

CHAPTER I



INTRODUCTION

Heart and circulation, cardiovascular and cerebrovascular diseases are high risk to life for most people. Circulatory diseases including hypertension, coronary heart disease, cerebrovascular disease and diseases affecting heart muscles are commonly found in developing countries, and they account for 25% of all causes of death. According to the World Health Organization (WHO, 2002), the percentage of cardiovascular mortality was 20% - 50% all over the world.

Since hypertension cannot be completely cured, the destructive complications of chronic hypertension are heart, cerebrovascular system, kidney and retina, which can lead to deformity and death. However, severity and complications can be controlled if a patient obtains treatment regularly and has proper self-care. WHO also strongly recommended that patients with hypertension to modify their lifestyle. Therefore, the study will focus on self-care practices for the patients with hypertension. This thesis is entitled "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".

In chapter II, the nature of cardiovascular disease and hypertension, the epidemiology of hypertension in developed and developing countries, and self-care programs to improve self-care practices are reviewed. The proposal of hypertension problem in target area, the objectives, the methodology, and health educational activities including timetable and estimated budget will be presented in Chapter III. Chapter IV consists of procedure on establishing the instrument for data collection and developing the questionnaire, reliability assessment, pretest procedures, assessing reliability coefficient, and reliability analysis. This part aims to estimate the reliability of the questionnaire. Chapter V is a presentation of the final examination that includes main proposal and data exercise. The last chapter is an annotated bibliography.