

Thesis Title The Effectiveness of Health Education Program
on Controlling Pulmonary Tuberculosis in N-SCC
Patients at Bangkok Chest Clinic

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Abstract

Pulmonary tuberculosis is still one of the major health problems in Thailand. In controlling and treatment this communicable disease, the practitioners have been facing many problems concerning health behaviors of the patients, such as the number of drop out during the treatment, improper medication taken as well as the awareness in taking care of their health. Thus, the intent of this quasi-experimental research was to develop health education program, applying health believe model and compliance theory, on controlling pulmonary tuberculosis in N-SCC patients.

The sample were recruited from pulmonary tuberculosis patients at N-SCC unit of Bangkok Chest Clinic for the first visit and recieved treatment with short course chemotherapy 2HRZ/4HR. There were altogether 100 patients and there were randomly assigned to

experimntal group and comparison group. The experimental group received health education program three times, according to the treatment program in the first three months, the comparison group recieved the conventional instruction.

Data were collected 4 times; first, at the begining of the program and the rest when the patient's return for treament on appointment. Questionnaire, structure interview schedule and record form were used as methods for collecting data. Statistic used in data analysis were percentage, mean score, Student's t-test, Paired Samples t-test and Z-test.

Result were as follows:

1. After the experimental, the mean score regarding to the perception of susceptibility, severity, and benifit and cost about pulmonary tuberculosis of the experimental group was significantly higher than before the experimental and also higher than that of the comparison group ($p\text{-value} < 0.001$).
2. After the experimental, the mean score of the experimental group regarding to the behavior concerning taking medication and follow up on appointment was significantly higher than that of the comparison group ($p\text{-value} < 0.001$).
3. After the experimental, the proportion of patients having negative sputum in early two months of the experimental group was higher than that of the comparison group but not statistically significant.

The result has shown the effectiveness and successful of this health education program. Thus, this health education program could be applied to increase positive health perception which in turn will improve patient's behavior in controlling pulomnary tuberculosis and other chronic communicable disease.