

The Result of Using Self-help Group for Promoting Ostomy Patients' Health in Rajavithi Hospital, Thailand .

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Background: Cancer is a significant health problem in Thailand and is the primary cause of death. Hospital data indicated that the numbers of patients with colorectal cancer were increasing each year. The crucial treatment for them is surgery to make a stoma. This can affect patients physically and mentally. Improper preparation of patients to take care their stoma will result in a lack of confidence to take care themselves. The group's goal is to help each other to deal with the problems through talking, exchanging ideas or experiences, and to help ease new patients to accept their situation.

Objectives: To facilitate ostomy patients and relatives exchanging ideas and experiences by using self-help group as a beneficial source of knowledge sharing that will help accepting their situations.

Methods: Study the self-help group forming. Arrange the committee meeting to study procedure, term of reference, measurement of the project. Publish and distribute project leaflets and postcard to all patients, register the ostomy self-help group and its new members. Organize the meeting twice a year. Evaluate the meetings, summarize the report, and publicize the outcome.

Results: Both meetings received a lot of participants who mentioned gaining knowledge from others by exchanging ideas and experiences. There perception on quality of life were increase, especially psycho-social aspects. They felt confident that the knowledge could be applied in their daily lives. They were very satisfied with the meetings and more would be appreciated.

Conclusion: Patients and relatives said they received encouragement from everyone and suggested that the meeting should be held at least once a year because exchange of knowledge, experience and development of ostomy would help cheer them up to continue their daily lives.

Key words: Self Help group, ostomy patients , Quality of life.

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