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PRAPAPORN CHUKUMNERD: EFFECTS OF COLLABORATIVE SYMPTOM MANAGEMENT BETWEEN AN ESSENTIAL HYPERTENSIVE PATIENT AND A NURSE. THESIS ADVISORS: SIRIORN SINDHU, D.N.Sc. JARIYAWAT KOMPAYAK, Dr.P.H. DOUNGRUT WATTANAKITKRILEART, D.N.S. 120 P. ISBN 974 -663-196-9

This research was a quasi-experiment designed to study: 1.) The effects of an intervention of mutual goal attainment and collaborative symptom management between a nurse and a patient with essential hypertension on diastolic blood pressure, life disturbance, patient satisfaction, and perceptions of health. 2.) The patients' perception of the symptom experiences and symptom management. The thirty-five subjects were recruited at a university hospital in southern Thailand. The interventions were implemented in communities throughout an eight-week period. Data were collected using open-ended question interview guidelines, perception of health and patient satisfaction questionnaires, and life disturbance scales were evaluated before and after the intervention. Data open ended questions were analyzed by content analysis and inferential statistic, Mean, Standard Deviation, Paired T-test, and Wilcoxon Signed Ranks test.

Findings from this study showed that the majority of subjects were female (60%). Average age was 57.8 years. More male subjects perceived headache near occipital (71.41%) while female subjects perceived weakness (76.19%). Hypertensive symptoms had more impact on the social function of females than on males. Most patients had good family support (68.58%). Poorer subjects showed more symptoms (28.57%). Medicines were perceived as the main therapeutic treatment (94.3%) while health behaviors were ignored (60%). The perception of being subordinate to health care professionals was a major obstacle in requesting appropriate health care services (65.71%). After intervention the sample had less significant change in diastolic blood pressure ($p < .05$), life disturbance scores were lower than before intervention with statistically significant difference ($p < .01$), patient satisfaction scores were higher than before intervention with statistically significant difference ($p < .01$), and perception of health were higher than before intervention with statistically significant difference ($p < .05$).

The results of this study suggest that a nurse should apply collaborative symptom management to improve and sustain patients' health and empower patients in order to lower diastolic blood pressure. Drug use and national health care costs will be reduced respectively.