

## CHAPTER 5

### CONCLUSION AND RECOMMENDATIONS

A descriptive correlational design was used to describe the family support and quality of life and to examine the relationship between these two variables in visual impaired persons. Sixty-five visual impaired persons were recruited at the ocular outpatient clinic of the First Teaching Hospital of West China University of Medical Sciences in Chengdu, Sichuan, P. R. China from November 1999 to January 2000. Demographic Data Record Form, Modified Perceived Social Support from Family Scale (MPSS-Fa) and Modified Quality of Life Questionnaire (MQOLQ) were used to collect data related to family support and quality of life. Descriptive analysis including frequency, percentage, mean, standard deviation, and range were used to describe the subjects' demographic characteristic, family support and quality of life. Pearson product-moment correlation analysis was used to examine the relationship between family support and quality of life of visual impaired persons. Based on findings and discussion, conclusion, implications of the findings, and recommendations were presented in this chapter.

## **Conclusion**

Findings of this study are briefly concluded as follows:

1. Majority of the visual impaired persons perceived a high level of family support.
2. More than half of visual impaired persons rated their quality of life at a high level.
3. There was a significantly positive relationship between family support and overall quality of life among visual impaired persons. Family support was also significantly and positively related to each domain of quality of life in terms of life satisfaction, self-concept, health and functioning, and socioeconomic factors, respectively.

## **Implication of the findings**

The findings from this study have important implications for nursing practice, education, administration, and research.

### **Implication for nursing practice**

The findings of this study have practical importance for nursing practice.

1. Information obtained from this study will be used as basic information to increase nurses' understanding about the status regarding the family support and quality of life in visual impaired persons. The nurses can take effective actions to improve their quality of life.

2. The information from this study showed family support is one of the important factors that can enhance quality of life. In addition, spouses and children were reported by the subjects as the most helpful persons in the family. So the nurses should educate family members how to improve the family support and ultimately improve quality of life.

#### **Implication for nursing education**

Findings obtained from this study provided validated evidence for nursing knowledge about family support, quality of life, and the relationship between those two variables in visual impaired persons, which is beneficial to nurses, nurse educators as well as the student nurses to understand these two concepts. They also help the clinical instructors to guide the students' practice in community setting. Furthermore, results of this study also can serve as a reminder for nurse educators to take those two concepts into consideration when designing the curriculum and developing the teaching content.

#### **Implication for nursing administration**

The information obtained from this study will serve as a guide for nurse administrators to encourage comprehensive care. When they make policies they should consider how to directly improve the family support which indirectly improve the quality of life.

### **Implication for nursing research**

Findings of this study can be used as the data base for further research on family support and quality of life in visual impaired persons.

### **Limitations of this study**

In this study, subjects were recruited using purposive sampling, and only the persons who attended the ocular outpatient clinic in the First Teaching Hospital of West China University of Medical Sciences in Chengdu, Sichuan province, P. R. China from November 1999 to January 2000 were selected. Therefore, the generalizability of this finding is limited.

### **Recommendations for further study**

Following recommendations for further research are suggested:

1. Replication of the study by enlarging sample size or using longitudinal design or persons with low vision in one eye and both eyes so as to support the results of this study is needed.

2. Further exploration of influential factors to family support and quality of life such as age, gender, educational level, marital status, visual acuity, duration of visual impairment, and socioeconomic status is suggested.

3. Research for exploring the effectiveness of nursing interventions to enhance family support and quality of life of visual impaired persons is recommended.