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**NARUEMOL SAMANIT: A STUDY OF DISCHARGE PLANNING ON
HEALTH-PROMOTING BEHAVIORS OF HYPERTENSIVE PATIENTS:
SRISUNGWAL HOSPITAL, MAEHONGSON PROVINCE. THESIS ADVISORS:
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A significant problem of hypertensive patients is health behavior. Poor health behavior influences uncontrolled blood pressure and target organ damage. Hence, discharge planning for hypertensive patients was designed by the researcher to achieve health-promoting behaviors which are the end point of the action outcome in the Health Promotion Model of Pender. Nursing activities in discharge planning were applied perceived self efficacy and perceived benefits of action as the major motivational significance to enhance health-promoting behaviors. The subjects participated in the discharge planning process from admission until the follow-up at the hypertension clinic.

The purpose of this descriptive research was to study discharge planning on health-promoting behaviors of hypertensive patients. Thirty hypertensive subjects who were hospitalized in both male and female medical wards at Srisungwal hospital in Maehongson province from April to July 2000, were recruited by the purposive sampling technique. The health-promoting behaviors questionnaire was used to evaluate both pre and post test health-promoting behavior scores. The data was analyzed by using frequency distribution, percent, mean, standard deviation and paired t-test.

The results found that after the subjects participated in discharge planning, their health-promoting behaviors scores at post test were higher than pre test with a statistically significant difference. Therefore, nurses and health care professionals should integrate discharge planning into the care plan and enhance continuous health-promoting behaviors in hypertensive patients in order to control blood pressure, prevent severe complications, and target organ damage.