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APPENDICES

Appendix 1

Table 3.5 Percentage knowledge of essential hypertension between baseline (O₁), post intervention1 (O₂) and post intervention2 (O₃) in study group and control group

No.	Items	Study group (n=31)			Control group (n=31)		
		Baseline (o1)	Post intervention1 (o2)	*Post intervention2 (o3) *n=30	Baseline (o1)	Post intervention1 (o2)	Post intervention2 (o3)
		%	%	%	%	%	%
1	Hypertension disease can not by completely cured.	51.6	77.4	90.0	35.5	41.9	58.1
2	Hypertension is implicated with genetic inheritance.	41.9	67.7	66.7	25.8	22.6	35.5
3	Hypertension may lead to heart disease and kidney disease, if not treated.	67.7	90.3	90.0	64.5	71.0	83.9
4	If forgetting to take one set of medicines, should not take double does when recall or in the next session..	74.2	90.3	100.0	71.0	74.2	90.3
5	When the symptoms are better, should not discontinue the medicines.	71.0	90.3	96.7	71.0	71.0	71.0
6	If there is no sign of headache or dizziness, must continue taking antihypertensive drugs.	71.0	100.0	83.3	71.0	71.0	71.0
7	Symptoms of frequent urination and fatigue are side effects of antihypertensive drugs	45.2	80.6	80.0	38.7	54.8	74.2
8	Exercise does not increase high blood pressure level.	54.8	83.9	90.0	51.6	61.3	61.3
9	Even high blood pressure is reduced to a normal level, still need an examination by a doctor as appointed.	74.2	83.9	90.0	83.9	83.9	87.1

Table 3.5 (continue)

No.	Items	Study group (n=31)			Control group (n=31)		
		Baseline (o1)	Post intervention1 (o2)	*Post intervention2 (o3) *n=30	Baseline (o1)	Post intervention1 (o2)	Post intervention2 (o3)
		%	%	%	%	%	%
10	Symptoms of essential hypertension are blurring vision, fatigue, dizziness, and headache.	87.1	93.5	96.5	67.7	83.9	96.8
11	Smoking and taking alcohol effect to high blood pressure.	90.3	96.8	100.0	77.4	83.9	83.9
12	The patients didn't eat the pickle and salt.	93.5	100.0	100.0	64.5	74.2	90.3
13	The patients could eat high fat	94.5	100.0	93.3	77.4	61.3	87.1
14	Meditation and breathing exercise release tension.	90.3	93.5	96.7	83.9	93.5	83.9
15	Weight Control release dangerous of heart failure and blood vessel injury.	80.6	90.3	90.0	74.2	64.5	71.0

Table 3.10 Percentage of self-care behavior scores between baseline (O₁), post intervention1(O₂) and post intervention2(O₃)

