

JOURNAL OF PUBLIC HEALTH NURSING

Volume 28 No.2 (May - August 2014)

Research Papers

The Associations between Health Literacy Related to Obesity and Health Behaviour : Eating and Exercise in Overnutritional Children, Bangkok
Araya Tipwong Jarunee Numpoon

ABSTRACT The purpose of this study was to investigate health literacy related to obesity , eating and exercise behaviours , and associations between health literacy related to obesity and eating and exercise behaviors of Grade 7 (Matthayom 1) overnutritional students in Bangkok. Ninety participants were purposively recruited to participate in this research. Questionnaires were used to assess participants' general information, health literacy related to obesity, eating and exercise behaviors. By utilizing statistical analysis, According to the health literacy related to obesity, access skill had the highest average score than decision skill respectively. Eating and exercise behaviors scores were high. Decision skill in health literacy related to obesity was significantly correlated to eating behavior at p-value < .05. Self management skill and media literacy skill were significantly correlated to exercise behavior at p-value < .01 and p-value < .05 respectively.

Keywords: Health literacy; eating and exercise behaviors; overnutritional children

**Predictive Factors for Dating Violence among Vocational Male Students,
Bangkok, Thailand**
*Penprapa Sutumma Naruemon Auemaneekul Sunee Lagampan Arpaporn
Powwattana*

ABSTRACT This research is a cross-sectional study aimed to examine the prevalence of and predictive factors for dating violence among vocational male students in Bangkok, Thailand. The sample were 437 students who study in vocational school (1st – 3rd year). The data were collected in 8 weeks, by a set of self-administered questionnaires. Data were analysed using stepwise multiple regression analysis.

The results showed that most of the student intended to commit dating violence at moderate level (47.8%), where as most of the student committed dating violence at mild level (52.2%). The results from the stepwise multiple regression analysis revealed that the factors composed of anti-social behavior, subjective norms, self-control, self- esteem, and perceived behavioral control could account for the predictors of an intention to commit dating violence behavior at 40 %. The factors composed of an intention to commit dating violence, subjective norms, ages, self - esteem, attitude toward violence, and anti-social behavior could account for the predictors of dating violence behavior at 69 %.The study recommend the result as the basic information for policy driven to promote the anti dating violence campaign in school.

Keywords: Dating violence; the theory of planned behavior; predictive factors

Alcohol Consumption Prevention with Family Participation Program in Early Adolescents

***Phakamat Saikhamfoo Arpaporn Powwattana Sunee Lagampan Wonpen K
aewpan***

ABSTRACT This quasi-experimental research aimed to study effect of alcohol consumption prevention with family participation program in early adolescents. The study group is junior high school 1-2 in opportunities education school from Lampang province extended opportunities education school. The experimental and control group was randomly selected as 30 persons per group. Study duration was 8weeks which was divided to experiment for 4 weeks and follow up for 4 weeks. The study applied Health Belief Model with family participation to enhance perceived self-efficacy and alcohol consumption prevention. Collecting data by self-administered questionnaire including perceived susceptibility of drinking alcohol, perceived severity of drinking alcohol, perceived benefits of no drinking alcohol, perceived barriers of no drinking alcohol, self -efficiency for avoid from drinking alcohol and how to protect themselves from drinking alcohol. Data were analyzed by using percentage, Average arithmetic mean. Standard deviation Independent t-test, Repeated Measure One-way ANOVA and Paired T-test. Result indicated that follow-up period, experimental group had average score of perceived susceptibility of drinking alcohol, perceived severity of drinking alcohol, perceived benefits of not drinking alcohol, perceived barriers of not drinking alcohol, self -efficacy for avoid from drinking alcohol and how to protect themselves from drinking alcohol not differed from before experiment (p -value $> .05$), and did not higher than those in comparison group both after and follow-up period.(p -value $> .05$) The result of research addressed that application of Health Belief Model with family participation might not have effect to prevent early adolescence from drinking alcohol.

