



## 3<sup>rd</sup> INTERNATIONAL CONFERENCE ON CARDIOLOGY

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### **TITLE: Factors Predicting on Health-promoting Behaviors among Elders with Hypertension Disease**

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#### **ABSTRACT**

This predictive correlation study aimed to explore health-promoting behaviors among elders with hypertension disease and discover factors influencing on health-promoting behaviors among elders with hypertension disease. Subjects were elders with hypertension disease who visited at a community health center, belonging of Watbot hospital, Amper Watbot, Phitsanulok Province (n=340). Simple random sampling was done by sampling without replacement. Data were collected through interviewing by researchers and using questionnaires. There were consisted of 7 questionnaires such as demographic data, social support, interpersonal influence, self-ability's perception, health believes, knowledge on hypertension disease, and health-promoting behavior questionnaires. Descriptive statistics were applied on demographic data. Hierarchical stepwise multiple regression analysis was done.

Findings revealed that most elders had mean baseline BP was 145.95/85.67 mmHg. Overall, elders' health-promoting behaviors placed at the high level ( $\bar{x} = 3.19$ , S.D. = .74). There were two factors could explain the variance of health-promoting behaviors among elders with hypertension disease accounted for 68.50% with statistical significance ( $R^2 = 0.685$ ,  $p < .01$ ). Two factors that predicted on health-promoting behaviors were interpersonal influence ( $\beta = .713$ ,  $p < .01$ ) and social support ( $\beta = .140$ ,  $p < .01$ ), respectively.

This study was suggested that nurses or significant caregivers should encourage elders to have health-promoting behaviors by giving them love and caring. When elders get compliment or have a great role model for health promotion, they could be able to get better on controlling their blood pressure.



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### BIOGRAPHY

Dr. Kornwika Phromjuang has graduated on the 1<sup>st</sup> master degree on nursing administration (Master in Nursing Science: MNS) from Chulalongkorn University in 1999. She also graduated on the 2<sup>nd</sup> Master Science in Nursing (MSN) in 2005 on Clinical Nurse Specialist (CNS) focusing on acute care on medical-surgical nursing from France Payne Bolton School of Nursing (FPB) Case Western Reserve University (CWRU), Cleveland, OH, USA. Moreover, she has graduated on her PhD (gerontological nursing) in 2008 from the FPB, CWRU, Cleveland, OH, USA. as well. She has completed her PhD at the age of 33 years old from CWRU, USA. She got huge research grants from Health Systems Research Institute (HSRI) related to

mental health among health care providers of subdistrict health promotion hospital related to health center devolution. Moreover, the development of care services for elderly with dementia and proxy care givers in the context of Long-Term Care in the primary care level will be funded.

Her research interests focus on health promotion behavior among diabetic elderly, hypertension, chronic diseases, wound care nursing, and clinical nursing related to elderly patients.

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