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KEY WORD : SELF-CARE / NUTRITION PROGRAM / NUTRITION / AIDS PATIENTS /
HEALTH BELIEF MODEL.

SUPHIDA THONGYEN : THE EFFECTIVENESS OF SELF-CARE IN THE NUTRITION
PROGRAM OF AIDS PATIENTS AT- OUT PATIENTS DEPARTMENT , BAMRASNARADURA.
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The main objective of this quasi-experimental research was to determine the effect of self-care in the nutrition program on nutrients , nutritional status and self care behavior in nutrition of AIDS patients at Out - Patients Department , Bamrasnaradura Hospital . There were 60 patients , of which 30 were in the experimental group and 30 were in the comparison group. The experimental group participated in the nutrition program. The intervention was conducted over a period of 12 weeks, from May to August 1999. The data were collected using interviews and questionnaires including dietary intake and nutritional status. Statistical analysis was performed by using percentage, mean, standard deviation, t-test and Paired t-test.

The results of this study showed that, after the experiment, the experimental group had statistically significant higher average scores in health belief model and self-care in nutrition than the comparison group. In terms of nutrition, the average increased energy, protein, carbohydrate and fat consumption in the experimental group were significantly higher than those of comparison group, but the consumption of beta-carotene and vitamin C was not significantly increased. Mean body weight was higher in the experimental group. Albumin level was not significantly different between the two groups. To compare among those in the experimental group before and after the intervention, it was found that after intervention, there was statistically significant higher average score in health belief model and efficacy of self-care in nutrition, energy, protein, carbohydrate, vitamin C, but the consumption of fat and beta-carotene were not increased significantly. Body weight and albumin had increased significantly.

The effect of self-care in the nutrition program of this study was shown to improve nutritional behavior and nutritional status of AIDS patients. Therefore the use of this intervention is recommended with other groups of AIDS patients