

Thesis Title Effect of Learning by Handbook on Knowledge and
Practice of Epileptic Patients
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ABSTRACT

Epilepsy is chronic illness which affects patients as well as the family. Major Treatments for epileptic patients are anticonvulsive drug. Patients have to take drugs continuously and avoid any stress condition which precipitates seizures. They also have to perform activity daily living appropriately. They need to learn about the disease and how to practice properly to gain health and to be safe.

The purpose of this study was to investigate the effect of learning by handbook on knowledge and health practice of epileptic patients. A quasi experimental research was implemented. The sample consisted of 80 generalized tonic and clonic seizure type of epileptic patients which were investigated and treated at the out patient department of the Institute of Neurology and Hospital and the Siriraj hospital. The patients were divided into two groups. The first 40 patients were experimental group who received handbooks for the

epileptic patients. The rest were 40 patients assigned to be the control group who did not receive handbooks. Tools used in this study were demographic data, handbooks for epileptic patients about the knowledge on the disease as well as the health practice, the questionnaire on knowledge about epileptic condition and questionnaire on health practice. Data were collected before the study as pre test and after study 4-6 weeks as post test. Data were analyzed by using ANCOVA and Pearson Correlation.

The results were as follows :

1. The knowledge scores about epileptic disease and health practice of the epileptic patients who received handbooks revealed highly significant higher than those who did not receive handbooks. ($P < 0.001$)

2. The health practice scores of the epileptic patients who received handbooks revealed highly significant higher than those who did not receive handbooks. ($P < 0.001$)

3. The knowledge score about epileptic disease and health practice had the correlation with the health practice scores nonsignificantly both pre and post test in the experimental group and control group. ($P > 0.05$)

The recommendation from the results of this study was that nurses should provide handbooks on knowledge about epileptic condition as well as the health practice for the epileptic patients, especially in the first experience who never learn the disease before. The group process as well as the counselling program might be helpful for the epileptic patients to gain power for effective self care specially

when contribute with handbooks provision. Such studies might bring about the way to help epileptic patients live with the disease without difficulties.