

THE DEVELOPMENT OF COMMUNITY PREPARATION MANAGEMENT GUIDELINES TO PROMOTE EXERCISE FOR THE ELDERLY IN PRIMARY CARE UNITS NATIONAL HEALTH SECURITY OFFICE, BANGKOK

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Introduction

Statement and Significance of the Problem

National Health Security Office Or what we call it, the NHSO is a government organization under the Act. (Act (Act)) National Health Security Act B.E. 2554 under the supervision of the Minister of Public Health. As the chairman of the National Health Security Board by the National Health Security Office (NHSO) serving as the secretary office of the National Health Security Board. and the Board of Quality Control and Standards of Public Health Services which has the main task of managing the National Health Security Fund money for maximum efficiency as well as developing a public health service system to enable people to access quality services that meet standards And by managing the National Health Security Fund money efficiently, transparently, and can be examined. and maximize the benefit to the people under the principle "Mean of suffering, average happiness" by emphasizing on the protection of people's health rights according to the constitution.

Thailand has entered an aging society since 2005, with more than 10 percent of the total population over 60 years old . In 2014, there were 9.1 million elderly people in Thailand, or 13.990 percent, while Bangkok had an elderly population of 859,449 out of the total population of 5,692,284 people, or 15.09 percent , and it was estimated that in the year 2030, the number of elderly people will increase up to 25 percent , meaning that in the next 15 years, the proportion of the elderly population will reach 1 in 4 of the total population of the country According to the follow-up and evaluation of the performance according to the 2nd National Plan on the Elderly, B.E. 2546-2560 by region, including Bangkok Although Bangkok has had policies and plans for taking care of the elderly for many generations. But still not successful. There are still some elderly people who are unable to use government services.

For Bangkok, there is the National Health Security Office (NHSO) in area 13, Bangkok. is the responsible agency. It is realized that in the next few years there will be an elderly population and there will be more elderly people from the provinces moving to live in Bangkok. Because the children intend to bring the elderly to take care of them. The government has given importance to Thailand's transition to an aging society and has continued to have health care policies for all groups of the elderly. which is under the support of the National Health Security Fund budget by all elderly people which amounts to approximately 10 million people across the country. It is expected that 1 million people will be the elderly who are stuck in the house, stuck in the bed, have the right to receive health care. especially health promotion and disease prevention services Medical rehabilitation services according to the benefits package. Which is a necessary service for the elderly in the past, the public health and social services system was defensive. Provide core services to non-dependent groups. For dependent groups, services are limited and often take the form of intermittent support. At the same time, the potential of families in caring for the elderly deteriorated due to smaller family sizes. Movement of labor from rural to urban areas Working outside of the home of women by forecasting 2013 surveillance survey on physical

activity behavior of the Thai population, it was found that 66.3 percent of the population had sufficient physical activity and 60.5 percent of the elderly group had sufficient physical activity. Physical activity is 10 % more than female elderly , indicating that approximately 40% of the population remains. who still have insufficient physical activity for a good condition, or it can be said in another way that the elderly have low levels of physical activity or have sedentary behaviors and from the survey of sports behavior or exercise of the population. National Statistical Office, (2015) during March-April 2015 from a sample of 55 , 920 households across the country. It was found that the population aged 60 years and over had less movement of 99.5 percent when compared between administrative areas. It was found that in municipal areas the exertion rate was less than outside municipal areas. From the aforementioned problem situations, it has resulted in illnesses with chronic non-communicable diseases caused by lack of exercise or insufficient physical activity (Physical Inactivity). In the elderly, a variety of physical activities are required. At least 180 minutes per day or at least 150 minutes per week of moderate physical activity, especially among the elderly with chronic non-communicable diseases, namely diabetes, high blood pressure and heart disease. With the current increase, the government allocates a budget for the treatment of such patients, increasing steadily. This reflects the investment in budget, personnel and various facilities. To encourage people of all age groups to have insufficient physical activity or physical exercise or the existing physical activity promotion or exercise program does not meet the needs of the people at present and in the future. In the near future, Thailand will enter into a complete aging society. Which the problem of the elderly is becoming more and more complicated day by day, whether it is a health problem social and economic problems From the decreasing number of the working age group, it will lead to dependence on the working age group who have to take care of the elderly, which is gradually decreasing. and affect society and the government Which will have to bear the burden of caring and have to devote more budget to caring for the elderly who are stuck at home, stuck in the bed, not socializing and lacking exercise which is a sign indicating the stepping into a completely aging society Especially in the Northeastern region where the distribution of the elderly is the highest. Most of the elderly will be in the early age if there is a lack of management to prepare for entering the important old age. is to promote health care activities especially physical activity Which is an important issue that affects both physical and mental health, reducing sedentary behavior stuck in the house, stuck in bed, becoming more social Therefore, it is necessary to create an integrated policy system and mechanism in all sectors to promote and support service system Procurement of exercise places and equipment as appropriate and in line with the needs of the elderly for the elderly to have good health able to help themselves Reduce the burden of dependence and have a good quality of life. prolonging the duration of illness It will help reduce expenses for the government in terms of various treatment costs. of the elderly Which day by day there will be a trend of more and more expenses Therefore, the investment policy direction of government agencies when entering an aging society must give importance to health promotion. Slow down the deterioration of the body of the elderly and have the freedom to perform daily activities as needed. without having to rely on others Increasing physical activity and reducing sedentary behaviors are associated with lifestyle benefits for economic health. Thai environment and society at relevant sectors There must be serious coordination and integration of both policy and joint operations. And from the study of Pannee Panthewan, (2017), it was found that the ecological model and community-level changes caused by integrated community management and this model was used in multi-level community management. ranging from individual, family, interpersonal, organization, community and social levels Community management that affects the behavioral change of people in society with efficiency and sustainability.

