


Thesis Title : An Intervention to Improve Self-Care Practices for Patients with Hypertension in Pasak Sub-district, Chiang Rai Province: A Proposal and Reliability Test of Questionnaire

By : Orapin Chaipayom


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College of Public Health


Thesis Advisor : Associate Professor Sauwakon Ratanawijittrasin, Ph.D.


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.....Thesis Advisor
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.....Member
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ABSTRACT

Hypertension, the most common cardiovascular disease and the major risk factor of cardiovascular mortality, can be controlled if a patient receives treatment regularly and has proper self-care. The problem of patients with hypertension in Pasak Sub-district, for example, failed to follow a routine counseling on the cause of failure on blood pressure control. In order to control blood pressure effectively, a self-care program by using a combination of health educational activities should be promoted.

The purpose of this study is to assess the effectiveness of self-care practices of the patients with hypertension in the study group through self-care program. Quasi-experimental design has been chosen for this study in order to compare the differences before and after intervention in a study group and control group. The patients with hypertension who volunteer to join the program will be asked to participate in a self-care program. The self-care program will be established throughout four phases: promoting self-care, baseline survey and program development, program implementation, and program monitoring and evaluation.

This thesis presents proposal design and data exercise of reliability on the questionnaire. The questionnaire will be used as a tool to assess the effectiveness of the program, and has developed based on literature reviews and recommendations of health promotion staff and health education experts. The questionnaire consists of five parts: a) socio-demographic data; b) perception of threat; c) perceived self-efficacy; d) perceived response-efficacy; and e) self-care practices of the patients with hypertension.

Reliability test was conducted as data exercise by using internal consistency method. In addition, the reliability coefficient was tested. The results of the reliability coefficient on the perception of severity and vulnerability of hypertension complications, self-efficacy, and response efficacy of preventive behavior were 0.61, 0.67, 0.88, and 0.88 respectively. The overall reliability of those variables was 0.89, which was more than 0.7 and is acceptable for the purposes of this study.



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COLLEGE OF PUBLIC HEALTH SCIENCES
CHULALONGKORN UNIVERSITY