Community Genogram: An Innovation to Guide Health Promotion and Risk Reduction Interventions in Rural Thailand

Naruemol Singha-Dong, PhD¹
April Bigelow, PhD²
Michelle Pardee, DNP³
Sornchai Thanjaroen, SN⁴
Sataporn Danrabiab, SN⁴
Orathai Chapthaisong, SN⁴
Supamas Khammoon, SN⁴
Somrutai Tochayaphum, SN⁴
Wijitra Sanudchai, SN⁴
Pornsiri Kruadsungnoen, SN⁴
Rattanapon Ramhan, SN⁴
(¹)Institute of Nursing, School of Community Health Nursing, Suranaree University of Technology, Nakhon Ratchasima, Thailand
(²)Department of Health Behavior and Biological Sciences, University of Michigan School of Nursing, Ann Arbor, MI, USA
(³)University of Michigan School of Nursing, Ann Arbor, MI, USA
(⁴)School of Community Health Nursing, Institute of Nursing, Suranaree University of Technology, Nakhon Ratchasima, Thailand

INTRODUCTION:

Chronic non-communicable diseases (NCD) such as heart disease, stroke, cancer, chronic respiratory diseases, hypertension, and diabetes mellitus are the most significant causes of death globally where 80% of chronic disease mortality occurs in low and middle income countries (World Health Organization, 2011) including Thailand (Benjarak, Krobmai, Naraongat, Ruksakulpiwat, & Singha-Dong, 2016; Ministry of Public Health, 2016).

In rural Thailand, patients have limited health literacy and limited points of contact with providers within the health care system further underscoring the need for prevention efforts and access to local educational sessions. Local sub-district health promotion hospitals are well positioned to deliver educational sessions to rural Thai villagers, but often retroactive, individual-based, lack resources and validated programs. Understanding community dynamics, relationship, and wellbeing is very important to community nurses to guide health promotion and risk reduction interventions in such setting.

The purpose of this study was expand on previous work that evaluated a family genogram that was initiated to prevent stroke and improve patient outcomes in a high-risk, underserved population in a rural community of Nakhon Ratchasima, Thailand. This study aims to evaluate the usefulness of the genogram for its capacity to serve as an aid to better understand family structure and dynamics at a community level and guide health promotion and risk reduction interventions in rural close-knit communities of Chok Chai District in Nakhon Ratchasima, Thailand.

METHOD:

Community leaders and lay health volunteers were contacted and informed regarding purpose, strength, and limitation of genogram application. Upon agreement, residents were informed and invited to provide family information household by household. Residents were interviewed at their houses or community hall. The composition of each household was recorded using a genogram. Details of family illness, housing, and occupation were noted. Age, medical history, health status, risk behaviors, and causes of morbidity and mortality of individual member were taken. Every individual older than 15 years old was
screened for diabetes, hypertension, stroke risks, and risk factors for coronary heart disease. Family genograms of at least five generations were grouped into community genogram starting with the family with the largest members identified by community and families with frequently found NCD burden. Community genogram was analyzed for health needs and findings were presented and discussed with community leaders and members through community forum. Health promotion and risk reduction interventions were proposed, discussed, and agreed by the forum and implemented for a duration of four weeks. Data were analyzed using descriptive, comparative, and inferential statistics.

RESULTS:

Meeting residents proactively was an effective and apparently efficient way of providing basic screening and plan for intervention. It allowed nurses to learn about the structure of families, the social problems faced by their community, and the areas in which their health care could be improved. Visualizing risks through community genogram increased family and community awareness regarding NCD as well as other illnesses. The genogram facilitated the identification of key resource persons for disease control and prevention. Moreover, the community genogram increased community engagement and participation in health promotion and risk reduction interventions. More than half of those at NCD risk voluntarily participated in multiple interventions tailored to their needs. The interventions resulted in significant improvements in knowledge, risk reduction skills, lifestyle, and clinical outcomes.