Therefore, from the background and importance of such problems Therefore, the researcher is interested in a research study on “ Community Preparation Model for Promoting Physical Exercise in the Elderly in Primary Care Units. National Health Security Office Bangkok , which has the highest distribution of the elderly. when entering an aging society The problem will become more complicated and if the elderly lack physical activity, it will lead to illnesses with chronic diseases stuck in the house and stuck in the bed that increase more than other regions. The researcher is therefore interested in studying the community-driven physical activity promotion policy, the relationship of policy factors with physical activity and physical activity patterns among the elderly. multi-level, ranging from individual, family, interpersonal, organizational, community and social levels that corresponds to the needs of the elderly This will be beneficial to policy formulation or guidelines to promote physical activity, slow down the deterioration of the body, be able to be self-reliant, and when stepping into a complete aging society, it will be a society with healthy elderly people and quality of life. A good person can live in society happily and not be a burden on family members. society and nation

Research Question

1. What is a model for community preparation to promote exercise for the elderly in primary care units,. National Health Security Office Bangkok?
2. What are the supporting factors for community preparation to promote physical activity of the elderly in the community in various dimensions?
3. There are any suggestions on management approaches to prepare the community to promote exercise for the elderly in primary care units. National Health Security Office Bangkok

Research Objective

this study The researcher has studied “A model for community preparation to promote exercise for the elderly in primary care units. National Health Security Office Bangkok” by this research. The objectives of the research were defined as a guideline for the study, namely:

1. To study the community preparation model to promote physical exercise for the elderly in primary care units. National Health Security Office Bangkok
2. To study factors supporting community preparation to promote physical exercise of the elderly in the community in various dimensions.
3. To suggest a community preparation management model to promote physical exercise for the elderly in primary care units. National Health Security Office Bangkok

Research Hypothesis

This research study The researcher has formulated the following assumptions.

1. The level of opinions on the community preparation model to promote physical exercise for the elderly were different.
2. Community Preparation Factors to Promote Exercise for the Elderly According to the social dimension, there was a correlation with the physical activity of the elderly in the community.
3. The model factor of community preparation to promote physical exercise for the elderly according to the social dimension was related to physical activity demands of the elderly in the community.

Scope of the Study

At this time, the researcher can determine the scope of the research. To guide the study as follows

1. Scope of content Issues of this research study the researcher defined the scope of the study of the contents of the management of the national health security system when entering the aging society in District 13, Bangkok . By studying from the 2nd National Plan on the Elderly (2002 - 2021), divided into 5 strategies: 1.1) Strategy for preparing the population for the elderly with quality 1.2) Strategy for promoting the elderly 1.3) Strategy on Social Protection System for the Elderly 1.4) Strategy for Management for the Development of National Elderly Personnel Development and 1.5) Strategy for Compiling and Development of Knowledge on the Elderly and Monitoring and evaluation of operations According to the National Elderly Plan as well as studying from collecting various data related to the relationship of social factors to physical activity of the elderly and the model of physical activity promotion of the elderly in the community. by applying the concept of social theory Is a social ecology model (Social-Ecological Model), consisting of 1) individual level 2) interpersonal level 3) organizational or institutional level 4) community level 5) social level in the community. as well as from the performance data sheet Academic papers Relevant research results both within and outside the country. Include relevant information from the query. Information from electronic media or web sites To bring the information obtained to analyze to create new knowledge. Covering the subject of the research study

