

มหาวิทยาลัยเชียงใหม่  
Chiang Mai University

**APPENDICES**

APPENDIX A

A letter to experts

October 13, 1997

Dear (experts):

I am a Chinese master student in MCH Program studying in the Faculty of Nursing, Chiang Mai University, Thailand. At present, I am in the stage of preparing the thesis proposal. My thesis topic is "Self-care Practices among Chinese School-age Children with nephrotic syndrome". The objective of this study is to identify the level of self-care practices of Chinese school-age children with nephrotic syndrome. Orem's self-care theory is used as a

conceptual framework of this study.

For the objective of this study, I have developed the instrument of School-age Children with Nephrotic Syndrome Self-care Practices Interview Guide. Because of your expertise in Orem's Self-care Theory, I would like to invite you to be an expert to Assess content validity of this instrument as well as the other two instruments, Medical Record Form and Demographic Data Interview Form. Could you please give me your comments and suggestions about these instruments?

Enclosed is a copy of the School-age Children with Nephrotic Syndrome Self-care Practices Interview Guide, Medical Record Form, Demographic Data Interview Form, abstract of research proposal, conceptual framework, and definitions of the concept.

Thank you very much for your help.

Sincerely Yours,

Luo Zhimin

APPENDIX B

List of the Experts for the Validity of  
Data Collection Instruments

Experts at Chiang Mai University, Thailand:

Assistant Professor Dr. Sujitra Tiensawas  
Assistant Professor Dr. Ratanawadee Chontawan  
Assistant Professor Wimon Tanasuwan  
Assistant Professor Suthisa Lamchang  
Dr. Pikul Nantachaipan

Experts at Sun Yan-sen University of Medical Sciences, P.R.  
China

English-Chinese Translator  
Lecturer You Liming

Content Validitors

Associated Professor Zhu Yanli  
Associated Principal Nurse Li Lanying  
Nurse in Charge Zheng Shujun

APPENDIX C

MEDICAL RECORD FORM

Name of Hospital:

ID Code:

Date:

1. Weight (kg) \_\_\_\_\_
2. Height (cm) \_\_\_\_\_
3. Duration of Illness (month) \_\_\_\_\_
4. Number of Hospitalization \_\_\_\_\_
5. Cause of All Rehospitalization
  - 5.1 Cause of the second hospitalization  
\_\_\_\_\_
  - 5.2 Cause of the third hospitalization  
\_\_\_\_\_
  - 5.3 Cause of the fourth hospitalization  
\_\_\_\_\_
6. Medical Treatment (MT):

Previous	Current
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APPENDIX D

DEMOGRAPHIC DATA INTERVIEW FORM

1. Birth date of the child  
month\_\_\_\_ day\_\_\_\_ year\_\_\_\_
2. Gender of the child
  - A. Male
  - B. Female
3. School grade of the child
  - A. Grade 1
  - B. Grade 2
  - C. Grade 3
  - D. Grade 4
  - E. Grade 5
  - F. Grade 6
  - G. Doesn't go to school
4. Number of children in the family
  - A. One
  - B. Two
  - C. Three
5. The sequence of the child in the family
  - A. First
  - B. Second
  - C. Third
6. Education level of the child's father
  - A. Primary school
  - B. Junior high school
  - C. Senior high school
  - D. Technical school
  - E. College (Diploma)
  - F. University (Bachelor)
  - G. Graduate
7. Education level of the child's mother

7. Education level of the child's mother
- A. Primary school
  - B. Junior high school
  - C. Senior high school
  - D. Technical school
  - E. College (Diploma)
  - F. University (Bachelor)
  - G. Graduate
8. Occupation of the child's father
- A. Farmer
  - B. Factory worker
  - C. Administration personnel
  - D. Teacher
  - E. Business person
  - F. Health personnel (please specify) \_\_\_\_\_
  - G. Others (please specify) \_\_\_\_\_
9. Occupation of the child's mother
- A. Farmer
  - B. Factory worker
  - C. Administration personnel
  - D. Teacher
  - E. Business person
  - F. Health personnel (please specify) \_\_\_\_\_
  - G. Others (please specify) \_\_\_\_\_
10. Monthly income of the family
- A. 1000-2000 yuans
  - B. 2001-3000 yuans
  - C. 3001 and higher yuans

APPENDIX E

EXAMPLE OF THE SCHOOL-AGE CHILDREN WITH NEPHROTIC SYNDROME  
SELF-CARE PRACTICES INTERVIEW GUIDE

Instrument Item	Never	Sometimes	Everytime
<b>Universal Self-care Dimension</b>			
1. Eat rice or noodles	0	1	2
2. Eat vegetable (cabbage or other common Chinese vegetables)	0	1	2
3. Eat fruit (orange, banana, apple or other common Chinese fruits)	0	1	2
4. Eat meat (pork, chicken, and fish), egg, or beancurd	0	1	2
5. Eat snack (candy or ice-cream)	2	1	0
6. Drink milk or bean milk at least one cup per day	0	1	2
7. Drink water at least 6 glasses per day	0	1	2
8. Brush teeth after getting up	0	1	2
9. Rinse mouth after meal	0	1	2
10. Take a bath at least one time a day	0	1	2
11. Use soap when taking a bath	0	1	2
12. Sleep 8-10 hours a night	0	1	2
13. Watch TV more than 2 hours per day	2	1	0
<b>Developmental Self-care Dimension</b>			
14. Follow most of your friends' idea	0	1	2
15. Have lesser friends after you are sick or in hospital	2	1	0
16. Withdraw yourself from other people after getting sick or hospitalization	2	1	0
17. Go to school on time in remission	0	1	2
18. Do all homework in remission	0	1	2
19. Play sports and games with friends	0	1	2

Instrument Item	Nover	Sometimes	Everytime
<b>Health Deviation Self-care Dimension</b>			
20. Drink water or fluid less than usual when you have edema	0	1	2
21. Rest on bed when you have edema	0	1	2
22. Follow nurses' advise in selection of play activities	0	1	2
23. Keep edematous areas clean and dry	0	1	2
24. Forget to take medication	2	1	0
25. Take number of medication as prescribed	0	1	2
26. Take medication on time as prescribed	0	1	2
27. Tell your parents when you have periorbital edema	0	1	2
28. Remind your parents to take you to see doctors as scheduled	0	1	2

## CURRICULUM VITA

Surname, name Mr. Luo Zhimin

Date of birth October 20, 1967

Curriculum vita 1992, Bachelor Degree of  
Nursing Science, Sun Yat-sen  
University of Medical Sciences  
(SUMS) Guangzhou City  
Guangdong Province  
P. R. China

**Experiences**

December, 1997-present Lecturer of Pediatric  
Nursing Department  
Faculty of Nursing  
SUMS

February, 1995-November, 1997 Lecturer Assistant of  
Pediatric Nursing  
Department  
Faculty of Nursing  
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July, 1992-January, 1995 Staff nurse of the  
First Affiliated  
Hospital of SUMS