

CHAPTER V

Presentation

On March 24, 1999, I presented the portfolio of my thesis on the topic " The Effects of Group Process Health Education on Knowledge, Skills, Anxiety and Depression in Adopting Healthy Life-styles among Pregnant Women with HIV/AIDS". The presentation was divided into three parts: the essay, proposal and data exercises.

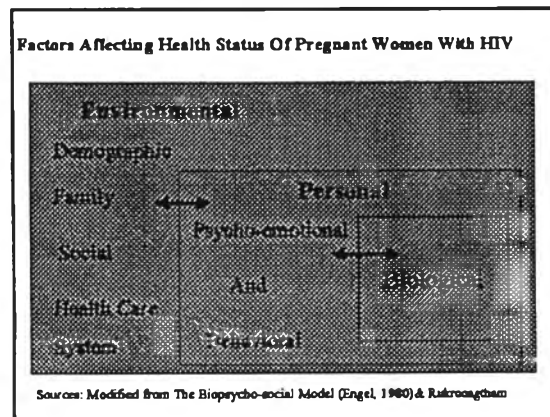
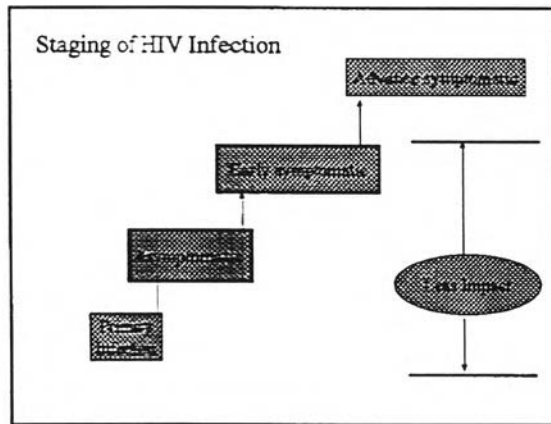
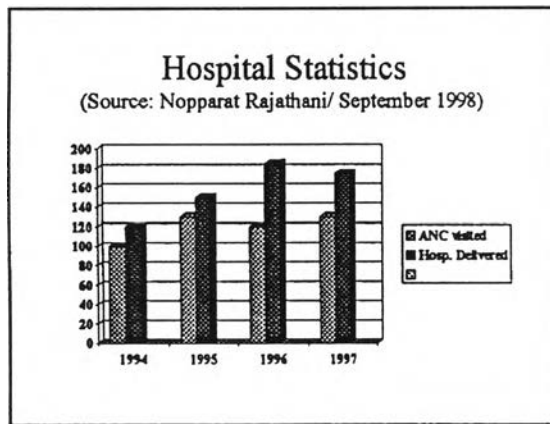
On the essay part, I presented the rationale and reason with evidences related to target pregnant. I used concept of the Bio-psychosocial Model to describe factors affecting health status of the target pregnant. The focusing was made on the needs and feasibility in promoting healthy life-styles. The communication principle was used to analyze the problems of hospital education. In responded to these problems, I presented the advantage and feasibility of using group process health education.

In the proposal part, I brought-up the Social Cognitive Theory to explain the association between group process intervention and the study variables. The background of target hospital " Nopparat Rajathani Hospital" was presented. I also explained the study design, methodology, intervention planed, possible limitations and resource requires. The third part was data exercise, which was the need assessment of the proposal. I presented the methodologies used and the finding. At end of my

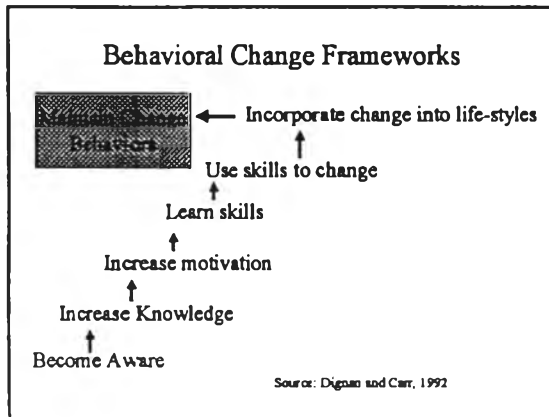
presentation, I presented some recommendations and lesson learned from data collection techniques. The overhead slides are attached as follows;

The Effect Of Group Process Education On Knowledge, Skills, Anxiety And Depression In Adopting Healthy Life-Styles Among Pregnant Women With HIV

- ### Why Pregnant Women With HIV
- Wide spread impact
 - Complex issues
 - Low priority



