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WORK LIFE ABILITIES AND QUALITY FOR RETIRED THAI PROFESSORS OF EDUCATION

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Abstract

Those working after retirement provide organizations and profession the opportunity to utilize the capability and expertise of experienced human resources. It is, therefore, necessary to promote both the quality of work life and work ability among seniors who work after retirement. This descriptive study aimed to investigate work after retirement including the quality of work life and excellent work abilities of retired Thai Professors in Thai Institutions of Education. Data were collected by in-depth interview. Content analysis and thematic analysis were used in data analysis. A total of 11 retired Professors over 60 years old from private and public Thai Institution of Education who had excellent work abilities and a high quality of work life participated in the study. Results showed that factors for a high quality of work life and an excellent level of work ability included: 1. Having motivation for work after retirement; 2. Using one's knowledge, capability and expertise for work, and having an opportunity to choose one's type of employment; 3. Commitment to learn for work development and self-development; 4. Satisfaction with the work and organizational climate and; 5. Health; maintaining regular exercise and having the ability for stress management. These findings reflect factors related to work including individual factors and the organizational environment. Consequently, a guideline for policy development regarding human resource management at the individual, organizational and professional levels was developed. By following this guideline, Professors would see work as fulfilling and joyful, seeing value in a life-enhancing competency for new instructors or Professors who are working after retirement, resulting in greater effectiveness of the organization.

Keywords: educators, work ability, quality of work life, work after retirement

FACTORS AFFECTING THE PERFORMANCE OF VILLAGE HEALTH VOLUNTEERS (VHVs) OF FAMILY CARE TEAMS, PATHUM THANI PROVINCE

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Abstract

The Family Care Team (FCT) is an important public health feature of services to improve Thai people's quality of life. This cross-sectional research aimed to examine the performance of village health volunteers (VHVs) in family care teams in PathumThani province and its related factors. Subjects were 370 VHVs in family care teams selected by a multistage random sampling process. Data were collected by self-administered questionnaire and analyzed using descriptive statistics and Pearson's product moment correlation coefficient.

Results showed that knowledge, VHVs' perceptions, motivational factors and hygiene factors were all positively related to performance in family care teams at a statistical significant level of .01. ($r = .33, .30$ to $.52$).

It is suggested that health personnel should provide more information to increase performance in family care teams. A policy to support motivational and hygiene factors for better performance in family care teams should be in place, especially for VHVs working in family care

Key Words: performance, village health volunteers (VHVs), family care team

FACTORS RELATED TO MUSCULOSKELETAL DISORDERS AMONG THAI TRADITIONAL MASSAGE PRACTITIONERS IN HOSPITALS UNDER THE MINISTRY OF PUBLIC HEALTH, THE EASTERN REGION OF THAILAND

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Abstract

The purpose of this descriptive research was to investigate the prevalence and risk factors associated with musculoskeletal disorders (MSDs) among Thai traditional massage practitioners (TTMPs) in hospitals under the Ministry of Public Health in the eastern region of Thailand. A sample of 227 TTMPs was selected using stratified cluster sampling. Data were obtained using self-administered questionnaire that had been pretest for content validity and reliability resulting in Cronbach's alpha Coefficients of 0.89 and 0.92. Statistical analysis was performed using Chi-square and Logistic Regression.

The results showed that 92.5% of TTMPs experienced MSDs at least once in the previous 12 months with the highest prevalence of symptoms found in the shoulders (72.7 %). Logistic regression analysis revealed that the number of working hours per day, duration of break time, repetitive motion, and psychological demand were significantly associated with MSDs (p -value <0.05).

These findings suggest that hospital administrators should adjust working conditions to provide TTMPs a minimum of 15 minute-breaks between each massage, working hours of not more than 8 hours per day, and less job demand in order to reduce mental exhaustion. In addition, knowledge and training regarding ergonomic working posture should be provided to prevent MSDs among TTMPs.

