

KWANTA PAIYOK-NGARM : EFFECTS OF PLANNED INSTRUCTION AND THE USE  
OF SELF-LEARNING HANDBOOK ON BODY IMAGE, KNOWLEDGE, AND  
REHABILITATIVE SELF PRACTICE OF ORTHOPEDIC SURGICAL PATIENTS :  
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The purposes of this quasi-experimental research were to compare body image, knowledge, and rehabilitative self practice of orthopedic surgical patients between two experimental groups after receiving planned instruction together with relatives and using self-learning handbook. The research samples consisted of 19 pairs of orthopedic patients having the lower extremity bone fracture and receiving treatment by ORIF. Research instruments developed by the researcher, were the lesson plan, self-learning handbook and the interviewing questionnaire.

Major findings were as followed :

1. Body image and knowledge of orthopedic surgical patients after receiving planned instruction were significantly higher than before the experiment, at the .01 level.
2. Body image and knowledge of orthopedic surgical patients after using self-learning handbook were significantly higher than before the experiment, at the .01 level.
3. Body image, knowledge and rehabilitative self practice of the patients after receiving planned instruction were significantly higher than the patients using self-learning handbook, at the .01 level.