

บทคัดย่อ

The objective of this study was to develop a clinical nursing practice guideline for Dietary Controlling of High Blood Pressure in the Elderly by modifying a research utilization model from the Evidence-Based Practice Model (Stetler, 1994). Relevant research and empirical evidence were obtained from several well-known databases. Five relevant studies and empirical evidence were categorized and synthesized in order to develop clinical nursing practice guidelines for Dietary Control of High Blood Pressure in patients.

This clinical nursing practice guideline was implemented in a pilot study to evaluate the processes and outcomes. The next step was to adjust the guideline to be more suitable for any individuals or rehabilitation settings.

This clinical practice guideline was tested with two hypertension patients attending an outpatient clinic of a primary care unit in a community hospital in Thailand. The findings revealed that the patients improved their knowledge and behavior.

In the future, nurses that are willing to use this clinical nursing practice guideline should be trained in dietary control of high blood pressure among the elderly in order to make recommendations for best practice. Clinical nurse practitioners should understand and continue to study the dietary control of high blood pressure for promoting the quality of life of elderly people with hypertension.