CONCLUSION:

The community genogram is a graphic tool that places emphasis on the positive strengths and resources that can be used to guide health promotion and risk reduction interventions. This application of community genogram provides a model which could be adapted with other disadvantage or 'hard-to-reach' communities to improve health and wellbeing of their population.

Title:
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Keywords:
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References:


Abstract Summary:
This study aims to evaluate the usefulness of the genogram for its capacity to serve as an aid to better understand family structure and dynamics at a community level and guide health promotion and risk reduction interventions in rural close-knit communities in Nakhon Ratchasima, Thailand.

Content Outline:
I. Introduction

A: Non-Communicable diseases are a global, national, and local problem but largely preventable

B: Rural communities often retroactive, lack health literacy and resources to be able to administer effective prevention programs to population

C: Community genogram is an innovative approach to promote health and reduce risks proactively

II. Body

A: Methodology

i. Application of community genogram in risk assessment, intervention planning, and evaluation

ii. Community-based health promotion and risk reduction interventions derived from community genogram

iii. Data analysis

B: Results:

i. Pre-test and post-test knowledge assessment on modifiable risk factors for hypertension and stroke prevention

ii. Community genogram increased awareness of NCDs and increased participation in community-wide interventions and improved clinical outcomes

III: Conclusions
A: Community genogram increased disease awareness and increased participation in community-wide interventions

B: Knowledge of modifiable risk factors increased post intervention

C: Recommendations

First Primary Presenting Author

**Primary Presenting Author**

Naruemol Singha-Dong, PhD  
Suranaree University of Technology  
Institute of Nursing, School of Community Health Nursing  
Assistant Professor  
Nakhon Ratchasima  
Thailand

**Professional Experience:** 2012-present: assistant professor and coordinator of community health for BSN students at SUT, Thailand 2013-present: co-coordinator for global clinical immersion partnership with University of Michigan School of Nursing  
**Author Summary:** Dr. Singha-Dong is an expert in community health and coordinates the community course and clinical rotation for SUT in Thailand. Her research centers around TB, non-communicable diseases, and health promotion and risk reduction in rural communities.

Second Secondary Presenting Author

**Corresponding Secondary Presenting Author**

April Bigelow, PhD  
University of Michigan School of Nursing  
Department of Health Behavior and Biological Sciences  
Clinical Associate Professor  
Ann Arbor MI  
USA

**Professional Experience:** 2004-present: Nurse Practitioner, Washtenaw County Health Department  
2007-present: Nurse Practitioner, Shelter Association of Washtenaw County 2008-present: Clinical Associate Professor, University of Michigan 2013-present: Adjunct Faculty SUT, coordinator of global clinical immersion  
**Author Summary:** Dr. April Bigelow is a clinical associate professor at the University of Michigan. She teaches graduate students in the primary care nurse practitioner programs and sees patients clinically at the local homeless shelter and health department. She takes students to rural Thailand for clinical rotations.

Third Author

Michelle Pardee, DNP  
University of Michigan School of Nursing  
Clinical Assistant Professor  
Ann Arbor MI  
USA
Professional Experience: 2001-present: Clinical faculty of University of Michigan school of Nursing
2008-present: faculty lead for Family Nurse Practitioner Program at University of Michigan School of Nursing
2014-present: co-faculty for global clinical immersion in Thailand

Author Summary: Dr. Michelle Pardee is a clinical assistant professor at the University of Michigan School of Nursing where she teaches in the graduate nurse practitioner programs. She sees patients in an adolescent health clinic in Detroit, Michigan. She takes students to Thailand on clinical rotation.

Fourth Author
Sornchai Thanjaroen, SN
Suranaree University of Technology
School of Community Health Nursing, Institute of Nursing
Student
Nakhon Ratchasima
Thailand

Professional Experience: He is a 4th year BSN students who has her clinical in a rural community. She is a member to a group of 8 students who have done community assessment, diagnosis, planning, and evaluation targeting to improve health and wellbeing of community residents in a rural community.

Author Summary: He is a 4th year BSN students. She completed clinical experiences of other nursing fields and currently has her clinical in a rural community of Nakhon Ratchasima Province.

