

Health status of community health nurses in Thailand

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Background

- Shortage of nurses affect health care quality
- To retain nurses, positive practice environment and health status of nurses needs to be concerned
- Understanding about working conditions and health status of nurses is crucial
- Longitudinal studies on nurses' health have been conducted in several countries
- With the cooperation between Thai nursing council and Thai nurses association, Thai Nurses Cohort Study was launched in 2009 to assess the health status and working life of Thai nurses

Background (cont.)

- In Thailand, health care trend and health policy include
 - Early discharge
 - Home care
 - Primary care
 - Accessibility to health services
 - Health promotion and disease prevention
- The growing number of nurses working in community
- Challenges roles of CHNs in providing comprehensive health services
- Most of the previous studies concerning health and working life of nurses were conducted in hospital setting

Objectives

- To examine the situations of Thai community health nurses
 - Working conditions
 - Health status

Methods

- Secondary data analysis of Thai Nurses Cohort Study
- Accelerated longitudinal study, one sample multiple age cohort
- Cross-sectional baseline survey with 2 yrs follow-up for 20 years through web-based survey

Populations and sample

- Populations: 118,000 nurses registered with Thai Nursing Council
- Subjects: 50,200 (25% of nurses registered)
- Stratify random sampling by age group

Instrument

- Self-administered questionnaire
 - Part 1: Personal data
 - Part 2: Working life (employment status, position, working hours, job strain)
 - Part 3: Health status (Self-rated health, physical activities, illnesses, and findings from annual health check-up)

Data collection

- IRB approval
- Baseline survey was conducted between Sep 2009-April 2010
- Questionnaires were post-mailed according to the address in Thai Nursing Council database
- After 2 months, a follow-up phone-call was used

Baseline survey

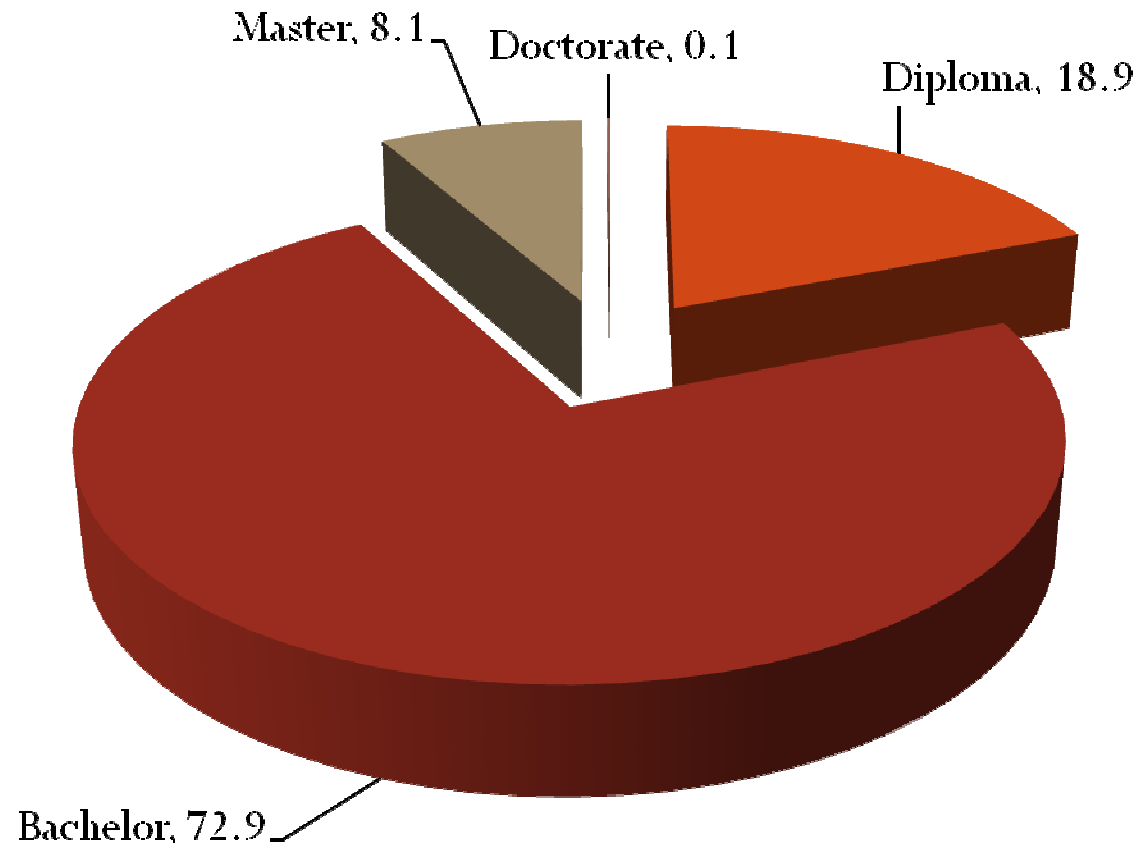
- 31,816 nurses returned the questionnaire (63.4%)
- 10,000 questionnaires were returned within 2 months (31.4%)
- 1,105 community health nurses participated in the baseline survey (11%)

