

## CHAPTER 5

### Conclusions, Implications, and Recommendations

This chapter described the conclusion, implication and recommendation of the present study.

#### Conclusions

The findings from this study showed that majority of the persons who have undergone urinary tract stone removal had a moderate level of dietary behavior to prevent the urinary tract stone recurrence. There are several important unhealthy dietary behaviors practiced by the patients were observed in this study. These dietary behaviors included: reduce food rich in calcium intake and less intake of plant rich in protein.

Most of the persons undergone urinary tract stone removal in this study had a moderate level of perceived benefits of recommended dietary behavior in prevention of the disease recurrence. The most benefits to practice recommended dietary behavior perceived by the patients were help them to stay healthy, save further cost related to repeated surgery, medication and hospital expenditure.

Meanwhile, findings on barriers to recommended dietary behavior found that majority of the participants had a moderate level of perceived barriers in practicing dietary behavior as recommended. The main barriers perceived by the patients included: drink more water cause them to pass urine frequently, had limited choice of healthy food when eating outside, had low motivation and forget about the recommended diet regime.

In terms of relationship between these three variables, slightly significant negative relationship was observed between dietary behavior and perceived barriers. This mean the more barriers perceived by the patients, the more difficult for patients to perform a good dietary behavior as recommended. However, there no association was found

between dietary behavior and perceived benefits. This may due to insufficient sample size limiting power to detect significant different and limited items that address specific benefits in the perceived benefits questionnaire. Nevertheless, patients relatively gave high score to all perceived benefit items compared to perceived barrier items.

Urinary tract stone and its recurrence are highly associated with patient's dietary behavior. This study provides information regarding dietary behavior as well as benefits and barriers that perceived by the participant in order to engage in recommended dietary behavior to prevent urinary tract stone recurrence. These findings would help health care professionals develop an effective strategy for health education by minimize the barriers and strengthen the benefits of dietary behavior in order to help patient to prevent urinary tract stone recurrence

### **Implications of Research Findings**

This study of dietary behavior, perceived benefits and barriers among patients who have undergone urinary tract stone removal had a number of potential implications.

#### **Implication for Nursing Practice and Education**

The results of this study provides basic information which could help nurses and other health care professionals in urology setting to have a better understanding regarding dietary behavior, perceived benefits and barriers among persons undergone urinary tract stone removal. Several potential implications could be applied in order to improve nursing practice and education as follows;

1. Findings of this study provided baseline information to help nurses to understand regarding patients' dietary behavior. This result also could guide nurses during health education to the patients by emphasizing on important components of recommended diet behavior to prevent urinary tract stone recurrence.

2. Findings of this study should help nurses to minimize the barriers such as low motivation to follow the recommended diet regime and forget about the recommended diet regime during health education to the patients.

3. Perceived benefits of dietary behavior to prevent urinary tract stone recurrence such as help to maintain or reduce body weight, prevent from long term intake of medication can be strengthen during health education to the patients.

### **Recommendations for Further Research**

1. More variables such as assessment on patient's knowledge about type of diet to prevent urinary tract stone recurrence should be explored for the next study. This variable can provide more knowledge related factors that influence dietary behavior among persons undergone urinary tract stone removal in order to prevent the disease recurrence.

2. Population of the study for persons undergone urinary tract stone removal should be more specific into type of stone for the next study. Specific type of stone would provide more information regarding dietary behavior among persons in this population

3. The same study as current study should be done with larger sample size for the next study.