Key Words: Musculoskeletal disorders (MSDs)/ Prevalence/ Thai traditional massage

THE RESULTS OF THE WEIGHT-CONTROL PROGRAM ON APPLYING THE CONCEPT OF SELF-REGULATION TOWARDS BODY MASS INDEX OF PEOPLE WITH OVERWEIGHT IN BOTHONG DISTRICT, CHONBURI PROVINCE

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Abstract

People who are overweight are risk factors for the illness with diabetes, hypertension and cardiovascular disease, by especially people aged 35-60 years are at risk 7-20%. The purpose of this research was to study the results of the weight-control program on applying the concept of self-regulation towards body mass index of people who were overweight. The sample consisted of 60 peoples aged 35-60 years with a BMI of 23 kg/m² or more, which randomly selected from two sub-districts each of 30 peoples in Bothong district, Chonburi province and randomly assigned to experimental group and comparison group with the simple random sampling. Data were collected by questionnaire sent to reply in classroom and meeting room before and after the experimented. The questionnaire in the part of outcome expectancy, consumption behavior and exercise behavior with consistency reliability by coefficient alpha 0.96, 0.77 and 0.96 respectively. People in experimental group was received this weight-control program by applying the concept of Zimmerman's self-regulation for 9 weeks once a week for 50 minutes by researcher and teaching assistants. For comparison group was received by normal lifestyle. Data were analyzed by percentage, mean, standard deviation, paired t-test and Independent t-test. The results showed that:

After the experimented, outcome expectancy, consumption behavior and exercise behavior there were the mean score of experimental group higher than before experiment significantly at ($p < 0.001$) and over the mean score of the comparison group significantly at ($p < 0.001$). BMI of experimental group was down to less than before the experimented and reduced to less than comparison group significantly at ($p = 0.05$) indicating that program applied the concept of self-regulation to good affect, contributed to overweight people had received this program they had BMI to reduced. So, it should encourage the academic public health officers and relevant people for use this program.

Keywords: weight-control program, self-regulation, body mass index, outcome expectancy, consumption, exercise

**EFFECTS OF A PERCEIVED SELF-EFFICACY PROMOTION PROGRAM FOR CAREGIVERS
RESPONDING TO THE BASIC NEEDS OF HEALTHY MUSLIM PRETERM INFANTS IN
NARADHIWAS PROVINCE**

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Abstract

This quasi-experimental two-group posttest-only research aimed to examine effects of a perceived self-efficacy promotion program of caregivers responding to the basic needs of healthy Muslim preterm infants in Naradhiwas province by comparing assessment of health and wellness of the preterm infants between a control and intervention group after the intervention. Subjects included 52 dyads, a Muslim caregiver and their 1-12 month old preterm infant, who were discharged from Naradhiwas hospitals. They were recruited and later randomly assigned to either the control or intervention group with 26 dyads in each group. The control group received usual care as scheduled from the maternal and child postpartum follow-up unit. The intervention group received the usual care plus the intervention program. Research instruments consisted of a demographic questionnaire and a health assessment instrument for each infant that included body weight, length, and developmental level. These instruments of the Department of Health and the perceived self-efficacy promotion program for caregivers were previously validated by content experts. Data were reported and analyzed using frequency, percent, mean, standard deviation, chi-square, Mann-Whitney U test and t-test.

Results after the intervention showed that the body weight of infants in the experimental group increased more than in the control group ($t = 4.406$, $p < .001$). However, body length and developmental levels of infants between the experimental and the control group did not differ significantly ($p > .05$).

These findings suggest that this perceived self-efficacy promotion program for caregivers responding to the basic needs of infants was effective. Nurses and related health-care personnel, who are responsible for caring for the health of mothers and preterm infants should promote caregivers' knowledge and self-efficacy in responding to the basic needs of preterm infants and to increase infant body weight.

Key words: Perceived self-efficacy, basic needs, Muslim preterm infants

A PROGRAM ENHANCING ADAPTATION OF PATIENTS WITH END STAGE RENAL DISEASE AND TREATMENT BY CONTINUOUS AMBULATORY PERITONEAL DIALYSIS

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Abstract

Peritoneal dialysis is a vital stimulus of patients with end stage renal disease. This quasi-experimental research with two group, pre-post-test design aimed to examine the effects of a program enhancing adaptation for end stage renal disease patients through continuous ambulatory peritoneal dialysis. Subjects were new patients 30-80 years old who were treated with continuous ambulatory peritoneal dialysis at the Dialysis Center, Banphaeo Hospital. The participants were randomly selected according to inclusion criteria; there were 15 in the experimental group and 22 in the comparison group. The study included 6 nursing activities based on Roy's Adaptation Model. Nursing outcomes were evaluated by considering four modes of patient's adaptation behaviors: physical, self-concept, patients' roles, and interdependency. Data was collected by interview and analyzed by Wilcoxon signed-ranks test, Mann Whitney-U test, and Chi-Square.