Results

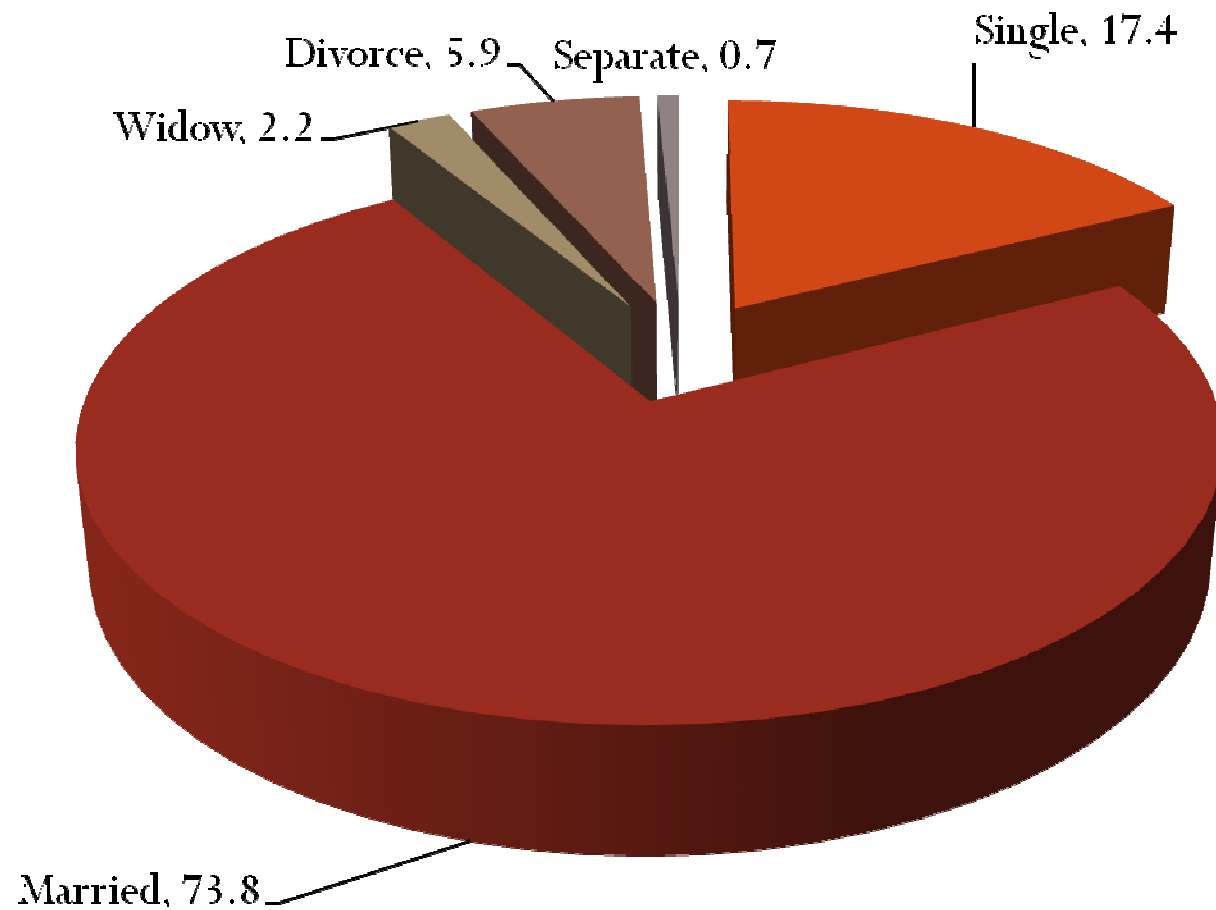
General characteristics

- Gender: Female (96.3%)
- Age: Min 24, Max 64
Mean 42.2, SD 8.1
- Years of work: Min 1, Max 42
Mean 20.1, SD 8.6

