

มหาวิทยาลัยเชียงใหม่
Chiang Mai University

Appendix

Appendix A

THE SELF-CARE BEHAVIORS OF SCHOOL-AGE CHILDREN WITH HEART DISEASE QUESTIONNAIRE

Instrument Item	Never	Sometimes	Everytime
Universal Self-care Dimension			
1. Stay in fresh air, no pollution air environment	0	1	2
2. Drink milk or bean milk at least one cup per day	0	1	2
3. Drink water at least 6 glasses per day	0	1	2
4. Eat rice or noodles	0	1	2
5. Eat vegetables and fruit (cabbage, orange, banana, apple or other common Chinese vegetables and fruits)	0	1	2
6. Wash vegetables (cucumber, tomato) and fruit (apple, pear, and plum) before eating	0	1	2
7. Eat meat (pork, chicken, and fish), egg, or beancurd	0	1	2
8. Eat snack (candy or ice-cream)	2	1	0
9. Skip breakfast	2	1	0
10. Eat little food (not meat three times a day)	2	1	0
11. Wash hands before eating and after using toilet	0	1	2
12. Brush teeth after getting up and before going to bed	0	1	2
13. Rinse mouth after meal	0	1	2
14. Take a bath at least three times a week in winter and take a bath every day in summer	0	1	2
15. Use soap when taking a bath	0	1	2
16. Wash hair with shampoo	0	1	2
17. Pass stool every day	0	1	2
18. Sleep 8-10 hours a night	0	1	2
19. Watch TV more than 2 hours per day	2	1	0

Instrument Item	Never	Sometimes	Everytime
20. Do various kinds of exercise which are not vigorous (walking, skipping rope, walk-a-thon, and slowly running)	0	1	2
21. Play with friends as usual although they have cold, cough or fever	2	1	0
22. Put on suitable cloth (depend on weather or season)	0	1	2
Developmental Self-care Dimension			
23. Follow most of your friends' ideas	0	1	2
24. Keep contact with friends when you are sick at home or in hospital	0	1	2
25. Have lesser friends after you are sick or in hospital	2	1	0
26. Withdraw yourself from other people after getting sick or hospitalization	2	1	0
27. Do not go to school because of feeling embarrassed related to body change (cyanosis, low weight and height)	2	1	0
28. Go to school on time in remission	0	1	2
29. Do all homework in remission	0	1	2
30. Do homework with other people's help when you are sick at home or in hospital	0	1	2
31. Play sports and games with friends	0	1	2
32. Discuss homework or talk with friends	0	1	2
Health-deviation Self-care Dimension			
33. Eat high fat foods (roast pork, animal fat oil, fried food)	2	1	0
34. Eat food with high protein (egg, fish, bean)	0	1	2
35. Tell parents to test your pulse rate when you have palpitation	0	1	2

Instrument Item	Never	Sometimes	Everytime
36. Rest on bed when you fatigued, palpitation, dyspnea, or anginal pain.	0	1	2
37. Select activities that you can tolerant (Drawing, listening to tapes, walking slowly) when you an fatigued	0	1	2
38. Participate to rough, competitive sports	2	1	0
39. Follow nurses' advise in selection of play activities	0	1	2
40. Forget to take medication	2	1	0
41. Do not take medication because you don't want to	2	1	0
42. Take medication on time as prescribed	0	1	2
43. Weighing at least one time a month	0	1	2
44. Remind parents to take you to the dentist for dental checkup twice a year	0	1	2
45. Tell your parents take you to see dentist when you have oral ulcer, pain, or inflammation	0	1	2
46. Go to crowded areas	2	1	0
47. Tell your parents if you have signs and symptoms of side effects of medication (heart rate less than 80/min)	0	1	2
48. Tell your parents and teacher if you have any abnormal symptoms (dyspnea, papltation, fatigue fever, cough, running nose, sore throat)	0	1	2
49. Remind your parents to take you to see doctors as scheduled	0	1	2
50. Drink more water or eat more fruit (banana, apple) when you are constipated	0	1	2

Appendix B

MEDICAL RECORD FORM

Name of Hospital:

ID Code:

Date:

1. Medical Diagnosis:

2. Age:

3. Weight (kg):

4. Height (cm):

5. Duration of Illness (month):

6. Number of Hospitalizations:

7. Cause of all rehospitalizations

Cause of the second hospitalization:

Cause of the third hospitalization:

Appendix C

DEMOGRAPHIC DATA FORM

Directions: Please fill in the space and circle the selected answer which best describes your child and your family.

