

**AN INTERVENTION TO IMPROVE SELF-CARE PRACTICES FOR
PATIENTS WITH HYPERTENSION IN PASAK SUB-DISTRICT,
CHIANG RAI PROVINCE: A PROPOSAL AND
RELIABILITY TEST OF QUESTIONNAIRE**



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A Thesis Submitted in Partial Fulfillment of the Requirements

for the Degree of Master of Public Health

Health Systems Development Program

College of Public Health

Chulalongkorn University

Academic Year 2002

ISBN: 974-9599-02-0

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Bangkok, Thailand


Thesis Title : An Intervention to Improve Self-Care Practices for Patients with Hypertension in Pasak Sub-district, Chiang Rai Province: A Proposal and Reliability Test of Questionnaire

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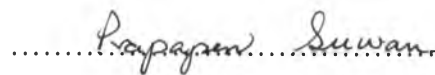
Program : Master of Public Health (Health Systems Development)
College of Public Health


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Accepted by the College of Public Health, Chulalongkorn University,
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ABSTRACT

Hypertension, the most common cardiovascular disease and the major risk factor of cardiovascular mortality, can be controlled if a patient receives treatment regularly and has proper self-care. The problem of patients with hypertension in Pasak Sub-district, for example, failed to follow a routine counseling on the cause of failure on blood pressure control. In order to control blood pressure effectively, a self-care program by using a combination of health educational activities should be promoted.

The purpose of this study is to assess the effectiveness of self-care practices of the patients with hypertension in the study group through self-care program. Quasi-experimental design has been chosen for this study in order to compare the differences before and after intervention in a study group and control group. The patients with hypertension who volunteer to join the program will be asked to participate in a self-care program. The self-care program will be established throughout four phases: promoting self-care, baseline survey and program development, program implementation, and program monitoring and evaluation.

This thesis presents proposal design and data exercise of reliability on the questionnaire. The questionnaire will be used as a tool to assess the effectiveness of the program, and has developed based on literature reviews and recommendations of health promotion staff and health education experts. The questionnaire consists of five parts: a) socio-demographic data; b) perception of threat; c) perceived self-efficacy; d) perceived response-efficacy; and e) self-care practices of the patients with hypertension.

Reliability test was conducted as data exercise by using internal consistency method. In addition, the reliability coefficient was tested. The results of the reliability coefficient on the perception of severity and vulnerability of hypertension complications, self-efficacy, and response efficacy of preventive behavior were 0.61, 0.67, 0.88, and 0.88 respectively. The overall reliability of those variables was 0.89, which was more than 0.7 and is acceptable for the purposes of this study.

ACKNOWLEDGEMENTS

I would like to express my sincere gratitude and deepest appreciation to Prof. Chitr Sitthi-amorn, for giving me a great opportunity for my further studies as well as for his valuable guidance throughout my study.

I would like to thank Assoc. Prof. Dr. Sauwakon Ratanawijitrasin, my advisor, who, throughout my entire period of study, provided me with valuable knowledge, guidance and words of encouragement.

I am grateful to Prof. Edgar J. Love and Assoc. Prof. Dr. Prapapen Suwan for many accurate comments and necessary revision in the study. My special appreciation also to Dr. Areewan Aumtanee, who very kindly gave me the suggestions to improve the questions. I wish to express a special word of thanks to Ajarn. Ratana Somrongthong, Dr. Nuntavarn Vichit-Vadakan, Ajarn. Wacharin Tanyanont, Dr. Sathirakorn Pongpanich, and Ajarn Marc Van Der Putten for providing me with the knowledge and experience in the field of their expertise.

I express my gratefulness to my friends and my colleagues in the College of Public Health, Chulalongkorn University, especially Ms. Sunanta Wongchalee and Ms. Namthip Dulyavoranun for having helped me during my study and correcting my English. Finally, I have to say a very big thank to my family, for their love and moral support, and for helping me in numerous ways.

LIST OF CONTENTS

	Page
Abstract.....	iii
Acknowledgements.....	v
List of Contents.....	vi
List of Tables.....	ix
List of Figures.....	ix
 CHAPTER I INTRODUCTION.....	 1
 CHAPTER II LITERATURE REVIEW.....	 3
2.1 The Nature of Cardiovascular Disease & Hypertension.....	3
2.1.1 Definition of Hypertension.....	3
2.1.2 Causes of Hypertension.....	4
2.1.3 Risk Factors.....	4
2.1.4 Consequences of Hypertension.....	6
2.1.5 Treatment of Hypertension.....	8
2.2 Epidemiology of Hypertension in Developed and Developing Countries	12
2.2.1 Hypertension in Developed Countries.....	13
2.2.2 Hypertension Problem in Thailand.....	14
2.3 Self-Care Promotion to Improve Self-Care Practice.....	16
2.3.1 Level of Intervention.....	16
2.3.2 Lifestyle Modification.....	17
2.3.3 Strategies for Facilitate Change.....	18
Conclusions.....	21
References.....	23

LIST OF CONTENTS (Con.)

	Page
CHAPTER III PROPOSAL.....	26
3.1 Background.....	26
3.2 Situation Analysis of Hypertensive Problem in Pasak sub-district.....	28
3.3 Research Questions.....	30
3.4 Objectives.....	30
3.5 Hypothesis.....	31
3.6 Operational Definition.....	31
3.7 Conceptual Framework.....	33
3.8 Research Method.....	38
3.8.1 Study Design.....	38
3.8.2 Study Population.....	38
3.8.3 Data Collection Instrument.....	40
3.9 Intervention Activities.....	42
Phase I Promoting Self-Care Program.....	42
Phase II Baseline Survey & Program Development.....	43
Phase III Progame Implementation.....	45
Phase IV Program Monitoring and Evaluation.....	47
3.10 Data Processing and Data Analysis.....	49
3.11 Ethical Consideration.....	50
3.12 Time Table.....	51
3.13 Budgeting.....	52
References.....	53

LIST OF CONTENTS (Con.)

	Page
CHAPTER IV DATA EXERCISE.....	56
Introduction.....	56
4.1 Establishing the Instrument for Data Collection.....	57
4.2 Developing the Questionnaire.....	61
4.3 Reliability Assessment.....	61
4.4 Pretesting Procedures.....	65
4.5 Assessing Reliability Coefficient.....	66
4.6 Reliability Analysis.....	67
Conclusions.....	73
Lesson Learned.....	74
References.....	75
 CHAPTER V PRESENTATION.....	 76
 CHAPTER VI ANNOTATED BIBLIOGRAPHY.....	 96
 APPENDICES.....	 99
APPENDIX I Interview Questionnaire.....	100
APPENDIX II General Characteristics and Self-Care Practices of the Respondents.....	107
 CURRICULUM VITAE.....	 108

LIST OF TABLES

	Page
Table 2.1 A Summary of Characteristics of Commonly Used Health Education Methods.....	18
Table 3.1 Time Table.....	51
Table 3.2 Budgeting.....	52
Table A Number and Percentage of General Characteristics of Respondents.....	105
Table B Number and Frequency of Self-Care Practices of Respondents.....	107

LIST OF FIGURES

Figure 2.1 Death Rate of Circulatory System Disease in Developed Countries.....	13
Figure 2.2 Rate per 1,000 Population of Out - Patient Visiting with Diseases of the Circulatory System at Government Hospitals.....	15
Figure 2.3 Rate per 100,000 Population of In-Patients with Hypertensive Diseases at Hospitals.....	15
Figure 3.1 Cognitive Mediating Process.....	34
Figure 3.2 Conceptual Framework.....	37
Figure 3.3 Study Design.....	38