

Reconfiguring Chronic Disease Self-Management Programs for better management of viral hepatitis and other chronic liver conditions

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Background: The LiverWELL Health Coaching Program is a chronic disease self-management (CDSM) program, designed for people with viral hepatitis, liver health conditions or concerns, their family members, friends, and carers. The main activity of the program involves delivery of face-to-face coaching sessions on topics like health literacy, goal setting, exercise, nutrition, sleep, mental health, alcohol, management of medications and other drugs. Historically, uptake for the program has been low, with 1 to 3 participants in attendance. With transition to online delivery during the pandemic, research was undertaken to explore various aspects of CDSM models to help rework the existing program and increase uptake.

Argument: The pandemic caused declines in mental wellbeing and increased alcohol consumption, therefore supporting people with knowledge and tips to self-manage their chronic liver conditions was essential. Self-Management Models for chronic diseases have been associated with statistically significant improvements in health outcomes.

The LiverWELL CDSM program was developed when Direct Acting Antivirals were not available and when face to face education for lifestyle and behaviour modification was common. The program experienced declining demand in its current configuration, therefore it was important to reconfigure the existing program, enhance structure and content, and explore delivery through flexible online options.

Outcome: The research project provided evidence-based suggestions to improve engagement from our target audience and assist them to develop, build and refine skills and confidence to self-manage their liver health. The online pilot session received 37 registrations and 25 attendees. Evaluation surveys recorded positive feedback and recommendations for future enhancements. Ideas to incorporate components of this program and promotion through our existing LiverWELL App are currently being explored.

Conclusion: Following the success of the pilot session, recommendations from the research project will be used to design a sustainable evidence-based health coaching program delivered through hybrid options, with the LiverWELL App complementing the program.

Disclosure of Interest: LiverWELL recognises the considerable contribution that industry partners and volunteers make to professional and research activities. We

also recognise the need for transparency of disclosure of potential conflicts of interest by acknowledging these relationships in publications and presentations.