Keywords: Early adolescent; alcohol consumption prevention; family participation

The Development of Health Partnership for Injury Prevention of School-Aged Children in Community

Yupin Saraung Vanida Durongritichai Jariyawat Kompayak

ABSTRACT This action research examined the process and impact of partnership development on injury prevention in the school-aged children in Moo 4, Tambol Ta-Maka, Amphur Ta-Maka, Kanchanaburi, THAILAND. The primary sample group of the study was school-aged children from six to twelve year old. The secondary sample group was the children's guardians, licensed practical nurses working in the hospital or village, primary health care personnel, policemen, community leaders, volunteer spirit (disables people), teachers, and student leaders. Data from structured interview and in-depth questions were accumulated and analyzed by Chi-square statistics, Paired t-test, and content analysis. The outcome of the study revealed most of the school-aged children are girls in average of 8.8 year old without congenital disorder. In overall score, their injury prevention behavior score is medium level. The guardians are primarily parents, who are females in average of 41.6 year old. The score of injury prevention behavior emphasized to the children was medium level. We found the outstanding statistical significant factor of childhood injury is the children's age, which is between six to eight years old. There are three stages of the partnership development for school-aged children's injury prevention: 1) establishment of partnership through the stakeholders' involvement starting from the beginning of the project. 2) System setup for supporting partnership activities, both through formal and informal meeting. We have found community teamwork is crucial for cooperative and supportive action in order to achieve the target. 3) Continuing education of the partnership. Group's brainstorm and periodical evaluation would bring about improvement and effectiveness. Three creative campaigns ("Safe Home", "White School", and "Accident-Free Community") were selected and run in the community. The outcome from partnership development was evaluated in comparison between pre- and post-project data. We have found the significant decrease of childhood injury rate as well as the increase of injury prevention behavior score was found ($X = 68.38$, $S.D. = 3.87$ comparing to $X = 67.25$, $S.D. = 4.87$). For the future study, analyze of community valued role is highly suggested to performed and proposed to the executive. This information would strongly promote community partnership. Safety of their children would be seriously considered. Besides, the hospital could take part by analyzing the root course and setting policies for prevention of school-aged children injury. The drive force from commune via community policy would effectively lead to systemic management and sustain childhood injury-free community for their children.

Keywords: Partnership development; school-aged children; injury prevention

Factors Related to Preventive Behaviors from Chemical Hazards among Hairdressers in Bangkok
Pornkaew Luengumporn Ann Jirapongsuwan Surintorn Kalampakorn Sara Arphorn

ABSTRACT This research is a cross-sectional descriptive study aimed to examine the factors related to preventive behaviors from chemical hazards among hairdressers in Bangkok by applying the Protection Motivation Theory. There were 380 subjects, selected by multiple stratified random sampling. The data were collected by interview, and data analysis was done by using descriptive statistics, t-test, One-way ANOVA, Pearson's Correlation Coefficients. The results showed the most frequency of health problems regarding chemical used was in respiratory system (49.85%). Their preventive behaviors from chemical hazards were at a high level (79.5%). The differences in gender, education, adequacy of income, preventive welfare, self experience in suffering from contacting and the underlying disease affected the hairdressers' preventive behaviors with statistical significant (p-value < .05)

Perception of severity and the susceptibility for chemical hazards, response efficacy and self-efficacy expectancy to preventive behaviors from chemical hazards were positively related to preventive behaviors from chemical used ($r = .121, .145, .172, .305$, p-value < .05) Stepwise multiple regressions revealed that ventilation, self-efficacy, providing personal protective equipment, providing waste disposal and illness can predict preventive behaviors from chemical hazards among hairdressers 30.8 %

The health organizations should pay attention to the hairdressers' health classified as selfemployed workers. The checkup program for hairdressers should be provided. The system and equipment regarding chemical hazard prevention in hairdressers' salon should be supported. Also the self-efficacy expectancy to preventive behaviors from chemical hazards among the hairdressers should be increased.

