patients express their unpleasant feelings in their hearts, and their emotions are released, thus alleviating the patient's ideological burden. Then, psychological adjustment can be given to patients with more serious psychological problems, such as music psychotherapy,

psychological counseling therapy, etc. Give psychological social support to help them build confidence in treatment and promote their return to society. (Wang, Zhang, Xu & Sha, 2017.)

### **Instruct patients to treat diseases with the right attitude**

Different patients have different ideas about how to treat diseases. This depends mainly on the patient's personality and the degree of education. Patients with introverted or high-educational mental burdens are heavier. For such patients, they must first respect him. Let him recognize the impact of psychological burden on disease recovery. Cases appear to encourage patients to establish confidence in the fight against disease, patients with low-grade or low-education, let him fully recognize the harm of the disease to the body, so that it is properly coordinated. (Chen, 2016.)

**Help patients learn to get out of depression.** Cultivate an optimistic and positive attitude towards life, and listen to music, watch TV, chat, indoor and outdoor activities, etc. under the premise of ensuring adequate sleep and moderate activities. Freed from depression. Giving social support, parents, brothers, and sisters can help patients not feel inferior because of illness, and encourage patients to express their inner worries, talk about feelings and anxiety after illness, and vent their unhappiness, so as not to worry about illness. . Because I have to look forward to being at home, the patient has a sense of decadence and consciously has no social use value. Therefore, the patient in the recovery period can do some light physical activities that can be done within the capacity of the patient. After the liver function of the chronic hepatitis is improved, they can participate in normal work, which is beneficial to relieve the depression. Positive and optimistic life. (Chen, 2016.)

Behavioral intervention:

**Regular review:** regular review time and items should be based on specific conditions, but generally should be reviewed every 3-6 months. The review items

mainly include liver function, hepatitis B, liver B ultrasound, hepatitis B virus DNA, etc. Timely understanding of the liver damage and the extent of the disease, and timely targeted hepatitis B treatment, so as to timely and effectively ensure the stability of hepatitis B disease, effectively prevent further deterioration of hepatitis B disease. (Zuo & Deng, 2018.)

**Reasonable diet:**

1Balanced diet: Patients with hepatitis B should ensure a balanced diet. Protein, carbohydrates, fats, vitamins, minerals, etc. in food should be kept in proportion. In addition, do not overeating or often hunger, because this hunger, unbalanced eating habits, can lead to abnormalities in the digestive juice, which can easily lead to liver disease, which is not good for the disease. (Feng, 2018.)

Light diet: Since the liver is the largest metabolic organ in the human body, we need to help us deal with a lot of trace elements every day. In order to reduce the burden on the liver, we should adopt a palatable and light diet. If the appetite is good, we do not need to strictly control the diet. We can eat some foods with high nutritional value to ensure normal nutritional needs. If the patient has nausea, vomiting and frequent, and the stomach is poor, the diet should be appropriately restricted in the short term to reduce the burden on the gastrointestinal tract. Appropriate supplementation of glucose, electrolytes and vitamins while limiting your diet. There must be a certain amount of vegetables, all kinds of food, fruits and appropriate amount of protein in the diet. After the appetite returns to normal, the amount of rice should be properly controlled. Generally, it is advisable to have hunger before the next meal. Less greasy food, fried food, and other foods do not need to be too restrictive. Patients with stable hepatitis B are based on a balanced diet, basically the same as normal people, adding vegetables and fruits to supplement vitamins. (Feng, 2018.)

**Protein supplementation:** Because hepatitis B is a more difficult disease to cure, we mainly resist hepatitis B virus by improving immunity. For patients with hepatitis B, a

good way to improve immunity is to add protein. If you don't want to eat nutrients, then it is recommended that you eat high-protein foods such as milk, beans and soy products, fish, eggs and lean meat in your daily life. The protein is 1 g/kg~1.5 g/kg per day, of which the fish has the best quality protein. When edema or ascites occurs in chronic hepatitis, the principle of low-salt diet (salt less than 3 g per day, water 1 000 ml to 1,500 ml daily). (Feng, 2018.)

