

Thesis Title	The Effects of Public Health Nursing's Approach to the Compliance of Essential Hypertension Patients
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### ABSTRACT

This study aimed to compare compliance behavior of the hypertension patients after receiving any of the two public health nursing methods and the regular method; and to examine factors influencing compliance behavior. The sample consisted of 241 patients attending Hypertension Clinic at Siriraj Hospital. They were randomly assigned to experimental group I, experimental group II and control group. The research instruments included pamphlets, posters and an interview schedule. Data were collected through interview by the researcher and her assistants.

The results can be summarized as follow :

1. After public health nursing methods were applied. There were statistically significant changes in knowledge regarding hypertension, social support and compliance behavior of the experimental group I ( $P < 0.01$ ). But their health beliefs had insignificantly changed ( $P > 0.05$ ).

The experimental group II had also significantly changed in their knowledge, health beliefs, social support and compliance behavior at  $P < 0.01$ . The control group had only changed significantly in their knowledge and compliance behavior ( $P < 0.01$ ) but their health belief and social support were decreased.

2. When the compliance behavior were compared, the experimental group receiving the first and second public health nursing methods had changed more in their compliance behavior than the control group ( $P < 0.05$  and  $P < 0.01$  respectively); but there was no difference between the level of changes in the experimental group ( $P > 0.05$ ).

3. When factors influencing compliance behavior were examined, the result indicated that before the intervention, the influencing factor for the first experimental group was the perceived severity of disease; but after the intervention, the influencing factors had changed to knowledge about pathology of the disease and the perceived barrier. For the second experimental group, before the intervention, the influencing factor was the enabling factor; but after the intervention the influencing factors included self care knowledge.

The research findings suggested that the health care service and management for patients with hypertension should be improved. In addition, patients and their social support person should be encouraged to participate in treatment plan.