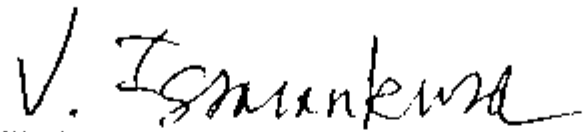
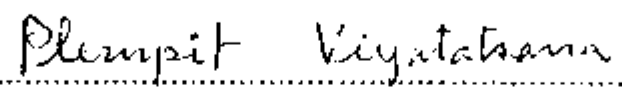


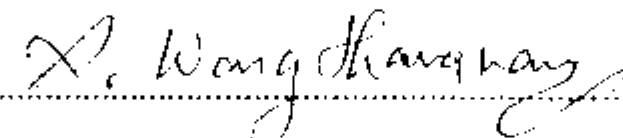
**THESIS TITLE :THE EFFECTIVENESS OF HOME HEALTH CARE ON SELF CARE
AMONG ELDERLY ESSENTIAL HYPERTENSION PATIENTS
IN KHON KAEN METROPOLITAN,KHON KAEN PROVINCE**

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ABSTRACT

This quasi-experimental research aimed to study the effectiveness of home health care on self care among elderly essential hypertension patients. The conceptual framework constructed base on home health care concept and Orem's self care theory.

The samples were elderly essential hypertension patients who attended at the out patient department in Khon Kaen regional hospital during the period of February through July,1988. Their were 30 samples (male and female). Each patient was simple randomly assigned into either experimental or control group. Home health care program was provided to the experimental group and regular hospital routine was provided to the control group.

Home health care program was specially develop base on problem analysis by focus group discussion and review the literature. The process of home health care activities in the experimental group were divided into 2 stage in 12 weeks : The primary stage was educational activities as a group 3 times for 2 hours each week to teach and guide to know of hypertension disease and self care among elderly essential hypertension patients.

The experiment was run by the researcher, physician, nurse and nutritionist. The activities include lecture, discussion, demonstrate and practice. The secondary stage was individual home visit by the researcher as a registered nurse to provide direct care and guiding to apply self care activities into pattern of life along the environment of themselves 3 times every 2 weeks. And also sent 3 letters after each time of home visit to encourage and remind them about self care activities consistency. Media were used of the handbook of hypertension patients at home and the poster of restrict food which developed by the researcher and other useful media such as VDO, handbook of self care, pamphlets to appropriate each patient.

The instruments used were : The interview Form of elderly essential hypertension patients, The record Form of blood pressure and body weight which developed by the researcher. Content validity of The interview Form was done and reliability of Cronbach's alpha coefficient was 0.79 . Data were analyze using Kolmogorov Smirnov Test, Chi-square Test, T-Test and graphs .

Results indicated the following :

Home health care program was developed by the researcher. It was appropriate strategies to promote self care of elderly essential hypertension patients such as universal self care requisites, developmental self care requisites and health deviation self care requisites . Then, the experimental group was better on self care behavior than the control group. The experimental group was significantly higher mean score on self care than the control group ($P < 0.05$). The experimental group was higher mean score on self care had effected to decrease mean of blood pressure level, and trend to be stability normal level. In consideration of the control group mean of blood pressure level trend to increase and had effected to decrease mean of body weight to be normal body mass index more than the control group.