Keywords: Preventive behaviors from chemical hazards; hairdressers; protection motivation theory

Factors Predicting Sexual Assertiveness in Young Adult Women ***Kasara Sripichyakan Apirach Indarangkura Na Ayutthaya Siriyaporn Jansarika***

ABSTRACT Women have sexual health problems due to the difficulties in asserting their sexual rights. This study aimed to identify factors of sexual assertiveness (SA) in young adult women. The subjects were recruited from family planning clinics located in Nakorn Sawan province, and Chiang Mai province through a convenience sampling technique. Research instruments included a general and reproductive characteristics data sheet, general assertiveness scale, sexual awareness scale and sexual assertiveness scale (The Cronbach's alpha coefficient values=.66, .68, .72). Sample size was 289 (average age = 33.3). Through a Chi-square test, a low level of SA was found in the women with the following characteristics: young age, lower education than bachelor degree, low personal income, working in a non-government sector, residing in Nakorn Sawan province, rural lifestyle, young at the first sexual intercourse, getting married, relationship dissatisfaction, being mentally, physically, or sexually abused by a partner, low general assertiveness, or low sexual awareness. Through logistic regression, provincial residence, mental partner abuse, and sexual awareness were able to predict SA (OR=2.9, 0.3, 6.7) with a predicting power of 78.1%. It is suggested that young adult women with low SA should obtain SA skill-training. To reach these women, the women may be assessed from risk factors found in this study.

Keywords: Factors; general assertiveness; sexual awareness; sexual assertiveness; and young adult women

The Development of a Clinical Nursing Practice Guideline for Caregiver of Uncontrolled Hypertensive Elderly Patients

Yupa Suthimanus Vanida Durongritichai Taweesak Kasiphol

ABSTRACT The objective of this study was to improve the capacity of nursing care of uncontrolled hypertension patients. This study applied the knowledge from the Application of Evidence-Based Practice in The United States of America, by starting with finding causes of uncontrolled hypertension patients in Kae-Nog community, Nonthaburi, Thailand. Then, the researcher searched for related evidence by searching for key words from the data base. After that, the researcher evaluated the reliability of the evidence. The researcher found 16 related articles published in 2007-2011: 4 articles of Experimental Research; 3 articles of Quasi-Experimental Research; 1 article of Research and Development; 7 articles of Descriptive research; 1 article of Quantitative and Qualitative Research. After analyzing and synthesizing results and data by evaluating the reliability of the evidence with Melnyl and Fineout-Overholt level, the practice guideline for increasing the capacity of nursing care of uncontrolled hypertension patients was created combined with : 1) knowledge and capability evaluation form of caregivers combined with 1. general information of caregivers, 2. knowledge about hypertension, food, exercise, complications, stress management, medication, risk factors for blood pressure control, medical appointment record forms of patients, 3. evaluation of self-perception, 4. evaluation of knowledge and capacity of caregivers separated in three levels; high, middle, and low level. 2) caregivers' manual grouped by knowledge and capable perception of evaluation levels. 3) the document to record the symptoms and progress of patients 4) the record book for nurses visiting the uncontrolled hypertension elderly form. The practice guideline was evaluated by three experts prior to experimenting with 31 uncontrolled hypertension elderly. After the application of practice guideline for four weeks, the researcher found that caregivers had better knowledge about taking care of the uncontrolled hypertension elderly. The statistical significant value was at 0.05. The results showed that the practice guideline was simple and friendly user. Nurses were satisfied with guideline. It is recommended that the researcher should arrange session to explain how to use practice guideline, and monitor caregivers continuously..