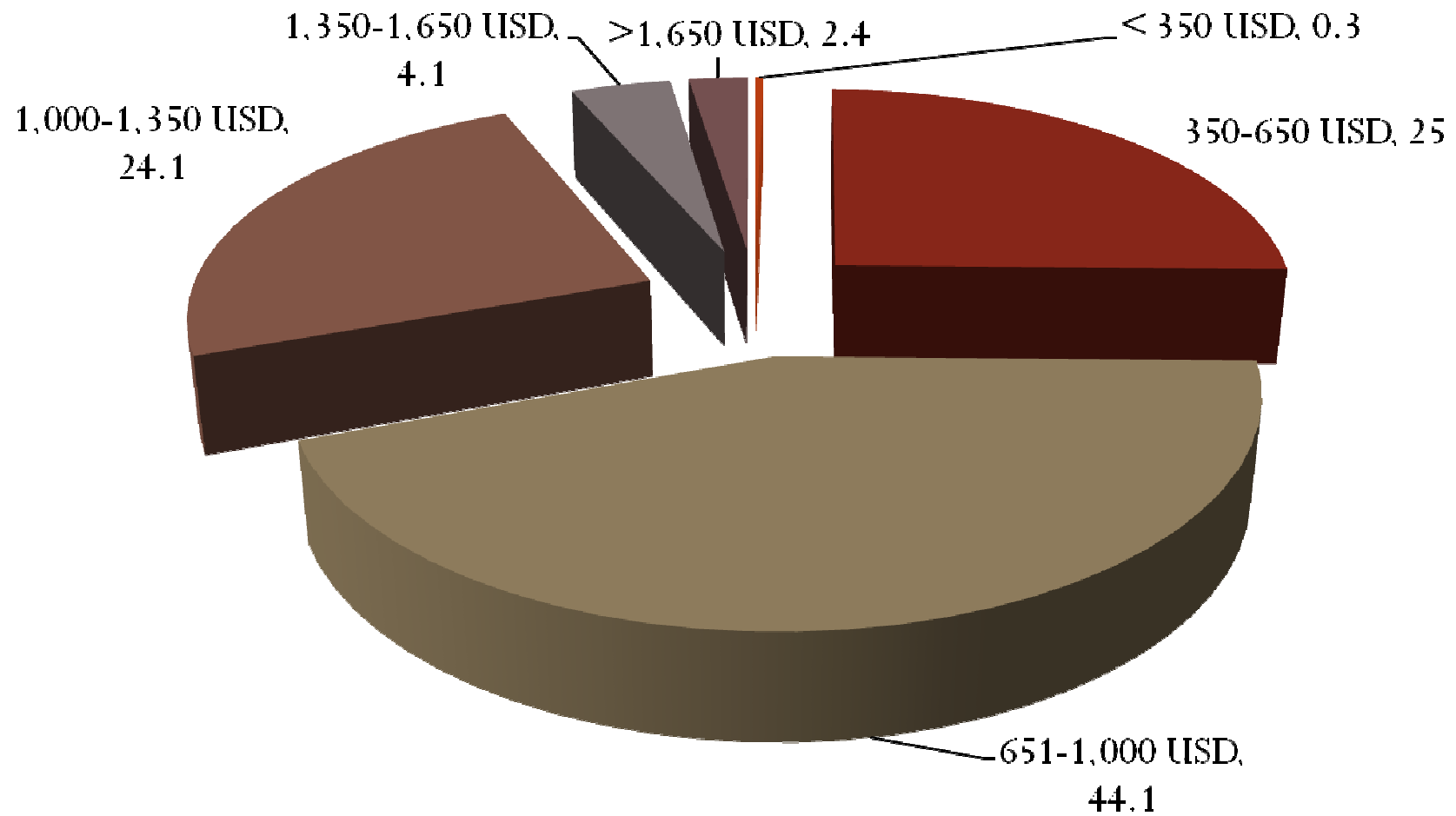
Education



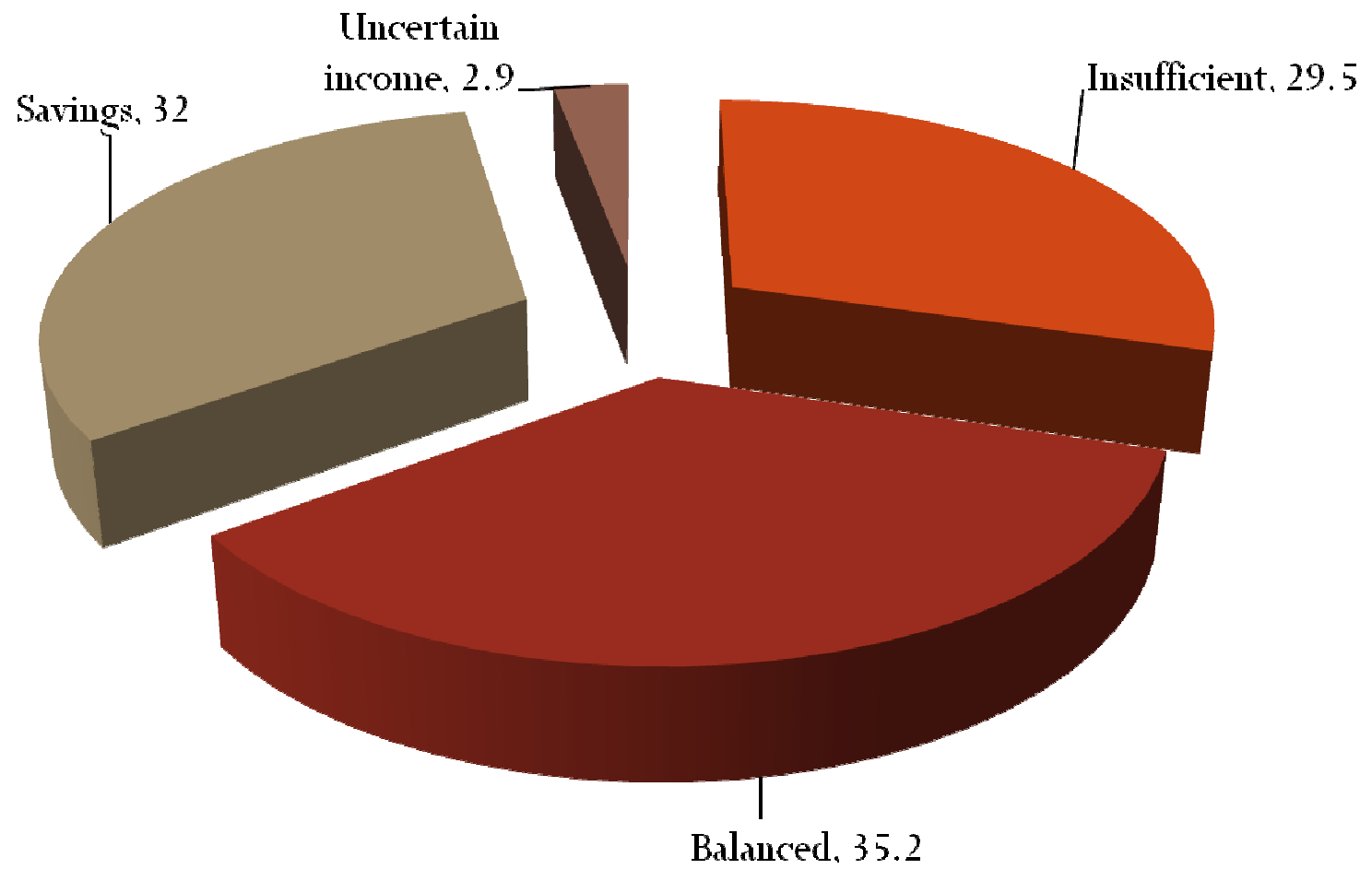
Marital Status



Monthly income



