

INTERNATIONAL MEETING ON

NURSING RESEARCH AND EVIDENCE BASED PRACTICE

JULY 31- AUGUST 01, 2017 MELBOURNE, AUSTRALIA

The effect of the self-management and social support program on diet behavior of patients with cardiovascular disease

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The purposes of this study were to compare diet behavior in patients with Cardio Vascular Disease (CVD) who participated in the self-management and social support program before and after the intervention and to compare diet behavior after the intervention and in the control group. This program was created based on two concepts including: Self-management (goal setting, information collecting, information processing and evaluation analysis, decision marking, action and self-reaction) and social support. The quasi-experimental study design was presented in this study. The purposive sampling was used to select the sample size which was totally 44 subjects. The intervention group received self-management and social support program and usual care while the control group received only the usual care. Diet behavior was evaluated by Thai version of Heart Healthy Eating questionnaire and two times: First time when the program started and the second time when the program was completed (six weeks later). Descriptive analysis composed of percentages, mean and standard deviation. Inferential analysis t-test was used to analyze data. The result of the study revealed that the patients with CVD who participated in the self-management and social support program had a significant difference in mean scores for diet behavior ($p < 0.05$), 2). The patients with CVD who participate the self-management and social support program in mean scores for diet behavior was significantly different more than that of the control group ($p < 0.05$).

Biography

Pachanat Tantikosoom has completed her PhD in Nursing at Faculty of Nursing, Chulalongkorn University, Thailand in 2012. She was a Visiting Scholar in School of Nursing, University of Minnesota, USA. She is the Lecturer Nurse in Faculty of Nursing, Chulalongkorn University. She has been serving as an Editorial Board Member of *repute* and human ethic committee of Chulalongkorn University, Thailand.

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