Keywords: Nursing care of uncontrolled hypertension patients; elderly person; capacity of caregivers; practice guideline

JOURNAL OF PUBLIC HEALTH NURSING

Volume 28 No.1 (January – April 2014)

Research Papers

Community Health Care System Development Process: 14 Case Studies of Communities in Central Region

Penchan Sittipreechachan Panudda Priyatruk

ABSTRACT The purposes of this lessons learned study was to explore implementing process of community health care system as well as the developmental process for sustainable community health care system. Focus groups were conducted with 36 participants who were nurse researchers conducting 14 case studies in 12 sub-districts. Data were analyzed using content analysis and themes were emerged. The results revealed that government policies and the needs of local people are the key mechanism for community health care system. 14 case studies showed that community social capitals and resources including human resources, financial resources, and enabling environment are crucial to driven the process of community health care system. Community health need assessment to identify health care demand of the people included several methods and involvement of community participation. When designing and implementing community health programs, there is a need to focus on human capacity and direct practical experience in finding community health solutions that should based on problems and needs of the local people as well as community lifestyle. Development of local public policies generates from incorporating community health projects in community development plan and using platforms to communicate among people in the community. Development of sustainable community health care system requires community volunteers, community solutions response to the needs of local people, and supporting system at local policies. The findings suggest that community health nurses should incorporate community social capital, community needs assessment, and community participation involvement with other health care professions and organizations to create public policies in response to the needs of local people encouraging successful and sustainable community health care system.

Keywords: Community health care processes/ Sustainable health community

Performance Assessment of Village Health Volunteer Working in District Health Network, Pompiram district, Phitsanulok Province
Phudit Tejavaddhana Nithra Kitreerawutiwong

ABSTRACT Village health volunteer (VHV) had been recognized for attaining population coverage with essential health care. With their unique capability to provide bridges between the community and health care service. However, district health network, Pompiram district has a limited documentation about the performance of VHV. The purposes of this study are to 1) assess the performance of VHV and 2) study the association between demographic data and the performance of VHV in district health network, Pompiram district, Phitsanulok province. A sample of 171 VHVs in district health network, Pompiram district, Phitsanulok province, which determined using the Cochran (WHO, 1977) were selected by simple random sampling. The questionnaire was developed from the study of Komart Jonesatherinsup and Paranut Suksit (2550) including 3 parts as follow: 1) Demographic data, 2) the performance of VHV and 3) the knowledge of VHV. The average item-content validity index (I-CVI) was 1. The overall value of Cronbach's alpha coefficient part 2 was 0.84 and the value of KR-20 part 3 was 0.78. Data were analyzed to obtain frequency, mean, standard deviation, chi square and Cramer's V values. Findings showed that mostly 65.6% of VHV in district health network, Pompiram district had a fair level on their performance ($X = 22.34$, $SD = 4.21$) and 28.4% had a good level on their performance ($X = 32.47$, $SD = 2.87$). Furthermore, there was a significant relationship, at low level, $2\chi^2$ between having the other societal positions in community ($= 4.268$, Cramer's $V = .161$) and $2\chi^2$ knowledge ($= 3.884$, Cramer's $V = .223$), at the level of .05. Based on the result, health manager should be improved coordination skill consistent with having other societal positions in community and continuous supported activities to improve knowledge of village health volunteers. Moreover, the training should be designed in relation to VHV's functions in community.

Keywords: Performance/ Village Health Volunteer/ District Health Network.

Factors Related to Quality of Work Life of Nurses Working in Primary Health Care units in the Central Region of Thailand
Suwaree Pethtang Wonpen Kaewpan Surintorn Kalampakorn Jutatip Sillabutra

