

4037061 NSAN/M : MAJOR : ADULT NURSING ; M.N.S (ADULT NURSING)

KEY WORD : DIET BEHAVIOR/CHRONIC RENAL FAILURE

SASITHON CHUMNANPHOL : DIET BEHAVIOR OF CHRONIC RENAL FAILURE PATIENTS. RESEARCH REPORT ADVISORS : SIRIORN SINDHU, D.N.Sc. PENSRI RABIEB, M.S.PIEMPLAP SOPASIT, M.Sc. (NURSING) 40 P. ISBN 974-622-545-4

Diet behavior is very important for chronic renal failure (CRF)patients. Unless patients have suitable diet, they may have problems with waste product accumulation in their bodies. These problems may endanger their lives and require them to stay longer in the hospital.

The objective of this study was to find out the diet behavior of chronic renal failure patients. Participants were 28 CRF patients, 11 males, 17 females, aged 30- 80 years old, attended out patient department at Sappasittipasong Hospital in Ubonrachathani province, controlled symptoms only by taking oral medication . Data were collected by depth interview and participant observation methods. Descriptive analysis were used to analyze the data.

Results were that most patients were poor, Food found from resources according to its season. Some kind of food were too expensive or difficult to find. They consumed food for their living and did not thinking about disease control. They were familiar with tasty and salty food, did not like fatty food and sweet. Eating raw meet was part of the culture to show that they were brave. Male patients had better diet behavior because they were well taken care by their wives and their children. Most patient controlled their diet when they confronted symptoms/ disease severity. They perceived that doctors and nurses had too many patients and too little time to provide clear advice for their diet and other type of health education.

This study suggest, that health care provider should assess and ensure their understanding of participant's food culture prior providing education for better diet behaviors for CRF patient in order to enhance effective diet care service.