

Thematic Paper Title	The Development of a Clinical Practice Guideline for Weight Control in Order to Increase the Physical Functions of the Knee in Overweight Older Adults with Knee Osteoarthritis.
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Year Submitted	2007

ABSTRACT

The purpose of this study was to develop a clinical practice guideline for weight control in order to increase the physical functions of the knee in overweight older adults with knee osteoarthritis. The model of the center for advanced nursing practice evidence-based practice by Soukup (2000) was modified and used as a framework for the study. These steps are: 1) the evidence triggered phase, 2) the evidence supported phase, 3) the evidence observed phase, and 4) the evidence based phase.

This developed practice guideline consisted of a practice guideline manual and teaching plans for health care professionals, and a self-monitoring record and booklet for patients. Strategies used in the guideline were 1) assessment of overweight, knee osteoarthritis patients with overweight, 2) assessment of behaviors and knee functions, 3) behavioral modification and weight control training, 4) follow-up and 5) evaluation the outcomes.

This clinical practice guideline was tested with two overweight older adults with knee osteoarthritis attending at an outpatient clinic of a primary care unit in a community hospital. The findings revealed that the patients improved their behaviors, physical functions and decreased body weight. It is recommended that using this guideline effectively, training of health care professionals related to special knowledge and skills is needed. Moreover, the experimental research to test this guideline is suggested in further study.