

Thesis Title The Effect of Instruction on Knowledge and
Practice in Endemic Goiter Patients
Name Pramern Nuantet
Degree Master of Nursing Science
Thesis Supervisory Committee
Sasima Kusuma Na Ayuthya, B.Sc., M.S.
Wannee Satayawiwat, B.Sc., M.Ed.
Chaveevan Pattanachak, B.Sc., M.Sc.
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ABSTRACT

Endemic goiter is one of the most important problems in our society. There are great number of cases found in northern and north-eastern parts of Thailand due to iodine deficiency. Besides goiter, infants of iodine deficiency mother might have a baby with congenital hypothyroid leading to cretinism which will be a big burden to family and society. Instruction could be one way to help the endemic goiter patients to function better in their daily life. The purpose of this study was to determine the effect of different instructional methods on knowledge and practice in endemic goiter patients. The quasi-experimental design was implemented. The sample was composed of 90 endemic goiter patients from Sombetphrayuparath Lomkao Hospital, Phetchabun province. The sample was divided into 3 groups; 30 patients in each group. The first experimental group (designed as Group A) received small group instruction from the researcher and received a self-study booklet about endemic goiter. The second experimental group (Group B) was assigned to receive only a self-study endemic goiter booklet. The last group was assigned as a control group (Group C) received the routine instruction from nursing personnel. Data were

collected by using three forms of questionnaire regarding Personal Information data, Knowledge about endemic goiter, Personal Practice. Information on the level of urinary iodine was also collected. All data were analyzed by using analysis of covariance, analysis of variance, and scheffe test.

The result showed that Group A and Group B demonstrated significantly higher score on knowledge and practice at the end of study than Group C ($P < .01$). Group A and Group B showed no significantly different score on knowledge ($P > .05$), but Group A demonstrated significantly higher score on practice than Group B ($P < .05$). Group A and Group B demonstrated significantly higher level of urinary iodine than Group C ($P < .05$), but Group A and Group B showed no significantly different score on urinary iodine ($P > .05$).

In conclusion, the researcher suggests that there should be a continuous program to educate people about endemic goiter. Either instruction in small group or self-study endemic goiter booklet is very helpful, but the nurse should be pointed out to the patients to know the burdens of having endemic goiter before instruction or self-study. More pamphlets should be given to the patients to take home for studying. In addition, further study on the effect of group discussion on knowledge and practice in endemic goiter patients should be replicated.