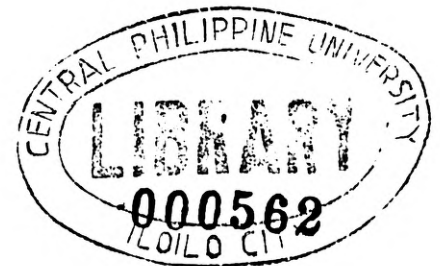


**DETERMINANTS OF THE EXTENT OF HEALTH PROMOTION
AND DISEASE PREVENTION PRACTICES OF NURSES
IN SELECTED HOSPITALS IN ILOILO**

**A Thesis
Presented to
The Faculty of the School of Graduate Studies
Central Philippine University
Iloilo City**

**In Partial Fulfillment
of the Requirements for the Degree
Master of Arts in Nursing**

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**JOSEL L. PINEDEZ
March 2008**

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By

Josel L. Pinedez

ABSTRACT

This study was conducted to identify the determinants of the extent of health promotion and disease prevention practices of nurses in selected hospitals in Iloilo. Descriptive-relational study was employed and utilized the one-shot survey design. From a total of 401 nurses, a sample of 196 was obtained and was proportionately allocated among the three hospitals. A self-administered questionnaire served as the main tool for data collection. The data were computered-processed using SPSS software.

Results of the study showed that majority of the respondents were between twenty one to thirty years of age, female, single, and are staff nurses with less than five years of experience, assigned in general nursing unit and were not diagnosed with any health condition who perceived themselves in good health status.

Respondents had favorable attitude towards health promotion and disease prevention. A little more than half of nurses had moderate level of practice and nearly half have high level of health promotive and disease preventive practices. Job position and number of years of experience influenced the respondents' attitude towards health promotion and disease prevention. Head nurses had favorable attitude towards health promotion and disease prevention. On the other hand, respondents' with 5 to 10 years of

experience had less favorable attitude towards health promotion and disease prevention. Respondents' attitude was correlated with the extent of health promotive practices and disease prevention practices. Staff nurses had higher scores on the extent of health promotion practices compared to head nurses. On the other hand, none of the factors presented determines their extent of disease prevention practices.

After controlling out attitude, data shows that only the age of the respondents were significantly correlated to their extent of health promotion practices.

Conclusions

Based on the findings of the study, the following conclusions and generalization were derived.

1. Respondents were predominantly young single females and beginner nurse practitioners that were mostly assigned in general nursing unit. Nursing is still a female dominated profession.
2. Respondents had highly favorable attitude towards health promotion and disease prevention which reflects the deeply inculcated fundamental knowledge on the significance of health promotion and disease prevention in the nursing curriculum.
3. Although high majority of the respondents had moderately to high extent of practice towards health promotion and disease prevention, however society expects that all nurses practice health promotive and disease preventive measures.
4. a. *Health promotion.* Most of the respondents perceived themselves as healthy individuals however; there were some respondents diagnosed with medical conditions. The most common were high blood pressure, high cholesterol and angina.

Respondents did not spend adequate time for exercise and sports activities to promote health. They consumed high protein diet with fewer carbohydrates. They preferred to substitute water with drinks containing large amounts of sugar or those with caffeine or alcohol which can actually produce water loss.

Respondents found it stressful if ever they cause further harm to their patients, whenever they are in stressful situation such as when they have committed medication and documentation errors however, some did not seek support from their supervisors or peers. It is alarming to note that respondents fall short of the required amount of sleep daily.

b. *Disease prevention.* Respondents were not heavy drinkers and chain smokers. They tend to self medicate whenever they are sick and does not religiously take their vitamins.

Respondents were not good role models when it comes to Breast self examination (BSE) and Testicular exam (TE). Despite having access of the health care delivery system and being a member of the health team, they did not fully submit themselves to immunization, laboratory tests and health screening, unless required by the institution.

5. Job position and years of experience influences the respondents' attitude towards health promotion and disease prevention. Head nurses had more favorable attitude.

However, respondents with 5 to 10 years tend to have less favorable attitude towards health promotion and disease prevention practices.

6. The attitude of the respondents towards health promotion and disease prevention affected their health behavior. The more favorable the attitude the greater the likelihood of performing health promotive and disease preventive behavior.

7. Job position influences the respondents' extent of health promotive and disease preventive practices. Staff nurses tend to perform health promoting and disease preventing behavior to a higher extent than head nurses and supervisors.
8. The older the respondents, the lower the tendency of engaging themselves on health promotive practices. As a person grows old, they have the tendency of not engaging themselves on health promotive practices.