After the intervention, the experimental group had statistically, significantly higher adaptive behavior in physical, patients' roles, and interdependence modes at $p < .05$. On the other hand, self-concept was not significantly changed. The experimental group had statistically significant higher patients' roles and interdependence than the comparison group ($p < .05$).

Research findings suggest that this nursing program that applied Roy's adaptation model can be used to help patients with end stage renal disease to adapt well when treated by continuous ambulatory peritoneal dialysis.

Key Words: Adaptation Program/ Roy's Adaptation Model/ Patients With End Stage Renal Disease/ Ambulatory Peritoneal Dialysis

**EFFECTS OF APPLYING THE PLANNED BEHAVIOR THEORY AND FEEDBACK ON NOISE
PROTECTION BEHAVIORS AMONG WORKERS IN PETROCHEMICAL INDUSTRY, RAYONG
PROVINCE***

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Abstract

This quasi-experimental research aimed to study the effects of the program applying the theory of planned behavior coupled with the information feedback on preventive behaviors from harmful noise. 64 samples in the study were selected from the workers in petrochemical industries in Rayong Province; 32 samples were chosen as the experimental group and the other 32 samples as the comparison group. The inclusion criteria was males aged 20 years old and over, who had been working in an environment with loud noise exposure for more than 3 years, and had noise exposure equal or exceed an 8-hour time-weighted average sound level (TWA) of 85 dB (A). The program intervention included the feedback on the results of individual audiometric test of the current year, the education program that applied the planned behavior, the feedback on the comparison of the past year results as well as personalized advice, and the feedback in regard to the preventive behaviors from harmful noise, both the appropriate behaviors and the inappropriate ones. The comparison group, in the meanwhile, was provided with hearing conservation program in accordance with the company policy. Data was collected by questionnaires at the pre-test and post-test stages, and after the intervention of education program coupled with feedback. The data obtained was then analyzed by the use of descriptive statistics; Independent-sample t-test, Paired t-test, and Repeated measures ANOVA.

The results showed that, after the education program and feedback process, the experimental group had a higher scores of attitudes towards the noise preventive behaviors, the subjective norm of noise preventive behaviors, the perceived efficacy in behavioral control of harmful noise, the intention to develop preventive behaviors, and the practice of preventive behaviors than those before the experiment and also higher than those scores of the comparison group, with statistical significance (p -value < .05).

The results of this study supported the application of the theory of planned behavior in combination with the feedback with, as required by law, the hearing conservation program. The program should include the key components, which were training and motivation, loud noise control by the employees through the use of personal protective equipment, and occupational noise surveillance program.

Keywords : The Theory Planned Behavior / feedback / behavior and noise prevention

THE HEALTH PROMOTION PROGRAM FOR THE ELDERLY AT RISK GROUP OF ALZHEIMER'S IN COMMUNITY

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Abstract

The purpose of this is Quasi-experiment study was for the health promotion program for the elderly risk at risk of Alzheimer's in the community. The samples were of the elderly between 60-75 years old; The 64 participants were divided into two groups, an experimental group and a comparison group which consisted of 32 people in each group. The research was conducted for a period of 6 weeks. 4weeks was allotted for the intervention and another 2 weeks provided for the follow up. The data collection was conducted by questionnaires for the pre-test, post-test and follow-up periods. The Statistical analysis was performed by using percentage, mean, standard deviation, Chi-square, Repeated measure ANOVA, Bonferroni method and Independent t-test.

Results revealed the experimental group had a significantly higher mean score of knowledge of Alzheimer's, perceived severity, perceived susceptibility to Alzheimer's, perceived benefits and barriers to health care and practice self care of the elderly, Alzheimer's prevention behaviors then the pre-test stage and those in the comparison group (p-value < 0.05)

This research's result, for the health promotion program for the elderly at risk of Alzheimer's in the community, shows the beneficial in positive changes for the experimental group's behavior in preventing Alzheimer's disease, which can be applied to other similar groups of chronic disease populations.