No.	Items	Study group (n=31)			Control group (n=31)		
		Baseline (o1)	Post intervention1 (o2)	*Post intervention2 (o3)	Baseline (o1)	Post intervention1 (o2)	Post intervention2 (o3)
		%	%	%	%	%	%
1.	Dietary control in the last week						
1.1	Intake of mild diets.						
	Regularly	54.8	80.6	80.0	22.6	32.3	54.8
	Occasionally	45.2	19.4	16.7	71.9	61.3	35.5
	Never	0	0	3.3	6.5	6.5	9.7
1.2	Extra fish sauce, soy sauce or salt addition during meal						
	Regularly	9.6	3.2	0	9.7	16.1	9.7
	Occasionally	32.3	25.8	30.0	45.2	16.1	9.7
	Never	58.1	71.0	70.0	45.2	38.7	61.3
1.3	Intake of sweets, carbohydrates or fried foods without control.						
	Regularly	3.2	3.2	0	0	3.2	0
	Occasionally	58.1	22.6	50.0	71.0	58.1	51.6
	Never	38.7	74.2	50.0	29.0	32.3	48.4
1.4	Intake of coconut milk added curry, poached pork leg, chicken with oily rice and coconut milk added desserts						
	Regularly	3.2	3.2	0	0	0	0
	Occasionally	35.5	22.6	26.7	35.5	35.5	45.2
	Never	61.3	74.2	73.3	64.5	64.5	54.6
1.5	Use of vegetable oil in food preparation						
	Regularly	71.0	80.6	90.0	93.5	93.5	93.5
	Occasionally	19.4	12.9	10.0	6.5	6.5	3.2
	Never	9.6	6.5	0	0	0	3.2
1.6	Intake of fish						
	Regularly	67.7	74.2	96.7	67.7	90.3	87.1
	Occasionally	32.3	25.8	3.3	29.0	9.7	12.9
	Never	0	0	0	3.2	0	0
1.7	Intake of fat contained meat						
	Regularly	3.2	3.2	3.2	0	9.7	6.5
	Occasionally	77.4	29.0	20.0	77.4	51.8	48.4
	Never	19.4	67.7	80.0	22.8	38.7	45.2
1.8	Intake of fruits and vegetables						
	Regularly	58.1	77.4	90.0	54.8	71.0	77.4
	Occasionally	38.7	19.4	10.0	38.7	25.8	22.6
	Never	3.2	3.2	0	6.5	3.2	0
1.9	Intake of fruits with high sugar/fat content e.g. durians, ripe mangoes and sweet tamarinds						
	Regularly	3.2	3.2	0	12.9	0	3.2
	Occasionally	77.4	22.6	46.7	64.5	45.2	58.1
	Never	19.1	74.2	53.3	22.6	54.8	38.7

Table 3.10 (continue)

No.	Items	Study group (n=31)			Control group (n=31)		
		Baseline (o1)	Post intervention1 (o2)	*Post intervention2 (o3)	Baseline (o1)	Post intervention1 (o2)	Post intervention2 (o3)
		%	%	%	%	%	%
2.	Exercise during the last week						
2.1	Walking or aerobics to sweat 3 days per week.						
	Regularly	45.2	77.4	60.0	41.9	41.9	38.7
	Occasionally	38.7	22.6	36.7	22.9	41.9	35.5
	Never	16.1	0	3.3	35.5	16.1	25.8
2.2	Walking or aerobics to sweat with each session of 15-30 minutes						
	Regularly	45.2	77.4	56.7	48.4	19.4	29.0
	Occasionally	41.9	22.6	40.0	16.1	35.5	32.3
	Never	12.9	0	3.3	35.5	45.2	38.7
3.	Taking antihypertensive drugs						
3.1	During last month, had completed all set of medicine and every time.	77.4	93.5	90.3	74.2	71.0	74.2
3.2	During last month, intake the medicine at correct time, every time	77.4	90.3	93.3	71.0	71.0	64.5
3.3	During last month, never forget to take medicine	77.4	93.5	93.5	67.7	67.7	67.7
3.4	If forgetting, would take immediately upon recall	67.7	67.7	73.3	22.6	25.8	51.8
4	Smoking						
	Regularly	6.5	6.5	3.3	9.7	6.5	0
	Occasionally	6.5	0	13.3	6.5	3.2	12.9
	Never	87.1	93.5	83.3	83.9	90.3	87.1
5	Alcohol or beer consumption						
	Regularly	0	0	0	3.2	0	0
	Occasionally	12.9	22.6	16.7	9.7	9.7	12.9
	Never	87.1	77.4	83.3	87.1	90.3	87.7
6	Relaxation from stress during last week						
6.1	Having meditation and muscle relaxation.						
	Regularly	29.0	48.4	50.0	22.6	22.6	38.7
	Occasionally	45.2	41.9	33.3	35.5	45.2	32.3
	Never	25.8	9.7	16.7	14.9	32.3	29.0
6.2	You stopped or relieved anxiety, angry and stress.						
	Regularly	51.6	77.4	73.3	51.6	48.4	67.7
	Occasionally	45.2	22.6	26.7	48.4	41.9	32.3
	Never	3.2	0	0	0	9.7	0
6.3	You participate in parties or fairs or merit rites						
	Regularly	61.3	87.1	80.0	45.2	64.5	64.5
	Occasionally	35.5	12.9	20.0	41.9	12.9	29.0
	Never	3.2	0	0	12.9	22.6	6.5
6.4	If you were unhappy, you expressed your feeling with close person.						
	Regularly	45.2	83.9	66.7	32.3	32.3	54.8
	Occasionally	32.3	16.1	23.3	32.3	22.6	32.3
	Never	22.6	0	10.0	35.5	45.2	12.9

