

## **CHAPTER V**

### **RECOMMENDATIONS**

It can be concluded from the study that the participatory learning program for educating hypertension patients and following home visits by professional nurses to support and promote correct self care behaviour of the patients could help improve their knowledge and understanding about hypertension disease and improve self-care behaviour. The investigator would also like to further recommend useful aspects of the study results as follows:

1. In using participatory learning method for providing education or for the purpose of changing behaviour, existing of knowledge and behaviour should be determined prior to the development and used it in planning the teaching and learning activities. It is also helpful for advice and encouragement of correct and appropriate behaviour for the target patients.
2. Persons who are responsible for running the participatory learning program should practice to become skillful with various activity skills smooth running of the program. Moreover, learning contents should be unambiguous, easily understandable and covering all relevant aspects.

3. Knowledge aspects of hypertension disease should emphasize on casual factors and symptoms of the disease, prevention of related disease development and benefits of self care routines. All of participatory education, demonstration, and practicing as well as home visit support for self-care behaviours from the staff could enhance the effectiveness of the overall project.
4. Participatory learning is considered to be an effective method for solving problems of patients' neglect to health advice and should, therefore, be used with other chronic patients such as diabetics. The approach is also useful for providing other aspects of health education to people in a community.
5. In applying participatory learning to the target group of elderly people with minimal level of education background, learning process should involve more speaking than writing and there should be a learning assistant for the maximum effectiveness.
6. In health promotion, such as exercise, for hypertension patients, public health staff should encourage and support the patients, perhaps in form of regular group exercise activities within the community.
7. Exercise technique of Aunt Boonmee's model, which requires a use of wood stick, should be applied only to the patients with no arthritis symptoms. And this exercise technique may be practiced in-group for the motivation purpose.
8. In supervision of the urban patients during the program period, the responsible healthcare units must organize the activity plan and carry out regular liaison between the units. The project of "Home health care" should

be ongoing and continuous to help and support the specific group of patients who have self care problems.

9. There should be home visit program for the healthcare staff to observe actual environmental and social conditions of patient's family and be able to advise the most appropriate and practical options.
10. The person performing home visit to a certain patient should be the same staff every time for continuous perception of background information, understanding and correct and ongoing problem solving.
11. The home visit staff must provide knowledge by participatory learning to patients' relatives and their neighbors, by employing the current circumstance of patient care at home, that will build awareness as well as promote correct self care behaviour.

#### **Recommendations for future work**

1. There was a limited time for this study project. Therefore, it should be extended for an additional of 6 months to follow-up with the results of the project activities, sustainability of the self-care behaviour and the effect on change of high blood pressure level, which normally requires a long period of time to see the evident result.
2. There should be participatory education session for a group of hypertension patient's relatives.
3. There should be a study program by using participatory learning for health promotion of the risk group for developing hypertension disease or other chronic disease groups in the community.

4. A comparative study investigating the effectiveness of participatory learning training program versus home visits in self-care behavior among the essential hypertension patients.
5. Apply the self-care development model that focuses on participatory learning and home visits used in this project in other communities.
6. Apply the self-care development model that focuses on participatory learning and home visits used in this project used in other health education and health promotion programs.
7. Evaluate the intervention program based on cost-effectiveness.