**Combination of work and rest:** Patients with hepatitis B should pay more attention to rest and have enough sleep to ensure sleep 7-8 hours per night. When you have enough sleep, your immunity will improve, regulate the physiological functions of various organs of the body, your disease resistance will be strong, and play an important role in the recovery of liver disease. In addition, hepatitis patients should be absolutely bed rest, the general patient can improve with the condition, slowly increase the amount of activity, get up before meals, appropriate activities, such as indoor and outdoor walking is conducive to increase appetite, but must rest after lunch, to supine Well, this will allow more blood to flow into the liver, ensuring that the liver has sufficient oxygen and nutrients, which is conducive to the regeneration of liver cells and the recovery of the body. (Feng, 2018.)

Drug intervention:

**Correctly counseling patients to take drugs:** the liver is the organ that metabolizes most drugs, and the drug metabolism process often produces some toxic substances, which easily damage the liver and cause drug-induced hepatitis, which is more likely to aggravate the liver condition, so the nurse needs to be strict before taking any drugs. Do as prescribed by your doctor to avoid affecting your health. (Wang, 2018.)

**Pay attention to the adverse reactions of drugs:** regular monitoring and follow-up, and timely adjust the drugs. Antiviral treatment requires patients to actively cooperate with doctors, monitoring HBV, DNA level, liver function and so on every three months. (Kai, 2017.)

## **6 Discussion and Conclusion**

### **6.1 Discussion**

The results of this study are different from previous studies, which are more comprehensive and detailed. We will give appropriate care according to the different conditions of the patient. From psychological to physiological to help patients better recovery, better integration into society. As a contagious disease, hepatitis B is caused by hepatitis B virus. The current main method is to use hepatitis B liver fibrosis, immune regulation, and anti-viral resistance treatment. There is no specific treatment at present, so type B Hepatitis poses a serious threat to the health of the body and mind of the patient, and the nursing measures we give not only use traditional nursing measures, including the psychological care of the patient, we also consider the patient's anxiety and other emotions from the perspective of the patient's psychology. The changes have effectively improved the effectiveness of hepatitis B care. Maybe in the future we will eventually get rid of the problem of hepatitis B and better integrate into society through formal nursing intervention and adequate nursing experience.

### **6.2 Ethical considerations**

The main principles of ethics include respect for human dignity, privacy and autonomy. These principles also include avoiding misinformation and data forgery. People must be careful about their work and keep a good track record of the research activities. The study was conducted from the perspective of a nurse, and the data and results produced in this study were presented in an honest and systematic manner. The ethics of research is indispensable, which is reflected in the protection of the privacy of experimental subjects and the assurance of the accuracy of experimental data. The main principle of morality is to respect the privacy and dignity of others. Almost all the articles included in this study asked permission from their participants and ensured their privacy. These principles also include the truth of

experimental data and conclusions. There were two articles that did not discuss ethical issues, but the study was organized, recruited, volunteered data and told that their data would be used for the study. One article also did not discuss moral issues, but this article only analyzed HBV infection, did not collect personal information and data, and did not have moral issues. In two additional articles, all participants agreed to complete a risk assessment for hepatitis b. In one of the articles, data was collected at the hospital, and all patients were informed of their data and used for scientific research. Two of our articles discussed ethics and were approved by the national health council. When we wrote this paper, we discussed the limitations and bias of the paper. The statistical data of the paper were only used for the paper and were not involved in the research. Although it is not intended, in this study, the publication bias is obvious because the authors are student and has limited access to articles free of charge for students.

### 6.3 Conclusion

The main conclusion of this paper is to give more comprehensive nursing measures to patients with hepatitis B through different aspects of psychology, physiology and medicine. It also promotes appropriate educational interventions and promotes critical reflection on self-care to promote the physical and mental health of patients with hepatitis B. The physical and mental health of patients is the most important part of nursing intervention. It is necessary for patients with hepatitis B to have a correct understanding of their own diseases, to see everything open, to maintain an optimistic state of mind, and to actively cooperate with treatment so as to accelerate the recovery of the disease. Proper exercise and proper diet in behavioral interventions are also an effective way to treat a patient's condition. And the use of appropriate educational interventions can improve the understanding of patients and their families about hepatitis B disease, which can improve the patient's drug intake and self-efficacy of daily behavioral interventions. According to previous research, in order to return patients to society, it is recommended to develop more standardized and convenient follow-up studies for patients with hepatitis B.

