

Thesis Title Promotion HIV/AIDS Patients Participation
in Self-Care.

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ABSTRACT

This pre - experimental research was aimed at studying the efficacy of promotion patients' participation in self-care in order to decrease self-care deficit and increase quality of life in HIV/AIDS patients. Purposive sampling was used to select 71 HIV/AIDS patients with all phases of disease at out patient department of Chulalongkorn hospital from November 1993 till April 1994, but forty five were left at the end of the study. The patients were supported and promoted to participate in their own care by teaching, guiding, supporting, providing environment to develop self-care ability, counseling by telephone, answering letters by mail, and coming to see the researcher by themselves not less than 2 times; the first day and 4 weeks later. Quality of life index was used to measure quality of life. Self-care deficit was measured by semistructured interview of self-care actions to meet self-care requisites.

The effectiveness of the intervention and qualitative data pertained to quality of life were also assessed through indepth interviewed. The data were obtained 2 times; the first day and 8 weeks after entering the program.

Results of the study indicated that after 8 weeks of promotion patients' participation in self-care, the mean score on self-care deficit was significantly lower and the mean score on the quality of life was significantly higher than the first day (all $p < .001$). Self-care actions as performed by the HIV/AIDS patients can be categorized into three categories of self-care requisites. They were : 1) promotion of health and prevention of the progression of AIDS, 2) prevention from infecting and transmitting HIV virus, 3) controlling or relieving symptoms such as fever, diarrhea etc.

Although threats to internal validity of the results of this study cannot be avoided because of pre-experimental study without control group, and generalizability is limited due to very selective samples, but qualitative data support the beneficial of the intervention program and the program can be implemented continuously to support HIV/AIDS patient to develop self-care potential in order to decrease self-care deficit and increase quality of life .