- ### Healthy Life-styles
- Promotion
 - nutrition and immune system, exercise and digestion
 - Prevention
 - hygiene/environmental and infectious disease, safe-sex practice
 - Curative
 - Early detection and treatment for complication
 - Rehabilitation
 - Emotional, exercise and nutrition

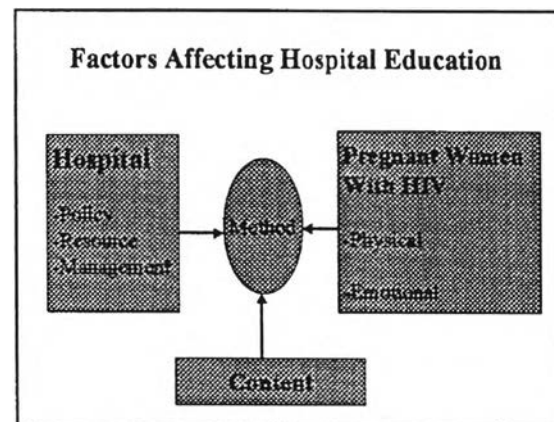


Hospital: A Key To Promote Health Status

- Access to most of the target pregnant
- More health concern during pregnancy
- More potential to improve life-styles during asymptomatic stage

Needs Of Hospital Education

- To learn about the diseases and treatment
- Adjust or improve life-styles
- Self-care



Problems On Educational Method

- Casual Education
 - incidental education
 - no schedule
 - no standard of content
 - too many staff involved
 - limitation on evaluation

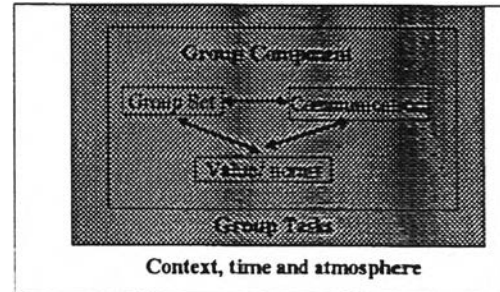
Research Problem

Casual health education providing for pregnant women with HIV is insufficient in leading to healthy life-styles.

Group Process Education

- The internal functioning of any type of group with all of the dynamic interaction among its members

Group Process Model



Source: Modified from Rosenfeld's Model (Cooper, 1995)

Group Process Advantage

- Interpersonal learning
- Experimental learning
- Mutual support
- Peer motivation
- Option to participation

Conceptual Model

Target Hospital Nopparat Rajathani Hospital

- Hospital location
- Number of target group (pregnant women with HIV)
- Proposed by hospital staff

Target Group

- Eighty cases of pregnant women with HIV who visited ANC clinic
- Inclusion criteria
 - gestation not more than 24 weeks
 - physical and emotional readiness
 - do not have communication problems
 - voluntary based

The study goal is to maintain health status of pregnant women with HIV to prolong asymptomatic stage of HIV/AIDS

General Objective is to develop model of group process education on healthy life-styles among pregnant women with HIV

Measurement Indicators

- Education outputs
 - knowledge and skills
 - anxiety and adaptation ability to HIV/AIDS
- Process outputs
 - group component: size, level of participation and communication flow in group
 - Group functioning: members' satisfaction, relationship occurs and group activities

Data Collection Techniques

- Review secondary data
- General group interview
- Questionnaires
- Focus group discussion
- Observation

Intervention Designs

- Group process education
 - schedule and duration
 - participation
 - facilitators
 - content
- Group activities

Program Feasibility

- Cost-effectiveness
 - access to more target
 - skills and demonstration
- Educational and emotional support
- Tool to access to problems and needs of target pregnant
- Assessment of activities
- Self-sustainability

Possible Constrains

- Group process activities
 - communication flows
 - confidentiality concern
 - logistic preparation
- Management
 - staff workload

Project Budget

- Total project budget Baht 70,000
(excluded hospital in-kind contribution)
- Rajadapisek funds Baht 50,000
- Other contribution Baht 20,000



Data Exercise

General objective is to gather information necessary for the program planning process concerning health education for pregnant women with HIV/AIDS.

Require Information

- Information pregnant women with HIV
 - review secondary data
 - interview questionnaires (30 cases)
 - focus group discussion
- Information on target hospital
 - interviewing meeting with involved staff
 - review hospital secondary data

Findings

- Demographic
- Pregnancy and HIV related history
- Information and health education regarding to HIV/AIDS

Lesson learned from data exercises

- Two major purposes in the same interview questionnaires.
- Review secondary data and hospital documentation system.
- Limited of focus group discussion