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The Effect of the self-management and walking- swing arm program on physical activity of patients with cardiovascular disease

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The purposes of this study were to compare physical activity in patients with cardiovascular disease (CD) who participated in the self-management and walking- swing arm program before and after the intervention, to compare physical activity after the intervention and the control group. This program was created base on two concepts including : Self-management (goal setting, information collecting, information processing and evaluation analysis, decision marking, action, and self-reaction) and walking-swing arm concept. The quasi-experimental study design was adopted in this study. The purposive sampling was used to select the sample size which was totally 50 subjects. The intervention group received self-management and walking-swing arm program and usual care while the control group received only the usual care. Physical activity was evaluated by Thai version of Duke Activity Status Index and two times: first time when the program started and the second time when the program was complete s)ix weeks late). Descriptive analysis composed of percentages, mean, and standard deviation. Inferential analysis t-test was used to analysis data. The result of the study revealed that 1) The patients with CVD who participated in the self-management and walking-swing arm program had a significant difference in mean scores for physical activity) $p < .05$), 2) The patients with CVD who participate the self-management and walking-swing arm program in mean scores for physical activity was significantly different more than that of the control group) $p < .05$).

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Biography

Pachanat Nunthaitaweekul had completed her PhD in Nursing from Faculty of Nursing, Chulalongkorn University, Bangkok, Thailand in 2012. She was visiting scholar in school of nursing, University of Minnesota, USA (02/2010-04/2011).Currently she is working as the Assistant Professor in Faculty Of Nursing, Chulalongkorn University and as a Consultant in research with nurse in the Police Hospital, Thailand. She is specialized in field adult nursing with cardiovascular and orthopedic nurse and she also had research experience in pain management with complementary care. She has been serving as an editorial board member of repute and human ethic commenting of Chulalongkorn University, Thailand.

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