

Thesis Title The Effects of The Cawthorne's Head
 Exercise on The Benign Paroxysmal
 Positional Vertiginous Patients

Name Miss Niya Soaree

Degree Master of Science (Nursing)

Thesis Supervisory Committe

: Penchan S. Monaiyapong,

B.Ed., M.Ed.

: Suchitra Prasansuk, M.D.,

D.L.O (Vien.), D.L.O (Lond.),

F.I.C.S., Cert. of Proficiency

in ORL. (Thai Medical Council)

: Yauwaluk Lauhachinda, B.Sc,

M.Ed.

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Abstract

The purpose of this study was to evaluate the effects of the Cawthorne's head exercise on the benign paroxysmal positional vertiginous patients. Quasi-experimental research method was implemented. The sample was composed of 54 positional vertiginous patients who attended Neuro-Otology clinic Department of Otolaryngology Faculty of Medicine Siriraj Hospital during November 1986 to March 1987. The samples were selected after diagnose was given as

"Positional Vertigo Benign Paroxysmal type." The samples were divided into 3 groups by using matching sampling method. Each group consisted of 18 vertiginous patients. The experimental group I received antivertiginous drug, vitamin* B1-6-12 and Cawthorne's head exercise. The experimental group II received vitamin B1-6-12 and Cawthorne's head exercise. Lastly, the control group received antivertiginous drug and vitamin B1-6-12.

Tool used in assessing intensity level of vertigo was modified from the visual analogue scale and had demonstrated a reliability of 0.966. The samples were asked to assess their intensity levels of vertigo daily by themselves. The follow-up of all samples were done every two weeks within a period of 8 weeks. The data were analysed by using ANOVA and Kruskal Wallis H-test for study adaptation period of improvement vertigo. Since there was an association between personality and vertigo, all vertiginous patients were evaluated their personality by using Thai version of the Eysenck Personality Inventory (EPI) questionnaire, which was translated by associate professor Dr. Suchitra Prasansuk. The EPI questionnaire had demonstrated a reliability efficiency 0.84. The EPI score were identified as Neuroticism (N) and Extraversion-Introversion (E), included Lie Scale (L) to detect attempts to falsify responses. The EPI

score of non-improvement group was compared to the EPI score of improvement group within a period 8 weeks. The data were analysed by using t-test.

The result were as follows:-

1. By 8 weeks, in 7 vertiginous patients, or 38.88%, of experimental group I were absent from vertigo. In 9 cases, or 50% of experimental group II demonstrated the same result. Only 4 cases, or 22.22%, in control group showed absent from vertigo also and there was statistically significant different between decrease intensity level of vertigo of 3 groups ($P < .01 - .001$) after the last 2nd, 4th, 6th and 8th week during the period of the experiment.

2. There was no statistically significant different between the changiable intensity level of 3 groups ($P > .05$) after the last 2nd, 4th, 6th and 8th week during the period of the experiment.

3. There was no statistically significant different between the adaptation period for reducing vertigo of 3 groups ($P < .05$)

4. There was no statistically significant different between the personality in term of Neuroticism (N) and Extraversion-Introversion (E), include a response distortion (Lie Scale) (L) of the improvement group and non-improvement group ($P > .05$).