

CHAPTER 5

CONCLUSIONS AND RECOMMENDATIONS

The descriptive study was conducted to identify the level of self-care practices among Chinese school-age children with NS based on Orem's theory. A purposive sampling method was used to select 66 school-age children with primary NS aged between six and twelve years and attending out-patient departments of three hospitals in Guangzhou City, Guangdong Province, China. The School-age children with Nephrotic syndrome Self-care Practice Interview Guide (SCNSSPIG) as well as the Demographic Data Interview Guide and Medical Record Form and were used to collect the data. Descriptive statistics in terms of frequency, percentage, mean, and standard deviation were used to analyze the data. This chapter presents conclusions, implications for nursing practice, administration, education and research, limitations, and recommendations for future research.

Conclusions

Based on the findings of this study, the following conclusions are drawn.

1. Most of Chinese school-age children with nephrotic syndrome have high level of self-care practices.

2. The majority of Chinese school-age children with nephrotic syndrome have high level of self-care practices in universal, developmental, and health deviation dimensions.

3. The majority of Chinese early, middle, and late school-age children with nephrotic syndrome have high level of self-care practices.

Implications of findings

Implications for nursing practice

For nursing practices, the results of the study provide information for nurses to have better understanding about self-care practices of Chinese school-age children with NS in different dimensions and sub-age groups. Nurses can use the information as a guideline for assessing self-care practices of Chinese school-age children with NS and promoting self-care practices of these school-age children.

Implications for nursing administration

Concerning nursing administration, the study results provide nurse administrators with information to increase knowledge and awareness of nurses related to self-care practices of children with NS in order to strengthen quality

of health education about to self-care practices for Chinese school-age children with NS and their parents.

Implications for nursing education

Focusing on nursing education, the study results help nurse educators to foster students' awareness of self-care practices of Chinese school-age children with NS and to address roles of nurses in promoting self-care practices of these children.

Implications for nursing research

For nursing research, the study results provide nurses with some information to study on factors related to self-care practices of Chinese school-age children with NS.

Limitations

Because of non-randomized sampling and a small sample size the generalization of the study results is limited in school-age children in three teaching hospitals of SUMS. In addition, this study was conducted in teaching hospitals in urban areas, the results can generalize to only children in urban areas.

Recommendations

For further research, recommendations are as follows. Replications of this study in other settings with a randomized and large sample size are recommended to provide more confidence in generalization of this study. Also, a comparison study on self-care practices between primary NS group and secondary NS group and different setting are recommended. In addition, possible related factors of self care practices such as age may need to be investigated.