

SE2024092

Changing behavior to reduce knee joint pain for the quality of life of the elderly in Ban Plai Ra community, Nakhon Si Thammarat Province

Asst. Prof. Kamlai Somrak

Asst.Prof.Dr. Thippawan Palanupat

Narumon sinwisarn

Osteoarthritis (OA) of the knee has become one of the most common joint disorders, affecting 11.3% of adults, particularly the elderly. This musculoskeletal condition is caused by various factors, including gender, age, body mass index (BMI), occupation, and underlying health issues. OA leads to knee pain, limited mobility, and joint degeneration, severely impacting daily activities like walking and maintaining balance. Over time, this can drastically reduce the quality of life, as individuals experience increasing pain and physical limitations. Beyond the physical toll, chronic knee pain often affects mental health, leading to anxiety, depression, and stress. Managing OA, therefore, requires a holistic approach that addresses both physical and psychological symptoms. While medical treatments aim to control symptoms and slow joint degeneration, self-care practices are equally crucial. Effective self-care for knee OA involves adopting healthy behaviors, including weight management, regular knee exercises, and posture adjustments. These strategies help alleviate pain and slow down the progression of joint deterioration, allowing elderly individuals to maintain a more active and independent lifestyle.

In response to the growing prevalence of OA in the community, leaders in Baan Plaira village conducted discussions to analyze the health behaviors of the local elderly population. They identified the need for intervention and decided to implement community-wide activities aimed at reducing knee pain and promoting healthier lifestyles. These initiatives aim to foster self-care skills, promote behavior change, and create a supportive environment for elderly residents.

Project Objectives:

1. Train community leaders: The first goal is to develop a group of 10 community leaders with the knowledge and skills to manage and reduce knee pain. These leaders will act as local health promoters, working closely with elderly participants. They will provide education, guidance, and support to ensure participants engage in appropriate exercises and

adopt healthier behaviors. The leaders will also track participants' progress through five follow-up sessions to ensure ongoing improvement and adherence to the program.

2. Encourage behavior change: The project will focus on helping individuals with knee pain make essential lifestyle changes, such as adjusting how they walk, sit, and exercise. A team of 10 staff members will guide these changes, ensuring participants learn proper techniques and habits. The aim is for elderly individuals to understand how to care for themselves, reducing their dependence on others for daily tasks and improving their overall quality of life.

Project Goals:

-Create a supportive environment: The project seeks to establish a community that actively promotes health and well-being. This includes fostering a shared responsibility for health promotion within the community and ensuring resources are available to support elderly individuals in maintaining their health.

-Promote self-care and independence: Empowering elderly individuals to manage their health is a key goal. By learning how to care for themselves and reduce knee pain through lifestyle changes, participants can live more independently and improve their quality of life.

Implementation Process:

1. Establish a project team: A dedicated team will be formed to manage the initiative and train the community leaders. This team will oversee planning, organizing, and implementing all project activities, ensuring the program meets its objectives and runs smoothly.

2. Survey interested participants: The project team will survey the local elderly population to identify individuals interested in joining the program. This ensures the project is tailored to meet the specific needs of the community and effectively addresses their concerns.

3. Organize group activities: A series of group activities will be held to provide practical knowledge and skills for managing knee pain. These workshops and training sessions will focus on behavior change and be supported by the Line application for communication, information sharing, and progress monitoring.

4. Promote proper knee pain management: The project will teach participants how to manage knee pain through exercises, posture improvements, and other healthy behaviors.

Participants will be guided on how to incorporate these practices into their daily routines for lasting benefits.

5. Monitor behavior changes: Using the Line application, the project team will track participants' progress and monitor changes in behavior. This allows for timely feedback and support to ensure participants stay on track and meet their health goals.

6. Conduct a review session: At the end of the project, a review session will be conducted to evaluate outcomes and share lessons learned. Participants will discuss their experiences, and the team will assess the project's success based on feedback and behavior changes observed.

Results

1. Develop a skilled project team: A team of 10 individuals will be trained to manage the project effectively. These team members will be well-equipped to help elderly participants reduce knee pain and improve their health.

2. Improve elderly knowledge and self-care: Participants will gain knowledge about reducing knee pain through lifestyle changes, enabling them to care for themselves more effectively and maintain their health with less reliance on others.

3. Create a supportive environment: The project will foster a community that supports health promotion, making it easier for elderly residents to maintain healthy habits and encouraging ongoing self-care and health management.

4. Encourage regular exercise: At least 70% of elderly participants are expected to engage in regular exercise (three times a week, 30 minutes per session) for at least six months. This will likely lead to long-term improvements in their health, mobility, and overall quality of life.

Ultimately, the project aims to empower elderly residents to manage their knee pain, lead healthier lives, and maintain their independence through education, behavior change, and community support.