ABSTRACT Quality of work life is very significant to work effectiveness of each individual. Public health nurses are the professional nurse working in primary care units. Their roles include health promotion as well as disease prevention and control at the community level. Various roles, over workload, and inadequate staff could have effects on their quality of work life. The objectives of this cross-sectional study were to study quality of work life of nurses working in primary care unit and its related factors. The sample were 336 public health nurses working in primary care units located in the central region of Thailand selected by multi stage sampling. Data were collected by mail questionnaire with the response rate of 73.19 %. Data were analyzed by using mean, standard deviation, and the relationships between personal factors, working factors, organizational factors and quality of work life were examined by the Chi-Square test, Pearson's Product Moment correlation coefficient and multiple regression analysis. This study showed that quality of working life was at good level ($X = 2.82$, $S.D. = 0.23$) team work was at moderate level ($X = 2.95$, $S.D. = 0.36$), organizational climate was at moderate level ($X = 2.78$, $S.D. = 0.29$), work stress was at moderate level ($X = 2.66$, $S.D. = 0.23$) Multiple regression analysis showed that reward, norms of team, work conflict, work load, effort, and sense of belonging could altogether predict 19% of quality of working life. Findings suggest that quality of working life can be promoted by chief executive providing appropriate reward supporting effective team work, and improving workload. Development of organizational factor to enhance organization climate and sense of belonging improve quality of working life of public health nurses.

Keywords: Public Health Nursing/Quality of Working Life/Primary Health Care Units.

**Development of Nursing Practice Guidelines for Major Trauma Patients in
Chaophya Abhaibhubejhr Hospital
*Pensri Dumrongjitti Rossukon Srisanit Pornpen Doungdee***

ABSTRACT Saving life is the goal of major trauma patient care in emergency room. An effective nursing practice guideline could help trauma team to work effectively for assessment, management, and further treatment. The objective of this study was to develop a guideline based on evidence-based practice (Soukup, 2000), for major trauma patient care in emergency room at Chaophya Abhaibhubejhr hospital. This nursing practice guideline was developed through 4 phases as situation analysis (Evidence trigger phase), developing guideline (Evidence-supported phase), feasibility test (Evidence-observed phase) and evaluating the guideline (Evidence-based phase). The situation analysis process revealed that there were no nursing practice guideline, no clearly assignment, and the team function was conducted on the basis of individual knowledge and experience. An evidence showed that an effective guideline, composed of Advance trauma Life Support (ATLS) protocol, roles and function assignment, and appropriate equipments and environment preparation, is needed. After developing the nursing practice guideline and indicators, the feasibility test showed a better patients' clinical outcomes, a less duration in emergency room, and raise the trauma team satisfaction. However, the trauma team suggested a minimal revision. In the evidence-based phase, results showed a statistical significance improvement in clinical outcomes of trauma patients (oxygen saturation). The result also indicated that over 90% of the trauma team had high satisfaction on using the nursing practice guideline. This developed clinical nursing practice guideline based on evidence-based practice could be benefit a good outcome and high quality of care.

Keywords: Guidelines development/ major trauma patients/ emergency room/ clinical outcomes

The Effects of Sexual Abuse Prevention Program for Female Teenager at Risk

Thanada Keatkor Naruemon Auemaneekul Sunee Lagampan Arpaporn Pongwattana

ABSTRACT This quasi- experimental research is designed to study the effectiveness of a life skills development program for sexual abuse prevention for teenagers at risk in Middle school, Muang district, Nakhon Ratchasima provinc. The subjects of the study comprised of 80 female teenagers at risk, aged 11-14 year. Participants were divided into experimental and comparison group, of 40 subjects each. The experimental group was assigned three activities plans of sexual abuse prevention by applying the life skill concepts of WHO and participatory learning technique. The research procedure lasted 3 weeks with a 4 weeks follow – up period. Scenario and group process were organized by using lecture, brainstorming, group discussion, game, role play. in order to develop decision making skills, critical thinking skills, communication skills , negotiation skills to protect themselves from sexual abuse. The data analysis was done by descriptive analysis, and repeated measure ANOVA, Independent t-test, with the p-value at 0.05. The study results revealed that after experiment and 4 week follow up , the experimental group had significantly higher scores of decision making skills, critical thinking skills, communication skills , negotiation skills, and sexual abuse prevention behavior, than prior to experimentation and higher than those of the comparison group (p-value < .001) In conclusion, The effects of sexual abuse prevention program for female teenager at risk could develop skills and sexual abuse prevention behavior.

Keywords: Sexual Abuse / Prevention / Female Teenagers at Risk