

Abstract

Research Title : Effectiveness of Health Education Program Applying Self-care Theory in Hypertension Patient

Author : Association Professor Wiriya Sukwongs, Major Tanaporn wanakul, Miss Chalida Sopitpakdeepong

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The research purpose was to study the effective of health education program on self-care knowledge and behavior of hypertension patient. The research used a one group pre test – post test design. The subjects were selected by purposive sampling and specified criteria, consisted of 30 hypertension patients. They were treated by doctor and/or have had systolic blood pressure more than 140 mmHg or diastolic blood pressure more than 90 mmHg. The health education program comprised of teaching for modifying knowledge and behavior on diet consumption, exercise, stress management, decreasing smoking and alcohol drinking, using medication correctly and follow up. The instrument used questionnaires to collect self-care knowledge and behavior. Data were collected before and after intervention 2 weeks and were analyzed for percentage, mean, standard deviation and dependent t-test. The result showed that after having the health education program applying self-care theory in hypertension patient, the mean score of self-care knowledge and behavior of post-test were higher than pre-test at the statistical significance of 0.05. The result indicated the effectiveness of health education program on changing self-care knowledge and behavior of hypertension patient.

Keywords : Effectiveness, Health Education Program, Self-care, Hypertension