

Pinkaew Klyprayong 2007: Effectiveness of Health Education Program in Promoting Health Behaviors for Slow Progression of Chronic Kidney Disease to the End Stage Renal Disease Among Chronic Kidney Disease Patients Stage 3 and 4 at Out Patient Department, Ramathibodi Hospital. Master of Science (Health Education), Major Field: Health Education, Department of Physical Education. Thesis Advisor: Assistant Professor Karuntharat Boonchuaythanakit, Ph.D. 203 pages.

The objective of this quasi-experimental research was to study the effectiveness of a health education program in promoting health behaviors for slow progression of chronic kidney disease (CKD) to the End Stage Renal Disease (ESRD) among chronic kidney disease patients stage 3 and 4 at out patient department, Ramathibodi Hospital. The subjects in this study were 60 CKD patients stage 3 and 4. The subjects were randomly assigned into two groups, the experimental and the comparison group (control group). There were 30 persons in each group equally. The questionnaires developed by the researcher and clinical parameters record were used for data collection before and after the intervention. Percentage, means, standard deviation, paired sample t-test and independent t-test were applied for data analysis.

The result of this study revealed that, after the intervention, the experimental group had better knowledge in CKD, perceived susceptibility, perceived severity of complication and progression to ESRD, perceived benefit, perceived barrier, perceived self-efficacy and health behaviors for slow progression of CKD to the ESRD than before the intervention and than those in the control group significantly at a 0.001 level. The result also revealed that the experimental group showed better blood pressure control than before the intervention and than those in the control group significantly at a 0.05 level. Moreover, the experimental group showed better dietary protein and phosphorus restriction than before the intervention significantly at a 0.01 level.

In conclusion, the health education program developed by the researcher showed effectiveness in promoting health behaviors for slow progression of CKD patients stage 3 and 4.

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Student's signature

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