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NONGNUCH PETCHROUNG : FACTORS RELATED TO THE NEEDS FOR HOME CARE OF PATIENTS WITH ESSENTIAL HYPERTENSION. THESIS ADVISOR : CHOUNCHOM CHAROENYOOH, Ph.D. ; JARIYAWAT KOMPAYAK, Ph.D. ; RUTJA PHUPHAIBUL, D.N.S., 125 p. ISBN 974-664-490-4

Essential hypertension is an important public health problem in Thailand. Patients have to confront hypertension all of their lives. Home care should apply an appropriate strategy for essential hypertensive patients. The Neuman System Model (Neuman, 1995) was employed in this study as a guideline. This descriptive study of factors related to the needs for home care of patients with essential hypertension aims to identify the needs for home care and factors related to the needs for home care of patients. Data were gathered from three hundred subjects among essential hypertensive patients who were followed up at the hypertension clinic, Siriraj Hospital, Faculty of Medicine Siriraj Hospital, Mahidol University, using an interview questionnaire constructed according to the Neuman System Model. Pearson's product moment correlation coefficient and a Chi-square test were used to test the significance of the relationships.

The results of the study revealed that the subjects have a high level of overall needs. When considering specific needs, it revealed that the subjects have a high level of physiological, psychological and spiritual needs, and a moderate level of socio-cultural and developmental needs. The physiological needs of subjects included the need to be instructed about the action and side effects of antihypertensive drugs. The psychological needs were mainly the need to be instructed about the danger of stress affecting hypertension. Socio-cultural needs comprised the need to receive attention from caregivers. The need to be instructed about rehabilitation made up the developmental needs. Spiritual needs were the needs to be helped to maintain hope and willpower in their lives. Factors related to the needs for home care found that internal environmental factors such as gender were statistically associated with developmental needs for home care at the .05 level of significance. Age was negatively associated with socio-cultural needs for home care at the .05 level of significance. The ability to perform activities of daily living was positively associated with socio-cultural needs for home care at the .05 level of statistical significance. It was negatively associated with developmental needs for home care at the .05 level of statistical significance. External environmental factors such as family income were negatively associated with socio-cultural needs for home care at the .01 level of statistical significance. Health insurance was statistically associated with socio-cultural needs for home care at the .05 level of significance. Overall needs for home care were not related to internal and external environmental factors.

This study suggests that home care service to patients should focus on informing patients about the action and side effects of antihypertensive drugs, information about the harmful effects of stress on hypertension and education about how to practice skills to manage stress should be included. Counseling patients when they experience stress, learning about community resources, and arranging teaching programs in order to rehabilitate patients and help them maintain hope and willpower in their lives should also be included. These home care services should focus on the patients who are young adults, females, who have a low ability to perform the activities of daily living, a low family income and no health insurance.