Hypertension is one of chronic disease that is caused from many risk factors, especially, unhealthy behaviors related to unhealthy food habit and exercise. Therefore, the project team aimed at conducting the project of promoting health for persons with HT and overweight based on family health promotion model and family nursing concept in community setting.

The expected benefits are focused on modifying family health behavior as the whole system which could affect on both the ill person and family members. The outcomes consisted of healthy family life; controlling personal disease and promoting the family members health effectively.

The Participants

<table>
<thead>
<tr>
<th>Patient</th>
<th>Nurse</th>
</tr>
</thead>
<tbody>
<tr>
<td>Married</td>
<td>8 (53%)</td>
</tr>
<tr>
<td>Widowed</td>
<td>7 (47%)</td>
</tr>
<tr>
<td>Universal health Insurance Card</td>
<td>10 (67%)</td>
</tr>
<tr>
<td>Social Security Card</td>
<td>1 (6%)</td>
</tr>
<tr>
<td>Government</td>
<td>4 (27%)</td>
</tr>
<tr>
<td>Education</td>
<td>Health Insurance</td>
</tr>
<tr>
<td>50-59 Years</td>
<td>60-69 Years</td>
</tr>
<tr>
<td>70-79 Years</td>
<td>80-89 Years</td>
</tr>
</tbody>
</table>

The project tools was conducted with the family as a unit. The intervention steps consisted of family health behavior assessment form, Stress test, Food Controlling chart, Family health Campaign Trajectory of Hypertension Chart.

The finding: firstly, as situational analysis by analyzing data from family folders, medical records, and interviewing family with HT patients, including meeting and conferencing with nurse practitioners, village health volunteers, and community leader. Data from the first step displayed that all hypertension persons were elderly and have several chronic diseases.

Implementation

Promoting family health as the total system in community basis and participation

Intervention package with each family and patient for 4 weeks continuously through

- Home visit with village health volunteers of the community
- Include telephone visit, counseling and support as the family’s and patients needs
- Monitoring and evaluation they had change to right perception and increasing awareness of hypertension and overweight conditions consequences

They had adjusted health behavior both individual and family lifestyle, especially, food habit and consumption, activities, reducing risk factors, and stress management.

Results

Exercising 30 minutes every 3.5 days per week

They had provide care and support the patients both body and mind, especially, supporting for reducing psychological distress in daily living.

Blood pressure of all HT persons were decreased in normal level not over 130/90 mmHg and no complications.

Body weight of all patients was not decreased; however, they have motivation and set goal of decreasing and controlling body weight as successfully.

All families have alerted to prevention HT and other chronic diseases.

Conclusions

This project could promote family health as the whole system for HT with overweight persons. However, the family health promotion innovation for family with chronic illness member is needed to create for successful outcomes and goals all expected health outcomes could not be evaluated due to short time of intervention. Therefore, future study and project should be emphasized on long-term health promotion based on family basis intervention, home based care, community based approach, continuity of care, including monitoring and evaluating for achieving sustainable outcomes.

Discussions

This project found that there are many negative influencing factors such as several stressors in daily living for the poor economic, many chronic illness persons in the same home, elders living alone due to caregivers working outside home, negative family interaction, etc. These factors have impacted on Family Health Promotion Behavior which health care personals should reduce, while as increasing positive influencing factors should process to successfully promote health behavior for individual, family, and community.

References


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