

Factors associated with self-management behaviors of patients with chronic

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Abstract

Background: The level of self-management behaviors by COPD patients were suboptimal. And the existing studies focused less on psychosocial factors among COPD patients.

Aim: This study was to examine self-management level and discuss the factors influencing self-management behaviors in COPD patients.

Methods: A descriptive study design was adopted. A convenience sample of 124 COPD patients was recruited from three hospitals in Fuzhou. Self-management behaviors, Social Support Rating Scale and The Family APGAR Score were used to collect data. Descriptive statistics, one-way analysis of variance, Pearson correlation and multiple linear regression were used for data analysis.

Results: The overall score of self-management behaviors was 21.26 ± 7.72 . Multiple linear regression analyses indicated that family function, subjective support, objective support, availability of support, the course of disease, age and marriage status were the main influencing factors which explained 36.6% of the variance of self-management behaviors.

Conclusions: The level of self-management behaviors of COPD patients was suboptimal. Thus, everyone in the patients' social network can help them gather information, manage symptoms, adjust lifestyle, use available resources to improve their self-management behaviors.

Biography:

Ms Xiuyan Lan is a professor of obstructive pulmonary disease at Fujian Provincial Hospital in China.

[29th World Nursing Care Congress](#); Webinar- September 22-23, 2020

Abstract Citation:

Ms Xiuyan Lan, Factors associated with self-management behaviors of patients with chronic, Nursing Care Summit 2020, 29th World Nursing Care Congress; Webinar- September 22-23, 2020.