

## RESULTS OF ENHANCED VHVS TO PROMOTE HEALTH BEHAVIORS TO REDUCE STROKE RISK BY APPLIED SSRT FOCUS ON SPECIFIC RISK FACTORS AMONG THE PEOPLE WHO LIVE IN NONGLAK CHUMPONG DISTRICT OF NAKHON RATCHASIMA, THAILAND

**Patama Vajamun and Naruemol Singha-Dong**

Institute of Nursing Suranaree University of Technology Ratchasima, Thailand

Stroke is the leading cause of death in Thailand even though the national program for prevention of chronic non communicable diseases was implemented for many years but it is not effective so that innovation must be continues not only for treatments but also for service system. Village health volunteers (VHVs) are provided basic health care services as one of the key success of health care improvement in Thailand. This cross sectional study aimed to examine the results of one year follow up for stroke risk after VHVs training to continued health promotion among villagers who are at risk to stroke. The sample is of 50 villagers (1 drop out) who are at risk, and 10 VHVs in the village. The methodology includes Suranaree Stroke Risk Tool (SSRT) as an assessment tool which classifieds risk factors of pre-stroke to guide for significant implementation, its reliability was 0.914. SSRT was employed to collect data after a year of VHVs who were trained to modify simple health care for the risk group.

**Results & Conclusion:** There were 50% of VHVs continuously monitoring the risk group practice healthy behavior, 3 of them (6%) were part of local government committee. There were 48 villagers or 96% to change to healthy behaviors; increase regular exercises, decrease BP  $p < 0.05$ , BS, weight, waist, salt, cholesterols, sweet consumption including giving up smoking and drinking alcohol. Only 2 of them (4%) were uncontrolled and referred to recheck. These studies reveal that specific training of VHVs by employed SSRT as a tool to guided self-care promotion among risk people in a village guide them changing their health behaviors and none of them developed stroke within a year follow up. They also suggest the local government committee to build health promotion environment in the village.

### Biography

Patama Vajamun has graduated doctoral degree in 2003 From Mahidol University in Thailand. She worked as APN in adult and elderly care for 9 years, then a Faculty Member of Suranaree University of Technology. Her specialization area is chronic illness care.

patvajaph@sut.ac.th