Table 3.10 (continue)

No.	Items	Study group (n=31)			Control group (n=31)		
		Baseline (o1) %	Post intervention1 (o2) %	*Post intervention2 (o3) %	Baseline (o1) %	Post intervention1 (o2) %	Post intervention2 (o3) %
6.5	Your house was made to be clean and tidy.(observation)						
	Regularly	64.5	80.6	80.0	61.3	77.4	80.5
	Occasionally	32.3	16.1	20.0	25.8	12.9	16.1
	Never	3.2	3.2	0	12.9	9.7	3.2
6.6	The surrounding of you house was clean and tidy.						
	Regularly	67.7	87.1	83.3	61.3	74.2	83.9
	Occasionally	29.0	9.7	16.7	25.8	16.1	12.9
	Never	3.2	3.2	0	12.9	9.7	3.2
7	Using health services						
7.1	You asked about health information from doctors or nurses.						
	Regularly	64.5	93.5	93.3	80.6	83.9	87.1
	Occasionally	32.3	6.5	6.7	16.1	16.1	12.9
	Never	3.2	0	0	3.2	0	0
7.2	If you felt dizzy or had blur vision, you went to see the doctors.						
	Regularly	74.2	100.0	86.7	80.6	74.2	87.2
	Occasionally	19.4	0	13.3	19.4	25.8	12.9
	Never	6.5	0	0	0	0	0
8	Follow-up						
8.1	During three last months, how often did you not follow up.	83.9	96.8	93.3	87.1	83.9	77.4
8.2	Follow up every times.	83.9	96.8	93.3	87.1	87.1	90.0

* n=30

Appendix 2

Essential Hypertensive patient's Interview

ID.....

1. Case 1. Pre-test

2. Control 2. Post-test

Interviewer name.....date.....

Directions : This interview form has 3 parts as following :

Part 1: General data.

Part 2: Knowledge of essential hypertension.

Part 3: Self-care behaviors of essential hypertensive patients

Part 1: General Data

Direction: The interviewer record the patient's data in the blanks or please mark or check () for the best and true answer.

Patient's name.....Surname

Address.....Soi./Moo.....Road.....Tumbol.....

Amphoa..... Yasothon Province No. of place.....Block.....

Duration of illness..... month / year

On Interview day. Blood pressure level.....m.m.Hg.

1. Age.....year (more than 6 months can be counted as year)	A ₁ () ()
2. Sex () 1 Male () 2 Female	A ₂ ()
3. Marital Status	
() 1 Unmarried () 2 Married	A ₃ ()
() 3 Widow () 4 Divorce	
4. Occupation	
() 1 Housework () 2 Employing	A ₄ ()
() 3 Trading () 4 Agriculture	
() 5. Other(specify).....	
5. Education background	
() 1 Primary school level () 2 Secondary school level	A ₅ ()
() 3 Bachelor or higher level () 4 None	
6. Average family income.....baht/ month	A ₆ () ()
	() ()
7. Source of income (can choose more than one)	
() 1 working () 2 spouse /Descendant	A ₇ ()
() 3 other(specify).....	
8. Usually living with.....	A ₈ ()
9. Your carriers are.....	A ₉ ()
10. How did you pay for doctor's fee?	A ₁₀ ()
() 1 Full refunding	
() 2 Partial refunding	
() 3 health insurance.	
() 4 Other(specify)	
11. Do you have other disease ?	A ₁₁ ()
() 1 No () 2 Yes (specify)	
12. Do you have hobby?	A ₁₂ ()
() 1 No () 2 Yes (specify)	
13. You sleep.....hours per night.	A ₁₃ () ()

Part 2: Knowledge of essential hypertension

Direction: For each item please check or mark the best answer.

