

3936948 PHPH/M: MARJOR: PUBLIC HEALTH NURSING; M.Sc.(PUBLIC HEALTH)

**KEY WORDS : NURSING PERSONNEL/ HEALTH RISK OF
CARDIOVASCULAR DISEASES**

**JUTHAMAS JANTHORN: POPULATION CHARACTERISTICS,
WORKING CONDITIONS, STRESS, SELF-REGULATION AND HEALTH RISKS
OF CARDIOVASCULAR DISEASES AMONG HEALTH PROVIDERS IN
GENERAL HOSPITALS UNDER THE DEPARTMENT OF MEDICAL SERVICES,
BANGKOK METROPOLIS. THESIS ADVISORS: SOMPORN TREAMCHAISRI,
Ph.D., TASSANEE NONTASORN, Ph.D. 175 p. ISBN 974-663-551-4**

With a high workload and responsibilities nursing personnel, who deal with clients' health conditions and illnesses, have less time for self-care. They can't regularly practise health promotion behaviors including eating proper essential nutrients, exercising continuously and managing stressful circumstances. As a result, they are at high risk of cardiovascular diseases.

This study employed a cross-sectional survey approach, and aimed to study the population characteristics, working conditions, stress and self-control regarding food consumption behavior, exercise and stress management, in relation to cardiovascular diseases of nursing personnel. The study was conducted on 220 nurses, aged 30 years or more, working at hospitals under the Department of Medical Services in Bangkok Metropolis, selected by simple random sampling technique. Data was collected nurses were using a questionnaire and a record form for stress and health risks of cardiovascular diseases. Data analyses included descriptive and analytical statistics, testing differences with Student's t-test and one-way ANOVA, testing correlation with the Pearson's Product Moment correlation efficiency and Chi-square methods, and stepwise multiple-regression analysis.

The study revealed that levels of blood pressure, blood sugar and blood cholesterol of nursing personnel were in the normal range. Those who were older, married, with a chronic illness or hereditary disease, and overweight with different experiences, had significantly different risks of cardiovascular diseases. Age, overweight, working experience, marital status, chronic disease, hereditary disease and self-control of food consumption were found to be significantly associated with the risk of cardiovascular diseases. Moreover, age and family's hereditary disease history could jointly predict the variation in health risks for cardiovascular diseases in 25.1% of these subjects.

This study recommends measures for providing health services for nursing personnel who have been at risk of cardiovascular diseases. Emphasis should be placed on curative care for relieving the apparent symptoms, support for health promotion in the workplace, and creating awareness of self-control so as to reduce health risks for cardiovascular diseases for nursing personnel in the organization.