Sufficiency of income

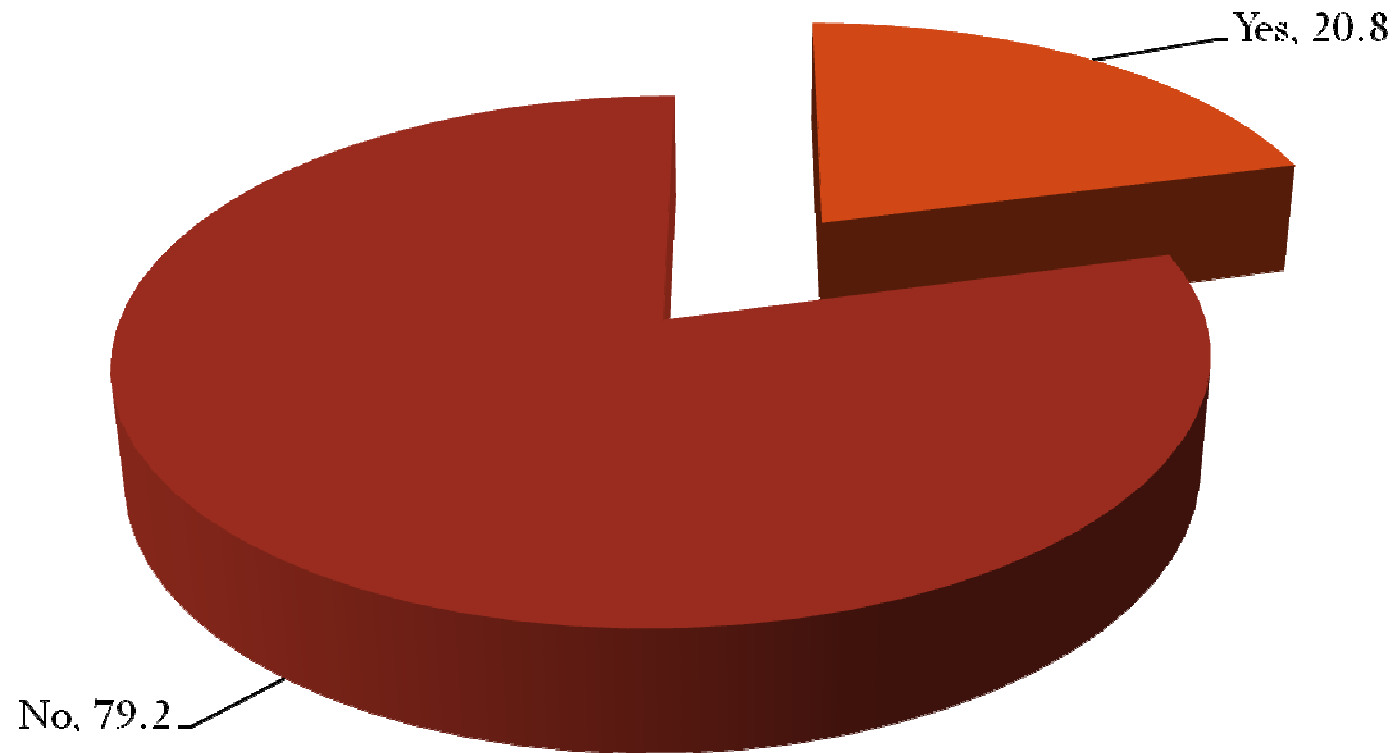


Working conditions

Working hours per week

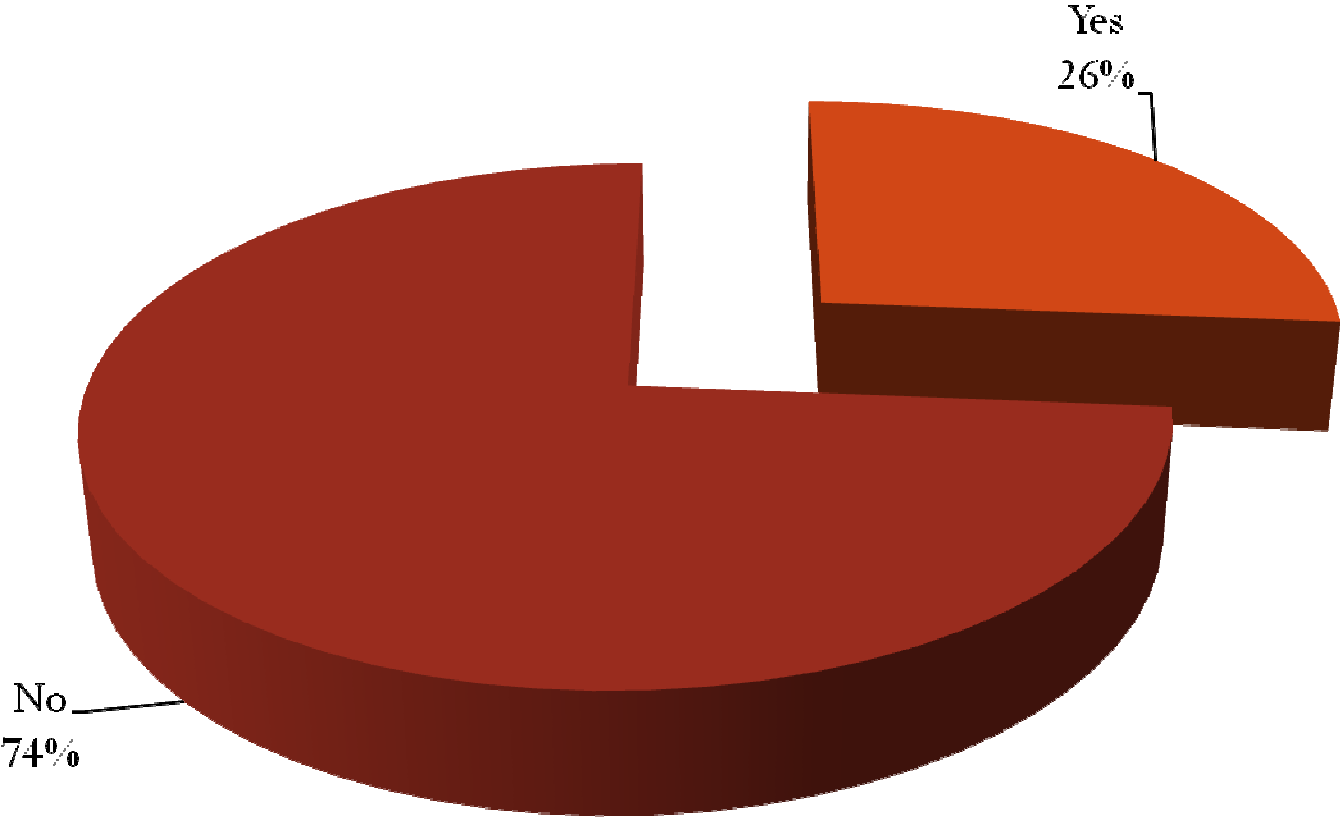
	Max	Mean	SD
Total working hours	140	55.6	17.4
Full time	104	43.2	10.4
Part time	84	11.2	13.0
Overtime	100	19.1	15.4