Yes means correct sentence.

No means wrong sentence.

Don't know means uncertainly correct or wrong.

No	Items	Yes	No	Don't know	
1	Hypertension disease cannot by completely cured.				B1
2	Hypertension is implicated with genetic inheritance.				B2
3	Symptoms of essential hypertension is blurring vision, fatigue, dizziness, and headache.				B3
4	Hypertension may lead to heart disease and kidney disease, if not treated.				B4
5	If forgetting to take one set of medicines, should not take double does when recall or in the next session.				B5
6	When the symptoms are better, should not discontinue the medicines.				B6
7	Smoking and taking alcohol effect to high blood pressure.				B7
8	The patients didn't eat the pickle and salt.				B8
9	Exercise does not increase high blood pressure level.				B9
10	The patients could eat high fat.				B10
11	If there is no sign of headache or dizziness, must continue taking antihypertensive drugs.				B11
12	Even high blood pressure is reduced to a normal level, still need an examination by a doctor as appointed.				B12
13	Symptoms of frequent urination and fatigue are side effects of antihypertensive drugs				B13
14	Meditation and breathing exercise release tension.				B14
15	Weightless can help lessen danger from heart failure and broken veins.				B15

Part 3: Self-care behaviors of essential hypertensive patients

Direction: For each item please sign / the best answer only one.

Regularly practice means practicing the activity regularly, every day of the week.

Occasionally practice means practicing the activity occasionally, not every day of the week.

Never practice means never practicing the activity in either day of the week.

Items	Practices			
	Regularly	Occasionally	Never	
Dietary control in the last week				
1. Intake of mild diets.				D ₁
2. Extra fish sauce, soy sauce or salt addition during meal				D ₂
3. Intake of sweets, carbohydrates or fried foods without control.				D ₃
4. Intake of coconut milk added curry, poached pork leg, chicken with oily rice and coconut milk added desserts				D ₄
5. Use of vegetable oil in food preparation				D ₅
6. Intake of fish				D ₆
7. Intake of fat contained meat				D ₇
8. Intake of fruits and vegetables				D ₈
9. Intake of fruits with high sugar/fat content e.g. durians, ripe mangoes and sweet tamarinds.				D ₉
10. Smoking				D ₁₀
11. Alcohol or beer consumption.				D ₁₁
Exercise during the last week.				
12. Walking or aerobics to sweat 3 days per week.				D ₁₂
13. Walking or aerobics to sweat with each session of 15-30 minutes				D ₁₃
Relaxation from stress during last week.				
14. Having meditation and muscle relaxation.				D ₁₄
15. You stopped or relieved anxiety, angry and stress.				D ₁₅
16. You participate in parties or fairs or merit rites.				D ₁₆
17. If you were unhappy, you expressed your feeling with close person.				D ₁₇

Items	Practices			
	Regularly	Occasionally	Never	
Climate control 18. Your house was made to be clean and tidy.(observation)				D ₁₈
19. The surrounding of you house was clean and tidy.				D ₁₉
Health services encounter. 20. You asked about health information from doctors or nurses.				D ₂₀
21. If you felt dizzy or had blur vision, you went to see the doctors.				D ₂₁
Taking antihypertensive drugs. 22. During last month, had completed all set of medicine and every time. () 1 > 3 times. () 2 1- 3 times. () 3 completely every times.				D ₂₂
23. During last month, intake the medicine at correct time, every time () 1 > 3 times. () 2 1- 3 times. () 3 completely every times.				D ₂₃
24. During last month, never forget to take medicine () 1 > 3 times. () 2 1- 3 times. () 3 never forget.				D ₂₄
25. If forgetting , would take immediately upon recall () 1 Took medication double next time. () 2 Took another dose for following day. () 3 Took drug immediately.				D ₂₅
Follow up. 26. During three last months, how often did you not follow up. () 1 didn't came 1-3 times. () 2 Never came () 3 To follow every times.				D ₂₆
27. How did you follow up. () 1 To follow up every times. () 2 Before running out of drug or more (Because of) () 3 After running out of drugs lost one week or more (Because of) () 4 uncertain.				D ₂₇

Appendix 3

GUIDLINE IN-DEPHT INTERVIEWS AND OBSERVATION FORM

TIME.....ID.....

