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PIYATHIDA DUANGJAI: EFFECTES OF COLLABORATIVE SYMPTOM
MANAGEMENT BETWEEN AN ASTHMATIC PATIENT AND A NURSE. THESIS
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Asthma is chronic disease which carries a number of long-term risks including continuing symptoms, altered life styles, the development of permanently abnormal lung functions, the side-effect of drugs and premature death. Asthmatic attack may be rapid or more gradual at any time. Appropriate symptom management may be an important strategy to control the disease.

This research was one group pretest-posttest design. The purposes of this study were to examine: 1) The effects of collaborative symptom management between an asthmatic patient and a nurse; 2) The symptom experience, symptom management and symptom outcome that was perceived by an asthmatic patient. Thirty-five asthmatic patients were recruited at Somdejprachaotaksinmaharaj hospital in Tak province. The intervention was implemented in communities for eight-weeks. Data were collected by using open-ended question interview, perception of health and patient satisfaction questionnaires, and life disturbance scales. Data were analyzed by content analysis and inferential statistics, Mean, Standard Deviation, Paired T-test, and Wilcoxon Signed Ranks test.

Results from this study showed that the majority of the subjects were female (68.57%), and indicated effects of the intervention on the perception of health and patient satisfaction scored between pre and post intervention showed that, the score was a statistically significant difference ($p < .05$ and $p < .05$). The score of life disturbance between pre and post intervention shows that the lower score did not indicate a statistically significant difference ($p > .05$). The five interesting findings were: 1) Most of the patients paid less attention to prior symptoms and had more concern with symptoms during the attack(88.57%), 2) Asthmatic attacks had more impact on daily life functions of the younger subjects than the older subjects(84.21%), 3) Most of the patients have good family support(62.5%), 4) Environment was the highest-risk and major cause of the symptoms experienced in the patients(31.14%), and 5) Deep breathing was the most common management method to deal with asthma symptoms (68.57%).

The results of this study suggest that a nurse should be encouraged to have appropriate health service by applying collaborative symptom management to improve and maintain patient's health. The management can be applied in any hospital that is burdened by a similar population of asthmatics and implement it in the communities for the health care service system in general.