

MAÑEGO, A. (2013). Self-Management Practices of Patients with Gallstone.
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ABSTRACT

This study determined the self management practices of patients with gallstones among residents in thirty two (32) barangays of City of San Fernando, La Union for the calendar year 2010-2011. The method used in this research was descriptive design. Questionnaire was used to gather data in the study. Weighted mean, frequency, percentage, weighted mean and the MS Excel Data Analysis Tool specifically ANOVA and T-test were used to treat and analyze the data gathered.

This study found that the majority of the respondents belong to the middle-aged female adult (36-65 years old) professionals. They had low levels of engagement on the activities that prevent further gallstone formation in terms of food intake and physical activities. On the other hand, they had a high level of engagement on the activities that aggravate formation of gallstone. There is no significant difference between the respondents' age, sex and occupation and their engagement on the activities that prevent or aggravate further formation of gallstones.

The following conclusions were drawn: middle age adult female professionals are prone to increase the size of their gallstones. They engage in taking in foods which promote gallstone formation as well as increased size of gallstones; respondents' sedentary occupation contributes to an increased risk for surgical management of their gallstones.

The researcher recommends the adaptation of the Information Education Campaign (IEC) in the promotion of self management practices on food intake and physical activities of patients with gallstone.