Thesis Title   Self-Care Burden and Quality of Life

among Kidney Transplanted Patients

Name   Nongnut Boonyoung

Degree   Master of Science (Nursing)

Thesis Supervisory Committee

Yaowaluk Lauhachinda , B.Sc. (Nursing), M.Ed.

Somporn Chinnoros , B.Sc. (Public Health Nursing) , M.S.

Sopon Jirasilitham , B.Sc.,M.D.,Cert. in Gen.Surg.

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Abstract

The purpose of this research were to examine , within a theoretical framework derived from Orem'Self-care Deficit theory, the relationships among self-care burden , quality of life and the basic conditioning factors of age , educational level , income and post-transplantation period in kidney transplanted patients. Purposive sampling consisted of 90 kidney transplanted patients treated at transplanted Clinic of the Faculty of Medicine , Ramathibody Hospital , Mahidol University . Self-care burden was measured by the Self-Care Burden Scale developed by the investigator . Quality of life was measured by the Quality of Life Index developed by Padilla & Grant (1985) and was translated and modified by Hanucharurnkul (1988)

Results of the study showed that subjects reported a low mean score on self-care burden and high mean score on quality of life . Nighty-eight percent of the patients reported better quality of life posttransplanted than before whereas only one percent of the patients reported worse and the same quality of

life. The quality of life were improved in the aspects of; physical strength , normal elimination , no nausea vomiting and dyspnea , normal eating , good mental health and cognitive function , and decreased burden on peritoneal or hemodialysis and economical cost. As to the relationships among the variables , it was founded that self-care burden was negatively correlated with quality of life ($r = -.17$, $p < .05$) . The selected basic conditioning factors of age , income , posttransplant period had significantly negative correlation with self-care burden ($r = -.34$, $p < .001$ $r = -.17$, $p < .05$, $r = -.27, p < .01$) , respectively , whereas education had significantly positive correlation with self-care burden ($r = .19$, $p < .05$). Age was the only basic conditioning factors that had significantly negative correlation with quality of life ($r = -.21$, $p < .05$).