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**SUDANUN SANG-GASSANEE ; HEALTH BEHAVIORS AND PLASMA LIPID LEVELS IN MUSLIM PATIENTS WITH CORONARY HEART DISEASE DURING FASTING PERIOD IN THE MONTH OF RAMADAN IN NARATHIWAT PROVINCE. THESIS ADVISORS: SIRIORN SINDHU, D.N.Sc., JARIYAWAT KOMPAYAK, Dr. P.H., THONGCHAI LERTWILAIRATTANAPONG, M.D.
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This study examines the health behaviors of Muslim patients with coronary heart disease (CHD) before and during fasting in the Ramadan month. The objectives were to study and compare the plasma lipid levels in the Muslim CHD patients' before and after the month of Ramadan, and to study the Muslim CHD patients' symptoms before and during the month of Ramadan. The subjects were 70 Muslim patients with CHD who were fasting in the month of Ramadan at the Sungai-Golok hospital's heart clinic. Their fasting took place from December, 9 1999 to January, 8 2000. The data were collected by interview instruments which are personal data records, personal health record forms, interview forms on food and frequency of eating one week prior to Ramadan and during Ramadan, the interview forms of daily behavior and interview forms of CHD symptoms and blood samples to determine the plasma lipid levels. The data were collected one week before and one week after the month of Ramadan. The data was analyzed by frequency distribution, percentage, arithmetic mean, standard deviation, and the t-test.

The findings revealed eating behaviors before fasting and during fasting in the month of Ramadan were suitable. The sample decreased their exercise during Ramadan. They had more religious practices during the fasting than before the month of Ramadan. Cholesterol, triglyceride, and low-density lipoprotein cholesterol (LDL-C) showed no significant differences but high-density lipoprotein cholesterol (HDL-C) was significantly different between before and during the fasting ($p < .05$). There were also more CHD symptoms before the fasting than during the month of Ramadan.

These findings suggest that nurses and health care teams should take Muslim patients eating behavior during fasting into consideration. However, there are some benefits from an increase HDL-C, and decrease in CHD symptoms during the fasting. The health care team may come up with the strategies concerning health promotion in this period particularly for the people in the area who share the same life style and religious practice.