DATE.....

PATIENT'S NAME.....

RECORDER'S NAME.....

1. General health status

- How is physical health
- Used to health service (medical care and Thai medical care/herbal)
- Self care

2. Food intake in the last week.

- Type of food.
- Who was cooking.
- What did unsuitable food.
- Food intake per day.
- Are the food intake for control and barriers.

3. How did you exercise and barriers.**4. How did you relaxation for stress and barriers.****5. How did you take antihypertensive drugs and barriers. (Check pill count)****6. how did you follow-up and barrier. (Check follows up form)****7. How did quiet home.****8. How did the subjects feeling, at home.**

Appendix 4

Schedule of Training

Day 1 Activities

8 . 30 - 9 . 00 a.m.	Register
9 . 00 - 9 . 20 a.m.	Introduction Participatory Learning
9 . 20 - 10 . 45 a.m.	Recreation
10 . 45 - 11 . 00 a.m.	Snack time
11 . 00 - 12 . 00 a.m.	Module 1: Knowledge of hypertension
12 . 00 - 13 . 00 p.m.	Lunch time
13 . 00 - 13 . 30 p.m.	Module 1 (Continue)
13 . 30 - 14 . 00 p.m.	Snack time
14 . 00 - 16 . 00 p.m.	Module 2: Hypertension complication and prevention.
16 . 00 - 16 . 30 p.m.	Pharmacist consults.

Day 2 Activities

8 . 30 - 9 . 00 a.m.	Register.
9 . 00 - 10 . 00 a.m.	To review day 1 activities
10 . 00 - 10 . 30 a.m.	Recreation.
10 . 30 - 10 . 45 a.m.	Snack time.
10 . 45 - 12 . 00 a.m.	Module 3: Self-care of hypertension patient.
12 . 00 - 13 . 00 p.m.	Lunch time.
13 . 00 - 14 . 00 p.m.	Module 3 (Continue)
14 . 00 - 15 . 00 p.m.	To practice: Relaxation from stress.
15 . 00 - 16 . 00 p.m.	To practice: Exercise.
16 . 00 p.m.	Close.

Appendix 5

Curriculum of Hypertension Patients : Participatory Learning

Target group : Hypertension patients 31 person.

Place : Health promotion and rehabilitation center in Yasothon Hospital.

General Objective : To improve knowledge and self-care skill of hypertension patients.

Subject	Specific Objective	Content	Methods	Material	Evaluation
Introduction (20 minute)	Participant will be able to;	1.introduce trainer and team	Partner exercise	none	Observation participation
	1.describe learning objectives	2.introduce objectives of learning	lecture	none	
	2.describe conceptual and methods of learning	3.introduce schedule and organize the learning	presentation	Schedule of learning	
		4.set law of group	Discussion	paper	

Module 1: Knowledge of essential hypertension

Specific objectives: Participants will be able to describe knowledge of hypertension about definition, causes, sign and symptom, and treatment.

Time: 1.30 hours.

Participatory learning	Contents/activities	Materials
Experience big group(20 minute) pair 2 peoples	-introduce by game -To uses the question about activity 1 and shares a personal experience. -to prepare presentation 3 pairs in big group	Activity 1
Reflection/discussion Small group 6 peoples (15 minute)	Working in small group discussion in the topic: 1.what cause hypertension and what are symptoms of hypertension? 2.what will happen if hypertension is not treated or controlled? Why? Each subgroup presented outcome of the discussion.	Activity 2 Paper&magic pen.
Conceptualization Big group(30 minute)	The trainer summarizes and discusses. The trainer relates the topic to real-life's learner experience.	Knowledge guideline 1 V.D.O. tape: hypertension
Experimental/ application Small group (15 minute)	To divide group for activity 3 A representative each group present to result group discussion.	Activity 3

- Media:**
1. activity 1,2,3
 2. knowledge guideline 1
 3. V.D.O. tape: hypertension

- Evaluation:**
1. observe to participate discussion.
 2. achievement group.