Fifth Author
Sataporn Danrabiab, SN
Suranaree University of Technology
School of Community Health Nursing, Institute of Nursing
Student
Nakhon Ratchasima
Thailand

Professional Experience: She is a 4th year BSN students who has her clinical in a rural community. She is a member to a group of 8 students who have done community assessment, diagnosis, planning, and evaluation targeting to improve health and wellbeing of community residents in a rural community.

Author Summary: She is a 4th year BSN students. She completed clinical experiences of other nursing fields and currently has her clinical in a rural community of Nakhon Ratchasima Province.

Sixth Author
Orathai Chapthaisong, SN
Suranaree University of Technology
School of Community Health Nursing, Institute of Nursing
Student
Nakhon Ratchasima
Thailand

Professional Experience: She is a 4th year BSN students who has her clinical in a rural community. She is a member to a group of 8 students who have done community assessment, diagnosis, planning, and evaluation targeting to improve health and wellbeing of community residents in a rural community.

Author Summary: She is a 4th year BSN students. She completed clinical experiences of other nursing fields and currently has her clinical in a rural community of Nakhon Ratchasima Province.
Seventh Author
Supamas Khammoon, SN
Suranaree University of Technology
School of Community Health Nursing, Institute of Nursing
Student
Nakhon Ratchasima
Thailand

**Professional Experience:** She is a 4th year BSN students who has her clinical in a rural community. She is a member to a group of 8 students who have done community assessment, diagnosis, planning, and evaluation targeting to improve health and wellbeing of community residents in a rural community.

**Author Summary:** She is a 4th year BSN students. She completed clinical experiences of other nursing fields and currently has her clinical in a rural community of Nakhon Ratchasima Province.

Eighth Author
Somrutai Tochaiyaphum, SN
Suranaree University of Technology
School of Community Health Nursing, Institute of Nursing
Student
Nakhon Ratchasima
Thailand

**Professional Experience:** She is a 4th year BSN students who has her clinical in a rural community. She is a member to a group of 8 students who have done community assessment, diagnosis, planning, and evaluation targeting to improve health and wellbeing of community residents in a rural community.

**Author Summary:** She is a 4th year BSN students. She completed clinical experiences of other nursing fields and currently has her clinical in a rural community of Nakhon Ratchasima Province.

Ninth Author
Wijitra Sanudchai, SN
Suranaree University of Technology
School of Community Health Nursing, Institute of Nursing
Student
Nakhon Ratchasima
Thailand

**Professional Experience:** She is a 4th year BSN students who has her clinical in a rural community. She is a member to a group of 8 students who have done community assessment, diagnosis, planning, and evaluation targeting to improve health and wellbeing of community residents in a rural community.

**Author Summary:** She is a 4th year BSN students. She completed clinical experiences of other nursing fields and currently has her clinical in a rural community of Nakhon Ratchasima Province.

Tenth Author
Pornsiri Kruadsungnoen, SN
Suranaree University of Technology
School of Community Health Nursing, Institute of Nursing
Student
Nakhon Ratchasima
Thailand

**Professional Experience:** She is a 4th year BSN students who has her clinical in a rural community. She is a member to a group of 8 students who have done community assessment, diagnosis, planning, and evaluation targeting to improve health and wellbeing of community residents in a rural community.

**Author Summary:** She is a 4th year BSN students. She completed clinical experiences of other nursing fields and currently has her clinical in a rural community of Nakhon Ratchasima Province.

Eleventh Author

Rattanapon Ramhan, SN
Suranaree University of Technology
School of Community Health Nursing, Institute of Nursing
Student
Nakhon Ratchasima
Thailand

**Professional Experience:** She is a 4th year BSN students who has her clinical in a rural community. She is a member to a group of 8 students who have done community assessment, diagnosis, planning, and evaluation targeting to improve health and wellbeing of community residents in a rural community.

**Author Summary:** She is a 4th year BSN students. She completed clinical experiences of other nursing fields and currently has her clinical in a rural community of Nakhon Ratchasima Province.