

# WUSE-2024

## Social Service Academic Project (WU-Social Engagement)

Awareness promotion and behavior modification project for patients with respiratory, heart, and blood vessel diseases

### List of working groups

Member	Organization	Role	Contribution (%)
Assoc.Prof.Dr. Nitita Piyamornphan	Department of Physical Therapy, School of Allied Health Sciences	Head/Member	100%

School of Allied Health Sciences  
Walailak University

School of Allied Health Sciences, in collaboration with the Center for Academic Services, Walailak University, led by Associate Professor Dr. Nitita Piya-amornphan, has organized a project to stimulate awareness and change health behaviors in patients with respiratory, heart, and blood vessel diseases. This project aims to promote awareness and change health behaviors, improve health and well-being in the target communities, reduce the incidence of non-communicable chronic diseases, and reduce the rate of overnight hospitalizations for patients with respiratory, heart, and blood vessel diseases in the Chumchon Sathit Walailak Phatthana, at the Chumchon Sathit Walailak Phatthana Health Promotion Hospital, Thai Buri Subdistrict, Thasala District, Nakhon Si Thammarat Province.



1. Awareness promotion and behavior modification project for patients with respiratory, heart, and blood vessel diseases was initially implemented by treating patients with respiratory, heart, and blood vessel diseases under the role of physical therapists. Then, target communities covering local communities, underprivileged communities, and refugee/immigrant communities were selected to implement the project in patients with respiratory, heart, and blood vessel diseases after admission at

Walailak University Hospital and people in the target communities. There was coordination with local administrative organizations and primary care facilities responsible for the target community areas. In this regard, the Chumchon Sathit Walailak Phatthana, Thai Buri Subdistrict, Thasala District, Nakhon Si Thammarat Province, was selected to implement the academic service project to serve society.

2. Associate Professor Dr. Nitita Piya-amornphan surveyed the community together with physical therapy students and village health volunteers to select additional target group participants. In the project implementation, health awareness and respiratory, cardiovascular, and vascular fitness were tested. The awareness stimulation team helped set health goals and provided advice on changing health behaviors for the first time. Then, they followed up periodically and visited the target group to stimulate awareness regularly to improve health and well-being, promote awareness and change in health behaviors, reduce the rate of hospitalization for respiratory, cardiovascular, and vascular patients, and reduce the rate of non-communicable chronic diseases in the target community. Activities were organized to provide knowledge to respiratory, cardiovascular, and vascular patients and interested persons at Chumchon Sathit Walailak Phatthana Health Promotion Hospital, Thai Buri Subdistrict, Thasala District, Nakhon Si Thammarat Province, about the importance of health behaviors, focusing on smoking cessation, alcohol cessation, nutrition care, and stress management.



3. Activities to assess knowledge, attitudes and practices, brain function and indicate the risk of respiratory, heart, and blood vessel problems or diseases, and integrate with teaching in the field of physical therapy in the respiratory, heart, and blood vessel system by transferring experiences from awareness promotion and behavior

modification project for patients with respiratory, heart, and blood vessel diseases to students and organizing teaching hours for students to learn, going to the field to work as a public servant to operate on awareness stimulation and behavioral health modification in patients with respiratory, heart, and blood vessel diseases and people in the target community in the role of physical therapists.

4. School of Allied Health Sciences designs exercise programs, provides knowledge, adjusts attitudes, and provides guidelines for behavior to promote health and reduce the risk of respiratory, heart, and blood vessel problems or diseases.



5. School of Allied Health Sciences monitors the results of awareness promotion and behavior modification project for patients with respiratory, heart, and blood vessel diseases implementation by assessing knowledge, attitudes, and practices, cognitive function, recommending practices, and providing appropriate exercise programs to reduce the risk of respiratory, heart, and blood vessel problems or diseases, in collaboration with Chumchon Sathit Walailak Phatthana Health Promotion Hospital, Thai Buri Subdistrict, Thasala District, Nakhon Si Thammarat Province on a continuous and consistent basis.