Module 2: The complication of Hypertension and protection.

Specific objectives: the participants able to describe complication hypertension and protection.

Time: 2 hours

Participatory learning	Contents/activities	Materials
30 minute	recreation	The lyric (transparencies)
Experience big group (40 minute)	Selection; the participants played in role playing "Por Yai Sri" Discuss important factors of the role play by asking question and feeling of both the players and observers follow on activity 4	Role playing Activity 4
Reflection/discussion Small group 6 persons (20 minute)	Divide learner small group discussion as follow: 1. Do you think hypertension patients should have lifestyles like normal people? Why? 2. What will happen if hypertension related disease is not prevented? A representative each group present to result small group discussion.	Activity 5
Conceptualization Big group (20 minute)	- Trainer summarized their thinking to conceptual.	- Knowledge sheet 2 - Pictures and transparencies.
Experimental/ application Small group 6 peoples (20 minute)	- The same groups of 6 peoples summarized self-care activities for hypertension patients and write a conception quotation inviting the group members practice self-care routines to prevent other related disease.	Activity 6
Conceptual Big group (20 minute)	- A representative each group. - Trainer lead to discuss and conclusion.	

Media

1. Role playing : “Por Yai Sri”
2. Activity 4,5,6
3. Pictures
4. Transparencies.
5. Self-care of hypertensive patient manual.

Evaluation

1. Observation
2. To pay attention of the group.
3. Group’s report.

Module 3: Self-care behaviors of hypertension patients.

Specific objectives : The participant able to practice health promotion : dietary, exercise, relaxation from stress, antihypertensive drug intake, and follow up.

Time 2 hours.

Participatory learning	Contents/activities	Materials
5 minute	The trainer allow three patients to review the study material from module 1 and 2	-
1. Inside stage		
Conceptualization Big group (10 minute)	-The trainer briefly lectured about self-care of hypertensive patients.	Knowledge sheet 3
Experience Pair 2 peoples (10 minute)	-Each pair group, they share their experience as: daily eating behaviors , exercising, relaxation from stress and antihypertensive drug intake. - The trainer noted statement express by each pair.	Activity 7 transparencies

Reflection/discussion		
Small group 6 persons (10 minute)	-Each group with the following topics to discuss. 1 What type of food hypertension patients should take? Why? 2 What are suitable exercise activities and what are their effects? 3. What are your stress effects and stress management strategies? . 4. How to practice correct methodology for medication intake and follow-up examination?	Activity 8
Big group (5 minute)	- A representative present the outcome summary.	
2. Action stage		
Application		
Big group (50 minute)	-The trainers demonstrated exercise and relaxation from stress technique. -Every participant practice.	
3. Reflection/Discussion		
Small group 6 peoples (15 minute)	-Each groups discussed results of their exercise, relaxation from stress	Activity 9
Conceptualization	-A representative presented.	Manual of exercise and relaxation from stress.
Big group (15 minute)	-Trainer and learners summarized.	

Media

1. Knowledge sheet 3
2. Activity 7,8,9
3. Manual of exercise and relaxation from stress.

Evaluation

1. Observation
2. Group discussion
3. group report.

Activity 1: Knowledge of essential hypertension

To pair 2 peoles : talk about essential hypertension. (5 minute)

Activity 2: Knowledge of essential hypertension

Working in small group 6 peoples discussion in the topic:(10 minute)

1.what cause hypertension and what are symptoms of hypertension ?

2.what will happen if hypertension is not treated or controlled? Why?

Each subgroup presented outcome of the discussion.

Activity 3: Knowledge of essential hypertension

Working in small group 6 persons discussion in the topic: How to prevent hypertension (10 minute)

A representative present to result group discussion.(5 minute)

Role Play: Por Yai Sri

Direction: For learners play.

Actor Por Yai Sri is hypertensive patient

Mae La is Por Yai Sri's wife

Scene Por Yai Sri's house

In house: Por Yai Sri taking alcohol. Mae La walk in and surprise.

Mae La : Why do you alcohol intake?