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Author, (year), country	Purpose and aim of study	Research methods	Sample (n)	Main results	Points from evaluation
Nyamathi A, Tyler D, Sinha K, Marfisee M, Cohen A, Greengold B. (2010)(USA)	Compare three interventions to promote hepatitis A virus (HAV) and hepatitis B virus (HBV) vaccination completion.	Randomized and controlled	(n = 256)	Nurse-Led HHP may be the method of choice for this population as it may be easier to integrate and with additional investigation may prove to be more cost efficient.	The test method is specific and better reflects the importance of nurses for nursing intervention.
Ouyang, David; Yuan, Neal; Sheu, Leslie; Lau, Gary; Chen, Cheng; Lai, Cindy (2013)(USA)	Improved knowledge of HBV transmission, prevention, and management,	Multivariate analysis	(n=52)	Our study suggests that trained health professional students can effectively learn health knowledge that is retained by patients for at least 1 month.	The article has clear ideas and simple conclusions to understand.
Jack, Kate; Cooper, Joanne; Ryder, Stephen (2013)(UK)	Prevention and treatment of infections with HBV	Research from three aspects of risk factors, blood tests, and immune system.	Discussion and research	HBV is spread via percutaneous and per mucosal exposure to infected body fluids. The small numbers of people in the UK who contract acute HBV infection are usually infected in adulthood via unprotected sex or injected drug use using contaminated equipment.	This article gives us ample basic definition

Perrett, Stephanie; Hams, Pam (2013)(UK)	Raising awareness of hepatitis B and C among the general public and offering testing.	Road show	(n=440)	Shown that specialist nurse forums are well placed to carry out Such health promotion events within their community.	This article provides a different approach to publicity than other articles.
Landon, Christine; Maru, Alka (2017)(UK)	The goal is to improve patient awareness of hepatitis B and to assess the effectiveness of nurses' interventions.	Questionnaire	(n=156)	Raising awareness of HBV has directly improved the health of most people.	The article is easy to understand and has good data survey and data analysis.
Wen-Ling Wang , Chi-Jen Wang, Hung-Fu Tseng (2009)(USA)	The purpose of this study was to examine differences in knowledge, health beliefs, and self-efficacy related to hepatitis	Comparative descriptive design	(n=106)	School nurses should work closely with school administrators to establish a health promotion program to increase carriers' self-efficacy to promote their personal health, curtail risky behavior among susceptible students, and remove the stigma attached to hepatitis B carriers among university students.	This article gives the importance of knowledge about hepatitis B in this group of students.

<p>Jo Ellen nranstetter-Hall,Rhea Faye D. Felicilda-Reynaldo</p> <p>(2017)(USA)</p>	<p>To study the different infection rates of HBV in pregnant women and children around the world, and to find out the cause by investigating the pathology of HBV, and to find out the treatment method and infection cause by evidence-based nursing for antiviral treatment.</p>	<p>Collecting information centrally</p>	<p>Evidence-Based Guidelines</p>	<p>Requirements to monitor clinical progress, and nursing management for antiviral therapy drug administration will allow medical-surgical nurses to provide optimal care to their patients.</p>	<p>This article clearly and briefly gives the nursing intervention for clinical care of hepatitis B patients.</p>
<p>P. Brandon , PharmD,Jenna L. , PharmD,Z. Kevin Lu, Joshua R. Mann, MD, Chelsea Ambrose, Amy Grant Q. (2016)(USA)</p>	<p>To investigate the hepatitis B virus (HBV) seroconversion rate among health sciences students.</p>	<p>Multivariate regression analysis</p>	<p>N=(777)</p>	<p>These data highlight the importance of assessment and documentation of HBV vaccination series among health sciences students prior to direct patient care activities.</p>	<p>The article has clear ideas and simple conclusions to understand.</p>