

CHAPTER 5

CONCLUSION AND RECOMMENDATIONS

A descriptive research was done to identify the level of self-care behaviors of school-age children with heart disease whose cardiac functions were in class I-III based on Orem's theory. A purposive sampling method was used to select 82 school-age children with heart disease aged between 6 and 12 years in the Out-patient departments of three hospitals, the First Teaching Hospital and the Second Teaching Hospital of China Medical University and Shenyang General Military Hospital in Shenyang, China.

Conclusion

Based on the findings of this study, the following conclusions were drawn:

1. The majority of the school-age children with heart disease have moderate levels of self-care behaviors.
2. The majority of subjects have moderate levels of self-care behaviors in universal, developmental, and health deviation dimensions.
3. Every school-age children with heart disease whose cardiac functions are in class I have high level of self-care behaviors, and school-age children whose cardiac

functions are in class II and III have moderate levels of self-care behaviors. Moreover, the subjects whose cardiac functions are in class III have the lowest scores of self-care behaviors.

Implication of findings

Implications for nursing practice

The findings of this study provide important implications for nursing practice. The findings support the needs for clinical nurses to be knowledgeable about self-care behaviors of school-age children with heart disease. Also, the nurses can use the findings to assess levels of self-care behaviors of school-age children with heart disease who have different classes of cardiac functions. If the child has a moderate level of self-care behaviors, the nurse can teach the children to perform self-care behaviors such as how to prevent the complications and side effects of medication. Also, the parents need assistance or help to improve children's self-care abilities.

Implications for nursing education

The findings of the study indicated that it is necessary to adjust the teaching programs of pediatric nursing courses or develop effective educational programs to provide more knowledge about the self-care behaviors of school-age children with heart disease. The findings also help nursing educators emphasize the role of nurses in

enhancing self-care behaviors of school-age children while teaching nursing students.

Implications for further nursing research

For nursing research, it is obvious that further studies based on the findings of the present study are needed to gain knowledge about different self-care behaviors of school-age children with heart disease between readmission and during the progress of the illness. The study results provide nurses with baseline information of self-care behaviors for further study of the factors influencing self-care behaviors of school-age children with heart disease.

Limitations of the study

The generalization of the study results was limited to school-age children in two teaching hospitals of China Medical University and Shenyang General Military Hospital, and the purposive sampling method was used with small sample size.

Recommendations:

Based on the findings, conclusions, and implications, the following recommendations are made:

1. Replication of this study with random selected samples and a larger sample size is recommended to be done to provide more confidence in the generalization of this study.

2. A study of self-care behaviors should be conducted on school-age children with heart disease who are hospitalized.

3. To obtain valuable information for self-care behaviors of school-age children with heart disease, factors influencing self-care behaviors should be conducted.