1. Age of your child _____ years old
2. Sex of your child
 - A. Male
 - B. Female
3. Which grade is your child at school?
 - A. Grade 1
 - B. Grade 2
 - C. Grade 3
 - D. Grade 4
 - E. Grade 5
 - F. Grade 6
4. How many children do you have?
 - A. 1
 - B. 2
 - C. more than two

5. 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. Master degree level
- H. Doctor degree level

6. Education level of child's father

- A. Primary school
- B. Junior high school
- C. Senior high school
- D. Technical school
- E. College (Diploma)
- F. University (Bachelor)
- G. Master degree level
- H. Doctor degree level

7. 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 _____)

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. Monthly income of the child's family

- A. Less than 250 yuan
- B. 250-500 yuan
- C. 501-750 yuan
- D. 751-1000 yuan
- E. more than 1000 yuan

Appendix D

A letter to the experts

9th Oct. 1999

Dear nursing expert:

I'm a Chinese graduate nursing student. I'm going to conduct a research on "Self-care Behaviors of School-age Children with Heart Disease". The objective of this study is to identify the level of self-care behaviors of Chinese school-age children with heart disease. Orem's self-care theory will be used for the conceptual framework of this study. I will use School-age Children with Heart Disease Self-care Behaviors Questionnaire (SCHDSBQ) developed by myself in this study.

To be sure of the content validity, I would like to invite you to evaluate this instrument as well as the other two instruments, the Medical Record Form and the Demographic Form. Please give me your comments and suggestions about these instruments. I express my appreciation for your help.

Enclosed is a copy of the School-age Children with Heart Disease Self-care Behaviors Questionnaire, Medical Record Form, Demographic Form, abstract of research proposal, conceptual framework, and definitions of the concept.

Thanks a lot for your consideration and help.

Your sincerely

Fan Ling

Appendix E

**List of the Experts for the validity of
Data Collection Instruments**

Experts at Chiang Mai University, Thailand;

Assistant Professor Dr. Pikul Nantachaipan

Assistant Professor Wanvilai Chumpirom

Assistant Professor Nunta Leoviriyakit

Assistant Professor Waraporn Lertpoonwilaikul

Assistant Professor Wusini

Experts at China Medical University, P.R. China

English-Chinese Translator

Lecture Gou Hong

Content Validitors

Professor Piao Yingai

Assistant Professor Wang Wensheng

Assistant Professor Wang Hong

Nurse in Charge Ni Xiuhua

APPEDIX F

Calculation of an Index of Content Validity (CVI) for SBSCHDQ

An Index of Content Validity is calculated using the formula (Davis, 1992).

CVI = number of items raked "quite relevant" or "highly relevant" by both reviewers / total items.

CVI value for each pair of five experts is calculated, and then the average CVI value is gained by diving sum of all CVI values with 10.

CVI between expert A and B = $48/50 = 0.96$

Using the same method, CVI between each pair of experts are as follows:

Expert A and C = $44/50 = 0.88$

Expert A and D = $41/50 = 0.82$

Expert A and E = $40/50 = 0.80$

Expert B and C = $39/50 = 0.78$

Expert B and D = $40/50 = 0.80$

Expert B and E = $38/50 = 0.76$

Expert C and D = $43/50 = 0.86$

Expert C and E = $41/50 = 0.82$

Expert D and E = $41/50 = 0.82$

The average CVI = $(0.96+0.88+0.82+0.80+0.78+$
 $0.80+0.76+0.86+0.82+0.82) / 10$
 $= 0.83$

Appendix G

Informed Consent to Parents

As a nurse, I am interested in the area of children's health. I would like to know more about what school-age children with heart disease do to promote their own health. Therefore, I am asking for your permission for your child to be a part of my study. It will take your child about 45 minutes to complete a questionnaire to determine his/her level of self-care behaviors.

The information from this study will be helpful to the health care system, and it will help nurses and others to plan appropriate nursing care and discharge instruction for these ill children.

Participation in the study is voluntary. There will be no penalty if you decide not to allow your child to participate. Withdrawal from this study at any time, even after the child starts to answer the questions, will not affect you or the child in any way. Your child's name will remain confidential. Publications that result from the study will not identify individual children.

In addition, I would like to ask you to complete a Demographic Data Form. This information will be used to analyze data in this study. You do not need to write your name on any of the pages of the form. Therefore, no one can be identified.

Thank you for your cooperation. If you agree to your child participating my study, please sign "I agree" and your

name _____

Date _____

Sincerely yours,

Fan Ling

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Appendix H

Informed Content to Children

I'm a nurse who is interested in finding out self-care behaviors of school-age children with heart disease. I would like you to complete this questionnaire. It will take you about 45 minutes. It includes 50 items of simple statements about self-care behaviors. Please check "v" in the place of the score for "Never, Sometimes, or Everytime" for items accordance or inaccordance with your status. No names will be used.

The information will help us to understand how children like you care for yourself and help you to recover quickly. Participation in this study is voluntary. Your name will remain confidential. Would you be willing to help me?

Thank you for your cooperation. If you agree to participate and know how to do so, please sign "I agree" and your name _____ Date _____

Then please complete questionnaire.

Yours sincerely

Fan Ling

CURRICULUM VITAE

Surname, name Mrs. Fan Ling

Date of birth September 1, 1967

Educational history

1985-1990 Bachelor Degree in Nursing
Science at
China Medical University,
Shenyang City, Liaoning
Province, P.R.China.

Experiences

1990-today Staff nurse and clinical instructor
of the Pediatric Department,
Second Teaching Hospital of
China Medical University,
Shenyang City, P.R.China.

Present position and place

Lecturer Assistant of Pediatric
Department for clinical teaching,
Second Teaching Hospital of China
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