Extra-work

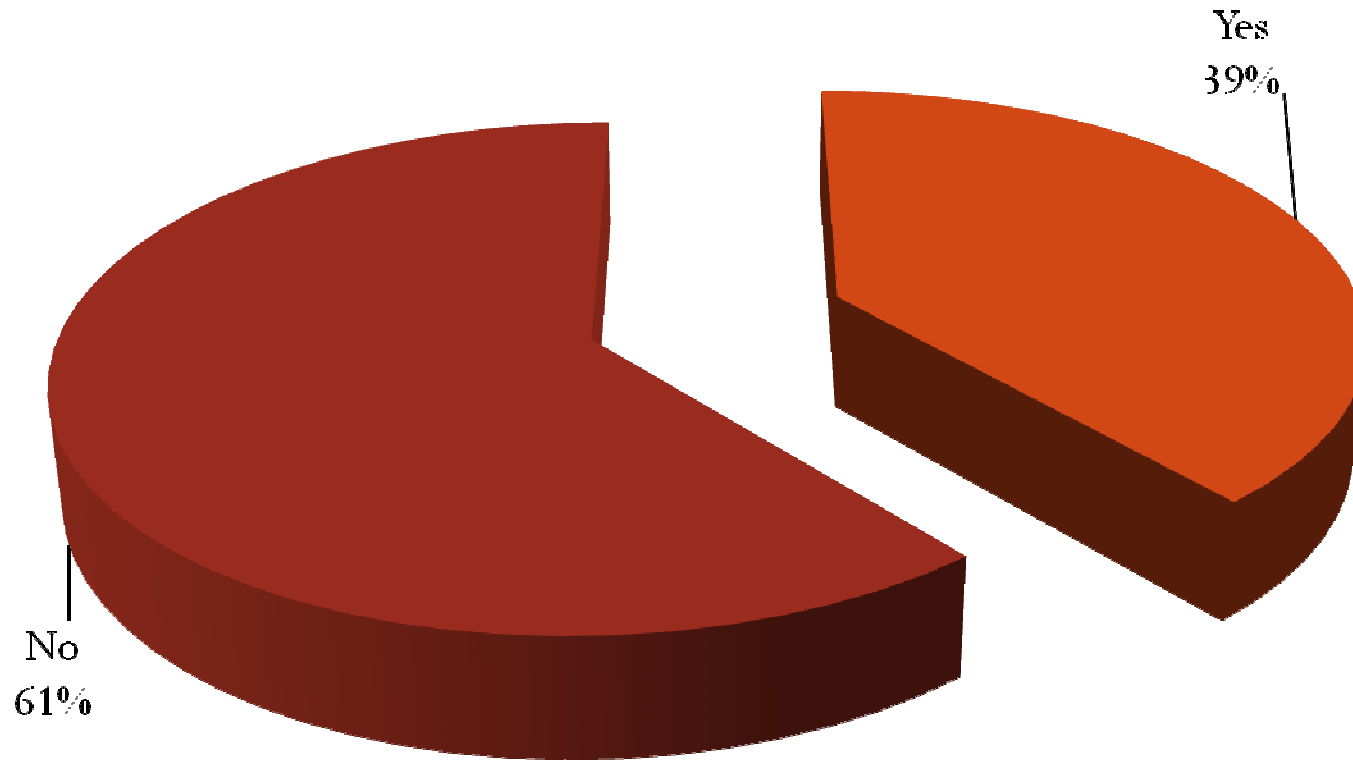


14% Nursing job, 12.1% Non-nursing job

Shift work



Working >12hrs/day (in the past month)

