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Conclusion. Health personnel working for children and the youth from multi-culture should concern with the need of community to build up peace as well as provide the equality and opportunity for every child especially vulnerable children

Key words: multi-culture, innovation for peace, unrest area, children's right

PROCESS OF SMOKING CESSATION AMONG THAI SMOKERS: A GROUNDED THEORY STUDY

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Backgrounds: Smoking is one of the leading causes of cerebrovascular diseases. Given the rising number of new smokers worldwide, the need for promoting smoking cessation is warranted. **Purpose and Methods:** This grounded theory study aimed to explain how successful and unsuccessful quitters of smoking underwent smoking cessation. Seventeen ex-and current smokers aged 52-79 years were interviewed through in-depth unstructured interviews and focus group discussions. Constant comparative analysis was used for data analysis. The process emerged as a theoretical code and was used to integrate the findings.

Findings: The process of smoking cessation consisted of three stages, namely, (a) Finding meaningful reasons to quit, (b) Declaring the intention to quit, (c) Facing the cessation, and (d) Successful cessation. The reasons to quit smoking included: health risks imposed by smoking such as cancers, hypertension; futility as expressed in the form of no benefits and financial and decreased work efficiency; stigmas from self, family and community; and loss of appetite. Declaring the intention to quit was presented in the form of informing the family and impulsive symbolical sign of breaking from smoking. During the cessation smokers faced physical and psychological signs such as fatigue, sleeplessness, irritations, and hunger for foods. They used replacements such as candy, seeds, pickled teas, and milk to relieve the craving. Some used tapering off techniques by reducing dose and number of cigarette as well as frequency of smoking. Smokers avoided places or groups of people where they could be tempted into smoking. Smokers with weaker impulses tended to fail for craving and returned to smoking; those with strong and meaningful impulses tended to succeed in quitting.

Conclusion & Recommendation: Better understanding of the process itself, barriers and facilitators in the process of quitting smoking can help smokers quit smoking successfully.

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Keywords: Smoking Cessation, Grounded Theory

CESSATION: A DESCRIPTIVE QUALITATIVE STUDY

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Backgrounds: Family support is a key to successful smoking cessation; however, there is limited evidence on how families from different cultures support their family members during the process of smoking cessation.

Purpose and Methods: For the purpose of instrument development, this descriptive qualitative study aimed to describe how family supports the smoking cessation of their relatives. Fifteen relatives of smokers and ex-smokers were interviewed using unstructured in-depth interviews and focus group discussions. Constant comparative analysis was used for data analysis.


Findings: Family influence emerged as a concept describing family involvement in the process of smoking cessation. It is comprised of three strategies, namely, negativity inflictions, suasion, and help. Negativity inflictions strategy includes stigmatizing and threatening to disown care responsibility. It is often the case that young children and grandchildren are asked by other family members to persuade smokers to consider stopping smoking. Help or support requires understanding of the process of smoking cessation, effective distance between smokers and family members and immediate attention to smokers' needs.

Conclusion & Recommendation: We found that family influence is a more complete concept to describe family's involvement in the process of smoking cessation. The FINISH questionnaire is being developed to measure such concept.

Keywords: Family Influence, Smoking Cessation

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SPIRITUALITY AS DESCRIBED BY NURSING STUDENTS: A QUALITATIVE STUDY

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Backgrounds: Spirituality is frequently described by nurses and nursing students as an important aspect of nursing practice; however, the meaning of spirituality is not often articulated in practice.

Purpose and Methods: This descriptive qualitative study explored how nursing students described the meaning and practices of spirituality. Ten third and fourth year nursing students were individually asked to articulate the meaning and practices of spirituality in their nursing practice and their own day-to-day living. Constant comparative analysis was used for data analysis.

Findings: Spirituality, according to the students, is something that can be felt but difficult to articulate as it is buried and engraved deep within the person's heart. It reflects "who you are", "who I am" or the individual person's self. The spirituality or the person's self is connected to certain beliefs, practices, people, beings and things. Despite inability to clearly distinguish psychological and spiritual states, students described spirituality as positive power. It is powerful in the sense that it gives positive energy and leads to positive actions such as motivation, inspiration, hope, happiness and strength.

Conclusion & Recommendation: Due to evidence of lacking spiritual care confidence among nursing students, nursing instructors should assist their students in establishing skills needed to explicate, recognize, express and respond to spirituality of their own and patients under their care.

Keywords: Spirituality, Nursing Students

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