Por Yai Sri : (unsatisfied) Ho! I feel bad.

Mae La : Your bad and take alcohol. The doctor didn't permit to take it.
It is dangerous. (bore face)

Por Yai Sri : Not eat.! Today I take alcohol.

Mae La : (Bored voice).....If you sick, I didn't take care of.

Por Yai Sri : No problem. Alcohol is happy.

Mae La walk out. He drink continue and lie down. The next day.

Mae La : Por Yai Sri ! Por Yai Sri ! Get up.

Por Yai Sri : Help me!. I very weak. What is my mouth?

She is fight and lead him to the hospital. The doctor checks up and care him. He is left hemiplegia and couldn't self-care.

Por Yai Sri : (confound and no speaking)

Mae La : Taking rice. I will feed.

Por Yai Sri : I feel to barrier your. If I didn't take it, I didn't very bad.

The End

Activity 4: Complication of essential hypertension

- The participants express their feeling and opinion about the role-playing.
(5 minute)

Activity 5: Complication of essential hypertension

Working in small group 6 peoples discussion in the topic: (40 minute)

1. Do you think hypertension patients should have lifestyles like normal people? Why?
2. What will happen if hypertension related disease is not prevented?

A representative each group present to result small group discussion.(5 minute)

Activity 6: Complication of essential hypertension

The same groups of 6 peoples summarized self-care activities for hypertension patients and write a conception quotation inviting the group members practice self-care routines to prevent other related disease. (20 minute)

Activity 7: Self-care behaviors

Pair 2 peoples (10 minute)

- Each pair group, they share their experience as: daily eating behaviors , exercising, relaxation from stress and antihypertensive drug intake.
- The trainer noted statement express by each pair.

Activity 8: Self-care behaviors

Working in small group 6 peoples discussion in the topic: (10 minute)

- 1 What type of food hypertension patients should take? Why?
 - 2 What are suitable exercise activities and what are their effects?
 3. What are your stress effects and stress management strategies? .
 4. How to practice correct methodology for medication intake and follow-up examination?
- A representative present the outcome summary.

Activity 9: Self-care behaviors

Working in small group 6 peoples discussion in the topic: (10 minute)

- Each groups discussed results of their exercise, relaxation from stress
- A representative presented.(5 minute)
- Trainer and learners summarized.

Appendix 6**Hypertension Clinic of Groups****1. Yasothon Hospital, Yasothon Province****1.1 Hypertension Clinic, Yasothon Hospital.**

- The Clinic is open every Friday at 8.00-12.00 a.m.
- Three nurses and two employees undertake the clinic. The two doctors examine hypertensive patients.
- In 2000, 510 patients registered, 105 person living in municipal area and 405 person in another area.
- From outpatient and in-patient department of Yasothon hospital.
- Each week, the average was 120 patients, maximum = 150, and minimum = 100.
- Health education in the clinic by health education. New patients obtained group education; 10-12 patients each time, and gave individual health education for patients whom had health problems or complications before them meet the doctors.
- The averages of patients who have complication are 5 peoples per month.
- They receives follow up card every month or keeping maintenance.

If municipal patients did not follow, health worker from social medicine department or urban medical community center or Tadsaban Muang Yasothon or public health center pursued them.

The doctors check old and new patients. Nurses inquire their history, register, check their blood pressure, body weight and make appointment.

1.2 Hypertensive patient services in urban medical community center.

- Urban medical community center is a job of Yasothon hospital. It is primary care in municipal Yasothon area. In 1997, it was established. The fourth nurses have served and the other health teams have involved in bureaucracy overtime.
- Date to be in service and the doctor work : official time at 6.00 – 9.00 a.m. and at 17.00 – 20.00 p.m. , weekend time only Saturday at 6.00 a.m. – 13.00 p.m. and at 17.00 –20.00 p.m. The nurse visit the patient at home in official time at 13.00 – 16.00 p.m.
- Hypertensive patients could came to see the doctors every service times and they don't follow up card.
- The nurses visit them at home. (1 time per a month per a patient)
- The doctors and nurses teach self-care for new patients while healing.]
- In 2000, they were 99 patients' registration, and were 48 patients living in Yasothon urban area.

