

THERAPEUTIC ROUTES FOR PATIENTS WITH VIRAL HEPATITIS B AND C IN CAMEROON

Ntsama M.A.L (1,2), Cadranel J.F (2) , Essi M.J (1).

1. Laboratoire de recherche sur les hépatites virales et la communication en santé ;
Yaoundé (Cameroun).
2. Groupe hospitalier public du sud de l'Oise ; site de Creil.

PLAN

- ▶ INTRODUCTION
- ▶ MATERIAL AND METHOD
- ▶ RESULTS
- ▶ CONCLUSION

INTRODUCTION (1)

- ▶ Patients with chronic hepatitis B and C very often arrive at the specialized hospital at the end stage of disease to be taken care of.
- ▶ This suggests that these patients have alternative therapeutic remedies to conventional treatment.
- ▶ It therefore seems necessary to characterize the therapeutic routes of these patients in our environment.

INTRODUCTION (2)

- ▶ The purpose of the study was to describe the trajectory of care for patients with viral hepatitis B and C and to characterize the reasons for medical pluralism in these patients.

MATERIAL AND METHOD (1)

- ▶ A descriptive cross-sectional study was carried out over a period of 08 months: from November 2017 to July 2018.
- ▶ The sample consisted of 175 patients.
- ▶ Any patient with viral hepatitis B and C was included in the study.
- ▶ Patients who did not consent to participate in the study and those who spoke neither English nor French were excluded.

MATERIAL AND METHOD

- ▶ The sample size was calculated according to the standard formula; the collection of study variables was done by means of a questionnaire.
- ▶ The statistical analysis consisted of the description of the socio-health characteristics of the population studied,
- ▶ followed by that of the various therapeutic remedies of these patients.
- ▶ In the end, the reasons for the different remedies based on the therapeutic choices had been characterized.

MATERIAL AND METHOD (3)

▶ DEFINITIONS

- Parallel route: Use of several types of therapies simultaneously.
- Care path: Succession of stages through which the individual can heal himself.
- Management: Use of therapies prescribed by the patient himself.
- Medical Pluralism: Use of several types of therapies alternately or simultaneously.

RESULTS (1)

- ▶ The diagnostic circumstances were mostly voluntary testing.
- ▶ **Three remedies were listed:**
 - First, **69.2%** of patients had chosen biomedicine (including specialized hospital in 73.6%),
 - followed by management in 17.8% of cases and lastly ethnomedicine in 12% of cases .
 - **57.7%** had a second treatment, half of which in a specialized hospital;
 - 18.8% chose management and 12% ethnomedicine.

RESULTATS (2)

- **26.9% of the sample had had a third recourse:**
- biomedicine occupied a prominent place (70.9%);
- monitoring of management and ethnomedicine in equal proportions (14.9%).
- ❖ **Only ¼ of the patients admitted to having resorted to alternative medicine.**

RESULTATS (3)

- ▶ **Concerning the reasons of the chosen type of therapy:**
 - Self-medication was motivated by advice from friends and family and the high cost of conventional treatment.
 - The wait-and-see attitude was motivated by the high cost of conventional treatment and the advice of health staff.
 - The use of a specialized hospital was encouraged by the health staff.
 - The patients had used ethnomedicine on the advice of family and health staff.

CONCLUSION (1)

- ▶ The therapeutic routes for patients with viral hepatitis B and C are numerous.
- ▶ These patients have multiple uses of care and many have parallel therapeutic routes.
- ▶ The various choices of therapeutic remedies are influenced by the nursing staff, the entourage and the high cost of conventional treatment.

CONCLUSION (2)

- ▶ It therefore appears necessary and urgent to educate the general population and healthcare personnel, in particular, about B&C viral hepatitis in Cameroon.

MERCI