

26th WORLD NURSING EDUCATION CONFERENCE

August 31- 02 September, 2017 | Prague, Czech Republic

Korean blue-collar workers' knowledge, belief, and behaviors regarding low-salt diet

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Statement of the Problem: Statistics showed blue-collar workers' at small-sized factory, which is less than 300 workers, is more vulnerable to chronic disease such as hypertension than large sized one. Nevertheless several socio-economic, and demographic factors were identified as predictable factors, low-salt diet (LSD) is one of the effective factors to control hypertension. Considering this context, educational interventions for the workers to manage their chronic hypertension or to promote their health through LSD is required to the occupational nurses. The purpose of this study was analyzing the workers' special educational needs in terms of knowledge, beliefs, behaviors, and family support for LSD as the first step to develop successful education programs.

Methodology & Theoretical Orientation: Data were collected from August to September, 2015, using self-reported questionnaires. Knowledge were measured using 10 items, T/F form (Max 10–Min 0), 21 items, 5 Likert scale were used for beliefs (Max 5–Min 1), behaviors (Max 55–Min 11) and family support (Max 45–Min 9). Convenience sample 161 workers from 3 factories in a rural area were participated in this study voluntarily. Ethical consideration was approved by Institution of Review Board at a University Medical Center (IRB No: AJIRB-SBR-SUR-15-177). Descriptive statistics, T-test, ANOVA and multiple regression were used to analyze data.

Findings: 59% of the participants was male (M=32.5 years old). 24.2% of the participants reported less than high school education. Among participants, blood pressure (BP) of 33% was higher than 120/80 mmHg, however, they were never diagnosed with High BP before. Regarding the knowledge, they knew only half of the LSD information correctly. Only 59% of them believed LSD is effective to control High BP. With the 11 recommended LSD behaviors, they followed the instructions mostly "sometimes" (M=32.5). Participants of this study perceived moderate level of family support for their LSD (M=27.8). In addition, participants' beliefs about positive effect of LSD and strong family support were identified as predictable factors of LSD behaviors of the participants.

Conclusion & Significance: Educational interventions for blue-collar workers at small-sized factories are necessary to control High BP. Programs not only delivering facts about LSD but also modifying their beliefs and attitude about LSD are recommended to increase LSD behaviors. Furthermore, the study findings recommended educations for family members of the workers because family support could be as important as workers' beliefs.

Biography

Yoo Hyera completed her PhD in 1996 from Widener University at Pennsylvania. She has taught Undergraduate and Graduate students at School of Nursing, Ajou University since 1999. Her topics of interest are chronic disease self-management program, patient education, community health program development, and trauma nursing intervention focusing on health communication.

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