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Effect of Traditional Thai Medicine program on blood pressure level for Pre-Hypertension stage people of Kantang-Tai Sub-district Health Promoting Hospital, Trang Province, Thailand.

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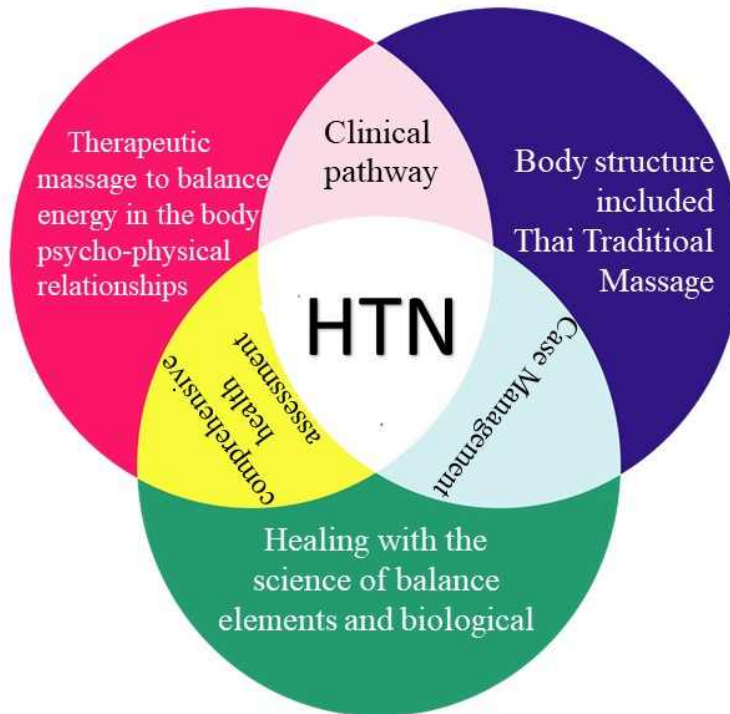
Objectives: The aim of this study was to investigate the effect of Traditional Thai Medicine program on blood pressure level with Pre-Hypertension stage people of Kantang-Tai Sub-district Health Promoting Hospital, Thailand.

Methods: This study used the quasi-experimental one group pre–post test designed to measure the effect of the intervention using health status in blood pressure level of pre-hypertension stage people. Thirty patients in Thai Traditional Medicine Clinic selected by mean of purposive, qualification-based sampling were given a Office of Alternative Medicine [2002] including comprehensive health assessment by Thai Traditional Medical Doctor, a clinical pathway developed by a multidisciplinary team, health education and consultation with Nurse Care Manager of Diabetes and hypertension and individual Innovative Therapy “Thai Traditional Therapy Healing” included 1) Healing with the science of balance elements and biological substances in the body use herbs in the context of space 2) Body structure included back massage, shoulder massage, neck and head massage for about 45 minutes. And 3) Therapeutic massage to balance energy in the body psycho-physical relationships include aromatherapy with music therapy and individual learning activities. Health status control in classification of blood pressure tests for adults based on JNC8 was collected before and after the program in the twenty-fourth weeks. Descriptive statistics and paired t-test were used to analyzed the data.

Results: After the twenty-fourth weeks, it was found the health status control in classification of blood pressure tests for adults decreased significantly ($p < .01$). The study findings support the effect of the Traditional Thai Medicine Program on blood pressure level for Pre-Hypertension stage people.

Conclusions: The result indicated that the selecting and the result applied of complementary care services among patients with pre-hypertension can be of help and beneficial in integrating complementary care with modern medicine in order to provide future better care for patients with hypertension.

Thai Traditional Therapy Healing



Concept of Innovative Therapy Thai Traditional Therapy Healing