2. Hypertension clinic, Khumkhuankaew hospital, Yasothon province.

- open every Monday at 8.00-12.00 a.m. in out-patient department of Khumkhuankaew hospital.
- Three nurses undertake the clinic. Two doctors take care of general patients.
- In 2000, the patients registered 129 patients, and were 59 patients living in Lumpook municipal area.
- Each week, the average of patients over 30, maximum=40, minimum=20.
- There is no has hypertensive complication patients.
- The doctors and/or nurses teach health education to the new patients and give individual health education to old complication patients healing.
- The first to three times the doctors take care of them, and after that nurses continue. If they have complication or be sick in every 6 months, they meet the doctors for reexamining treatment.
- They receive follow up card every month or keeping to maintenance.
- Last year, the nurses visited them at home but at present they didn't have home visit because of lacking of time.

Appendix 7

INFORM CONSENT SHEET (STUDY GROUP)

My name is Miss Penprakai Sroikham, master public health student, Health System Development, College of Public Health, Chulalongkorn University. I am studying: "Living with Hypertension: Self-care Development Model of Patients with Hypertension through by Participatory Learning Process". If you would like to participate the research, I would interview you three times. You would learn hypertension self-care through participatory learning two days at 8.00 a.m. to 16.00 p.m., Health Promotion and Rehabilitation Room in Yasothon Hospital, Yasothon Province. After learning the researchers would visit at your home three times.

If you uncomfortable for participation in the research you can't participate and health team take care your as the past. This is no cost to participate this research and no financial reward.

If you have any question or opposite ideas during research participating, please contract me.

Thank you very much.

Miss Penprakai Sroikham

For Participant

This study information has been explained and I voluntarily agree to give my consent to participate in this study.

.....

(Name of Participant)

INFORM CONSENT SHEET (CONTROL GROUP)

My name is Miss Penprakai Sroikham, master public health student, Health System Development, College of Public Health, Chulalongkhorn University. I am studying: "Living with Hypertension: Self-care Development Model of Patients with Hypertension through by Participatory Learning Process". If you would like to participate the research, I would interview you three times. .

If you uncomfortable for participation in the research you can't participate and health team take care your as the past. This is no cost to participate this research and no financial reward.

Thank you very much.

Miss Penprakai Sroikham

For Participant

This study information has been explained and I voluntarily agree to give my consent to participate in this study.

.....
(Name of Participant)

Appendix 8**THE PROJECT TEAM****The project manager**

Ms.Penprakai Sroikham

Register nurse, level 7

Yasothon hospital, Yasothon province, Thailand.

The project members.

1.Ms. Nipaporn Lakhonwong

Register nurse, level 4

Yasothon hospital, Yasothon province, Thailand.

2.Ms. Bongkotrat Yanarom

Register nurse, level 5

Yasothon hospital, Yasothon province, Thailand.

3.Mrs. Prakruk Choorat

Technical nurse, level 3

Yasothon municipal office, Yasothon province, Thailand.

4.Ms. Daranee Kumarasit

Public health officer, level 5

Maung district public health office, Yasothon province, Thailand.

Curriculum Vitae

- Name:** Penprakai Sroikham
- Present address:** Yasothon hospital, Yasothon province, Thailand.
- Date of birth:** 26 December 1959.
- Place of birth:** Yasothon, Thailand.
- Citizenship:** Thai.
- Religion:** Buddhist.
- Marital status:** Single.
- Education:**
- 1982 Diploma in Nursing and Midwifery (Equivalence to B. Sc. In Nursing), College of Nursing Sapisittiprasong Ubon Province. College of Nursing Affair Division Under-secretary State, for Public Health Ministry of Public Health, Thailand.
- Experience:**
- 1982-1986 Nursing staff at Female Surgery Ward of Yasothon hospital.
- 1986-2000 Chief of Prevention-control at Social Medicine Department of Yasothon hospital.
- 2001 Chief of family Medicine at Urban Medical Community Center (Primary Care Unit) of Yasothon hospital.