

Thesis Title Social support, Self-care practice and Quality
 of life in patient with Chronic Obstructive
 Pulmonary Disease

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ABSTRACT

The purpose of this study were twofold. First to examine, within a theoretical framework derived from Orem's conceptual model of nursing, the relationships among basic conditioning factors of age, marital status, duration of education, social support, self-care practice and quality of life in patient with Chronic Obstructive Pulmonary Disease (COPD). Second, to identify predictive factors of self-care practice and quality of life. The purposive sample consisted of 50 COPD patients from pulmonary out patient clinic, medical department of Ramathibodi Hospital. Social Support was measured by The Personal Resource Questionnaire part II developed by Brandt and Weinert (1985). Self-care practice was measured by The Self Care Action Scale for COPD patients developed by Riley (1989). Quality of Life was measured by The Quality of Life Index developed by Padilla

Result of the study indicated that duration of education and quality of life, were positive correlated with self-care practice, duration of education, self-care and social support were positive correlated with quality of life. When all variables were enter into the regression model to predict self-care practice and quality of life, only quality of life and duration of education were significant predictors of self-care practice and accounted for 40 % of variance in self-care practice which was statistical significant. Only self-care practice and social support were significant predictors of quality of life and accounted for 43 % of variance in quality of life, which was statistical significant.

Additional analysis revealed that severity of illness was negative correlated with social support, self-care practice and quality of life ($p < .01$, $p < .01$, $p < .001$, respectively). When severity of illness was entered into the regression model to predict self-care practice and quality of life, it was found that severity of illness was the best predictor for quality of life but not for self-care practice, and severity of illness, self-care practice and social support were accounted for 52 % of variance in quality of life, which was statistical significant.

These findings seem to support the validity of Orem's conceptualization of factor related to self-care. The limitations of this study, implications for clinical practice, nursing education and suggestion for further study were recommended.