

Thesis Title            Effects of Promoting Patients' Participation in  
Self-Care on Self-Care Deficit and Social  
Adjustment in the Retinal Detachment Patients  
Name                    Mukda Kunawat  
Degree                  Master of Science (Nursing)  
Thesis Supervisory Committee  
                         Darunee Junhavat, B.Sc.(Health ed.), M.Ed.  
                         Yuwadee Luecha, B.Sc.(Nursing), M.Ed.  
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### Abstract

This experimental research was designed to test the effects of promoting patients' participation in self-care on self-care deficit and social adjustment in the patients with retinal detachment. The purposive samples consisted of 44 retinal detachment patients admitted to the general wards of Ophthalmological department, Ramathibodi Hospital during September, 1991 to February, 1992. Subjects were systematically randomly assigned into either the experimental ( $n_1=21$ ) or the control group ( $n_2=21$ ). Subjects in both groups received the usual care provided in the hospital but the experimental group received additional intervention program from the investigator. The interventional program was designed to promote patients' participation in self-care by presenting therapeutic self-care demand of the patients with retinal detachment using sound-tape recording. In addition, the investigator visited the experimental subjects every day postoperatively to assess their self-care deficits and

increase their self-care agency until they were discharged from the hospital. Self-care deficit and psychosocial adjustment were measured twice: on the day of discharge and on the follow up (within 1 - 2 weeks). Qualitative data were collected using the open - ended questionnaire and observational technique during the interaction between the investigator and the patients.

The results of this study demonstrated that on the discharge day, patients in the experimental group had significant less self-care deficit and better health orientation adjustment than patients in the control group (all  $p < .01$ ). On the follow up within 1-2 weeks patients in the experimental group still had significantly less self-care deficit ( $p < .001$ ) and better adjustment in health orientation, extended family, social environment, and psychological distress ( $p < .001, .01, .01, .01$ , respectively) than the control group.

The finding supported the beneficial of promoting patients' participation in self-care. The limitations of this study, implications for nursing practice, and further studies were recommended.