

4037070 NSAN/M : MAJOR : ADULT NURSING ; M.N.S. (ADULT NURSING)
KEY WORDS : SYMPTOM MANAGEMENT / COLLABORATIVE
SYMPTOM MANAGEMENT / PEPTIC ULCER
SUPAPORN INTTHISANG : EFFECTS OF COLLABORATIVE
SYMPTOM MANAGEMENT BETWEEN A PATIENT WITH PEPTIC ULCER OR
ULCER- LIKE DYSPEPSIA AND A NURSE. THESIS ADVISORS : SIRIORN
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WATTANAKITKRILEART, D.N.S. 109 P. ISBN 974-663-310-4

The purposes of one group pretest-posttest were 1) to study the effect of collaborative symptom management between a patient with peptic ulcer or ulcer-like dyspepsia and a nurse; 2) to investigate symptom experience and symptom management as perceived by the patient with peptic ulcer or ulcer-like dyspepsia. Thirty four subjects were purposively selected from Pai district community, Machongson. The subjects were given intervention every two weeks for two months at the subjects' homes. Data were collected using open-ended question interviews developed by the researcher and were analyzed by content analysis, Wilcoxon sign rank test of life disturbance, and paired t- test of perceptions of health and patient satisfaction, at pre and post intervention.

Results from this study showed that the majority of the subjects were female (82.3%) and indicated that, after intervention the perception of health and patient satisfaction scores were significantly higher than before intervention ($p < 0.01$, $p < 0.01$), and the scores of life disturbance were significantly lower than before intervention ($p < 0.01$). Concerning symptom experience and its management, five interesting findings were: gastric pain related to mealtime was perceived by most of the subjects (67.6%). Secondly, the majority the subjects (88.0%) exhibited a lack of awareness of some traditional lifestyle features which could easily be a major cause of peptic ulcer. Thirdly, most patients believed that sticky rice, food containing sticky substances, and certain foods were the major cause of peptic ulcer (85.0%). Fourthly, the peptic ulcer patients delayed their visit to professional care providers by taking traditional medicine to alleviate their peptic symptoms (100.0%). And finally, most patients perceived themselves in a passive role in the health care service (76.5%).

The researcher suggests that nurses should apply collaborative symptom management to peptic patients to improve their health and to decrease costs of drug use and other treatments and this could be applied in the community for general health care services. One of the major keys to succeed with symptom and disease management is that nurses should understand and take the patients' experience into consideration.