

Thesis Title      The Relationship between Self-care Knowledge,  
                    Selected Basic conditioning Factors and Self-care  
                    Deficit in Chronic Renal Failure Patients

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#### ABSTRACT

Chronic renal failure is the illness which slowly progresses. So their health will deteriorate and they will become the burdens for their families and society until they finally die. Therefore, the treatment should be supportive management which the patients will have to practice self-care measures properly and in accordance with the treatment plan to prevent complications. The obstacle which induces self-care deficit is the lack of knowledge to be used for properly practicing self-care. There are also certain basic factors, which vary in each individual, which resulted in the self-care deficit. The researcher used Orem's self-care deficit theory as a theoretical framework in studying the relationship between self-care knowledge and some basic factors and self-care deficit in chronic renal failure patients. The basic conditioning factors selected to study were age, sex, educational level, family income, marital status, self-health perception and the period of illness from chronic renal failure. The sample group was composed of 100 chronic renal failure patients who were treated with medicines and dieting at renal

clinic at the out-patient departments or Ramathibodi, Rajvithi and Pramongkutkao hospitals. The data were collected by using three sets of questionnaires, i.e., the demographic questionnaire including selected basic conditioning factors, the self-care deficit of chronic renal failure patient questionnaire and the self-care knowledge of chronic renal failure patient scale. Statistical techniques were implemented in the process of data analysis by using SPSS<sup>x</sup> program for percentage, arithmetic means, standard deviation, Pearson's product moment correlation coefficient and the stepwise multiple regression.

The results showed that:

1. There was a significantly negative correlation between self-care knowledge and self-care deficit in chronic renal failure patients at the .001 level. ( $r = -.4601$ )
2. There was a significantly negative correlation between self-health perception and self-care deficit in chronic renal failure patients at the .001 level ( $r = -.4538$ )
3. There was a significantly negative correlation between educational level and self-care deficit in chronic renal failure patients at the .001 level. ( $r = -.4430$ )
4. There was a significantly negative correlation between family income and self-care deficit in chronic renal failure patients at the .01 level. ( $r = -.3027$ )
5. There was a significantly negative correlation between marital status and self-care deficit in chronic renal failure patients at the .01 level. ( $r = -.2175$ )
6. The results of the stepwise multiple regression analysis showed that 41.18 percent of the variance of self-care deficit in chronic renal failure patients was accounted for by three significant predictors, that is, self-care knowledge, self - health perception and educational level at the .01 level.

7. Most of the sample group did not have self-care knowledge about the way to calculate water daily balance (78%), the proper time to record body weight and the way to record daily water intake and urine output (76% and 73% respectively).

8. The sample group had self-care deficit. Most of them did not daily record water intake and urine output (88%) and did not record body-weight within 2 weeks and they can not do their activities in daily life (72% and 71% respectively).

As a result of this study the researcher recommended that nurses should supervise self-care knowledge to the patients at renal Clinic and let the patients practice what they have learned. The nurses should evaluate self-care deficit in the light of individual basic factors first. Then they should enhance the patients' knowledge whenever the patients come for the check as appointed. The patients should participate in the knowledge expanding activity as the nurses deem fit for the patients' deficit, individually or in group of the same deficit. For further study, qualitative research on other factors which could influence self-care deficit in chronic renal failure patients should be considered.