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Knowledge and self-care behavior of children with asthma in North Eastern Thailand

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Statement of the Problem: Asthma in children can be controlled and cured by receiving treatment and self-care. The effectiveness of treatment and self-care can reduce exacerbations and asthma in adults.

Aim: The purpose of this study aimed to examine the knowledge and self-care behaviors of Thai school-age children with asthma.

Methodology: The purposive samples were 127 Thai school-age children. They had been treated at the Easy Asthma Clinic in 14 primary government hospitals in North Eastern Thailand. The instruments for children with asthma consisted of a personal questionnaire, the knowledge of asthma and treatment questionnaire, and self-care behaviors of children with asthma questionnaire. The data were analyzed by using descriptive and inferential statistics.

Findings: The findings of the study showed that Thai school-age children with asthma had little knowledge about the disease and stimulating factors of asthma symptoms. In the part of medication, they did not have knowledge about medication of asthma for control (Inhale corticosteroid) or for relieving asthmatic attacks (Bronchodilators). On the other hand, most of the Thai school-age children with asthma could take care of themselves correctly especially avoiding stimulus that lead to exacerbation.

Recommendations: Health care providers especially pediatric nurses should educate children with asthma in areas such as the disease, treatment including medication, avoiding stimuli and self-care.

Biography

Kodchakon Piasai has completed her Bachelor degree in Nursing from Boromarajonani College of Nursing, Saraburi in 1994; Master of Nursing Science in Pediatric Nursing from Khon Kaen University in 2000 and PhD in Nursing at Prince of Songkla University, Thailand. She had experience in Pediatric Nursing especially respiratory disease in children for more than 20 years. Furthermore, she has taught nursing students for eight years.

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