Key Words: Elderly With Alzheimer/ Health Belief Model/ Social Support/ Healthpromotion Programs For The Elderly

THE EFFECT OF A SUPPORTIVE – EDUCATIVE NURSING PROGRAM FOR CHRONIC DISEASE PATIENTS WITH EARLY STAGE KIDNEY DISEASE

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Abstract

Chronic Kidney disease is an important problem of health systems worldwide that affects physical, mental and social conditions of both patients and the whole country as well. The purpose of this quasi-experimental research was to investigate the effect of a supportive – educative nursing program for patients with chronic disease and in the early stages of kidney disease. Self-care knowledge and behavior of patients who visited the non-communicable disease out-patient clinic, Sakaeo Crown Prince Hospital were assessed. The experimental group (N=28) participated in three interventions sessions for patients with chronic disease, early stage kidney disease, while the comparison group (N=30) received usual care. Data were collected by self-administered questionnaire at three times; before the intervention and at 6 and 10 weeks after the intervention.

Results revealed that after the intervention the Self-Care knowledge scores of the experimental group were significantly higher than before the intervention and then for the comparison group (p -value <0.05). At the follow up, scores of the experimental group were significantly higher than before the intervention and for the comparison group (p -value <0.05). For the Self-Care behavior after the intervention, the scores of the experimental group were significantly higher than before intervention score (p -value <0.05) and different from the comparison group. At the follow up, the Self-Care behavior scores of the experimental group were significantly higher than before the intervention (p -value <0.05) and different from the comparison.

In conclusion, the supportive – educative nursing program administered to patients with chronic disease in the early stage of kidney disease was successful in promoting self-care knowledge and behavior of patients.

Key Words: Chronic Disease / Early Stage Kidney Disease/Knowledge / Self-Care Behavior / Supportive – Educative Nursing Program

REVIEWS OF EDUCATIONAL RESEARCH DEVELOPING HUMANIZED CARE: A CASE STUDY
OF BOROMARAJONANI COLLEGE OF NURSING, PRAPUTTHABAT

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Abstract

Boromarajonani College of Nursing, PhraPhutthabat, addresses the College's emphasis on Humanized Care in order to enlighten students with good characteristics and knowledge. This study aimed to review the research on methods of teaching that develops humanized care. It considered and sought to synthesize 21 research studies conducted by the college's instructors from 2006-2012. Five research studies met the inclusion criteria. Concepts of humanized care, service mind, analytical thinking, and participation, were applied to analyze these research studies. Teaching and learning processes provided interaction between instructor and students and between students themselves, encouraged students to recognize their abilities, understand themselves, undertake self-directed learning, study from real situations, and reflect upon humanized care characteristics.

Keywords: Humanized care, Literature review, Teaching and Learning

RELATIONSHIP BETWEEN PREPAREDNESS AND CARING BEHAVIOR FOR PATIENTS AT THE END OF LIFE AMONG NOVICE NURSES

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Abstract

This descriptive study was aimed to examine the relationship between preparedness in caring for patients at the end of life and the caring behavior for patients at the end of life among novice nurses. The sample consisted of 112 nurses who graduated with a bachelor degree and had working experience of between 6 and 12 months in a university hospital and 5 tertiary hospitals in the South of Thailand. These nurses had direct experience in caring for at least one patient at the end of life. The instruments used in the study included: (1) Demographic Data Questionnaire, (2) Preparedness in Caring for Patients at the End of Life questionnaire, (3) Caring Behavior for Patients at the End of Life questionnaire. The Cronbach's alpha coefficient of questionnaires 2 and 3 were .86 and .90, respectively. Pearson's product moment correlation coefficient was used to analyze the relationships between preparedness and caring behavior for patients at the end of life.

The results showed that the level of preparedness in caring for patients at the end of life was in the moderate level ($M = 74.34$, $SD. = 11.49$), and the level of caring behavior for patients at the end of life was in the moderate level ($M = 1.84$, $SD. = .29$). The preparedness was positively correlated with the caring behavior for patients at the end of life ($r = .381$, $p < .01$).

The results of this study can be used as a fundamental data for nursing institutions in the development of quality of learning and teaching in caring for patients at the end of life to nursing students. Including, the results can be used as the information for the hospitals in preparing the novice nurses in caring for the patients at the end of life in order to increase their caring behavior.

Keywords: Caring behavior/ Novice nurse/ Patient at the end of life/ Preparedness