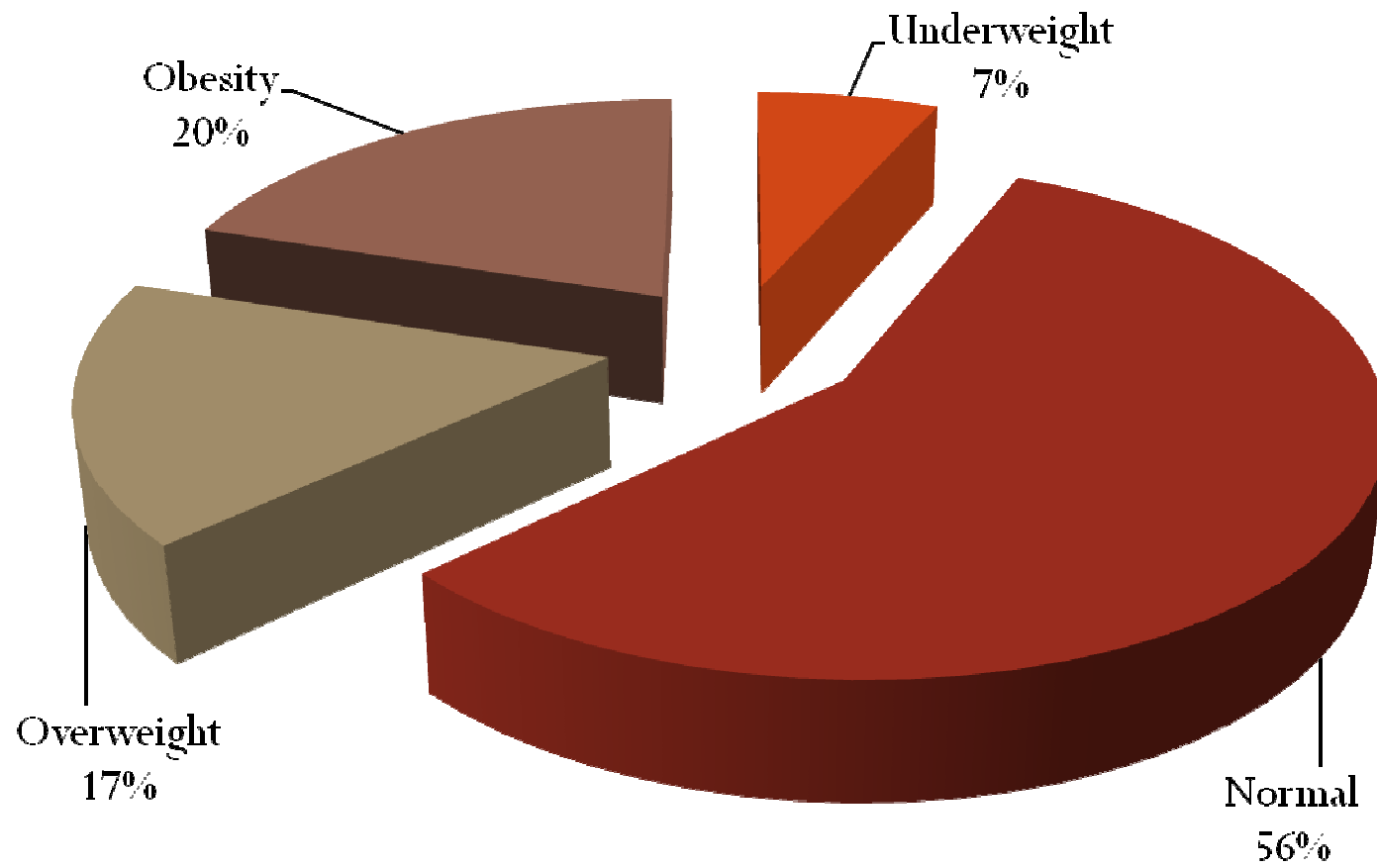


Job strain

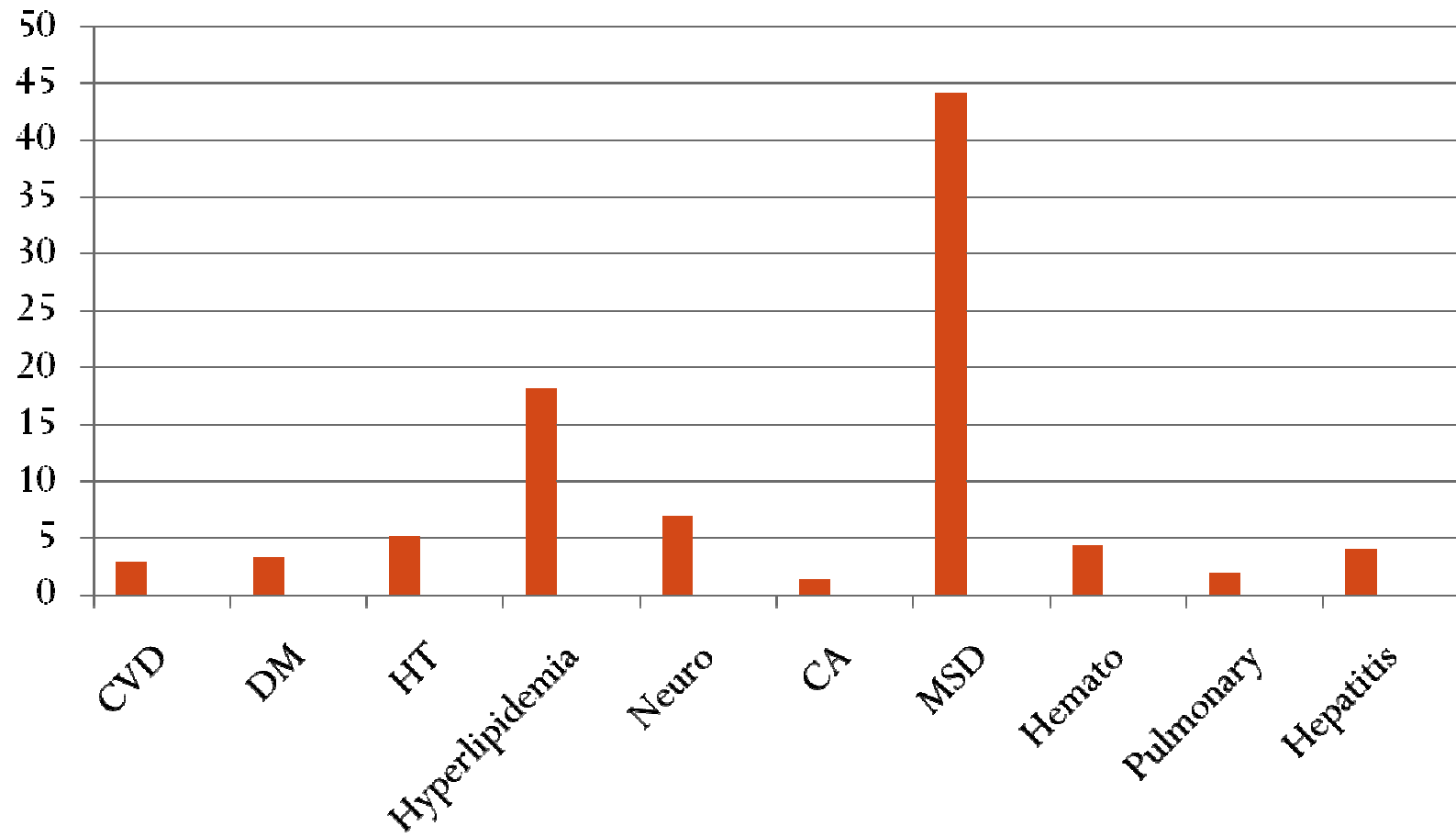
- Work hard (94.4%)
- Decision on my own (93.2%)
- Variety (92.0%)
- Coworker support (74.7%)

Health Status

BMI



Personal illnesses



Violence at work (in the past 12 months)

	Prevalence (%)	Absent from work (%)
Physical	0.5	0.1
Psychological	16	2.1
Harassment	5.7	0.9

Injuries at work (in the past 12 months)

	Prevalence (%)	Absent from work (%)
Needle injuries	16.6	0.2
MSD	47.3	7.8

Health status (in the past 30days)

Problems	Some	Severe
Movement	17.5	-
Self-care	1.0	-
Routine activities	17.3	0.3
Pain/discomfort	47.6	1.6
Anxiety/Depression	39.2	2.3

Implications

- Exploring whether long working hours and working conditions affect health and injuries
- Health surveillance for anxiety, depression, MSD among CHNs
- Promoting appropriate health behaviors
- Evaluation of preparation nurses to work in community to assure the competence of CHNs

Acknowledgements

- Research Institute for Human Resource in Health
- Co-investigators:
 - Dr. Krisda Sawaengdee, MPH
 - Dr. Weena Thiangtham, FPH, Mahidol U.
- Thai Nurses Association