Promoting lifestyle modification program for hypertensive persons

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Abstract

The purpose of this one group and pre-posttest study was to examine the effects of the Promoting Lifestyle Modification (PLM) program on quality of life, physical activity and illness management among hypertensive persons. A 4-week program was developed based on an evidence-based practice and consisted of risk assessment and providing information about illness and related health concerns, collaboration goal-setting, option exploration and planning, obstacle/problem analyses, self-monitoring, analyses results and outcomes through the process of health coaching, counseling, and training. Thirty participants who met the inclusion criteria were simple randomly recruited into this study. Outcomes were quality of life, physical activity and illness management at post intervention. Data were analyzed by descriptive statistics and paired t-test. Results revealed significant improvement in quality of life (p<.001), increasing physical activities and illness management (p<.001). Moreover, step count, a supplementary of physical activity, was also significantly improved (p<.001). From research results, the PLM program could be useful to improve quality of life, promote increasing physical activity and illness management among hypertensive persons. Further research should focus on RCT, larger sample size, and longitudinal study.

Keywords: hypertension, promoting lifestyle modification program, quality of life, physical activity