2. Population extent The population used in this research The aforementioned target groups who are related actors linked to the data used in this research are 30,000 elderly in primary care units in Bangkok , consisting of: 1 Siripat Phayat 2) Pibulwattana Clinic 3) Kluaynamthai Clinic, Sukwit 93 Branch 4) Thanarom Clinic 5) Thai Medicine and Traditional Medicine Clinic 6) Ruea Phra Ruang Clinic 7) Thammasawan Clinic 8) Tarawan Clinic 9) Thammawan Clinic 10) Phayathai Sithivej Clinic 11) Nawamin Clinic Ramintra Km. 8 Branch 12) Nawamin Medical Clinic Branch in front of Ladkrabang Industrial Estate 13) Sukcharoen Clinic 14) Pattana Vej Clinic 15) Bangchan Clinic 16) Siriphat Medical Clinic 17) Thai Traditional and Complementary Medicine Hospital 18) Kluaynamthai Clinic The Shoppes Grand Rama 9 Branch 19) Lasalle Medical Clinic Information from the Thai Traditional Medicine System Development Fund National Health Security Office Bangkok , (2017) Sample group using Yamane's formula, (1973) At the confidence level of 95% and allowing for error of 5%, the sample group was 400 people.

As for the qualitative research The researcher studied documents and in-depth interviews. Key informants were as follows.

1. Group of main informants Group 1 Government agencies consisting of
 - 1.1 Permanent Secretary of the Ministry of Public Health or a representative
 - 1.2 Director of the Division responsible for taking care of the elderly
 - 1.3 Director of the 13 health security offices and related personnel
2. The main informant group, group 2, primary care units in Bangkok consisted of senior management personnel Primary care physician Primary care unit manager Nurse/Public Health Officer who have passed the training course for primary care unit managers
3. Main informants Group 3: service users consisting of
 - 3.1 Elderly Club, District 13, Bangkok
 - 3.2 Representatives of elderly caregivers in Bangkok
 - 3.3 Elderly people

3. Time limits
The duration of the research was carried out between January 2016 and December 2019.

4. Boundary Area Primary Care Unit National Health Security Office Bangkok

Significance of the study

Research study “A model for community preparation to promote exercise for the elderly in primary care units. National Health Security Office Bangkok” by presenting the benefits that are expected to be received with the following details:

1. To know the form of community preparation to promote physical exercise for the elderly in primary care units. National Health Security Office Bangkok To lay down the quality of life management system for caring for the elderly and suitable for the paradigm shift organization development as well as being used as a guideline for continuous improvement in self-assessment

2. The results of the research will be used as information for community preparation to promote physical exercise for the elderly in primary care units. National Health Security Office Bangkok to achieve sustainability As a result, people's health conditions are stable, sustainable and effective in the long run. This will increase the knowledge of the factors that will lead to success or failure with the management of the problematic issues. both directly and indirectly that affect management efficiency and effectiveness, as well as preparation for solving problems and obstacles in taking care of the elderly when they enter a completely aging society that is about to happen in next future

3. To be used as a guideline for reviewing policies to determine which issues should be improved or recommended for the benefit of accessing government services for the elderly. along with the results of the study may be applied in relevant parts according to the National Elderly Development Plan above in line with the guidelines of the action plan, for example, emphasizing the participation of the elderly in society with dignity and changing the attitudes of society Not to view every elderly person as a disadvantage or a burden to society that needs to be embraced. but a diverse group of people who can still contribute to society Taken into consideration the improvement in relevant and academic benefits to increase the body of knowledge in public administration and social sciences in the care of the elderly in a sustainable manner.

4. Used as information for the National Health Security Office to study the criteria. Methods and conditions of care for the elderly to have a good quality of life by preparing a community to promote exercise for the elderly in primary care units. National Health Security Office Bangkok in caring for the elderly and studying the administration of government agencies in caring for the elderly during Thailand's transition to becoming a " completely aged society" for the elderly to have access to public health services thoroughly and efficiently in both building enhance health disease prevention diagnosis medical treatment and rehabilitation Necessary for health and life This will increase the knowledge of the factors that will lead to success or failure with management in the issues that directly and indirectly affect management efficiency and It is effective in preparing for solving problems and obstacles in caring for the elderly when they enter a completely aging society that will occur in the future.

Definition of term

to achieve understanding in the same direction The researcher therefore would like to explain the meanings of the terms as follows:

Policy means a policy to promote physical activity of the elderly in the community according to the social-ecological factors that affect physical activity of the elderly, consisting of individual, interpersonal, and interpersonal levels. organizational or institutional level community level and social level in the community as follows

1. Individual level means providing services or supporting the elderly with knowledge and awareness of physical activity or exercise, such as training to educate Information perception and attitude towards physical activity of the elderly

2. The interpersonal level (Interpersonal Level) refers to the support of the family. Relatives and close friends

3. Organizational or institutional level (Organizational Institutional Level) refers to public health agencies, local government agencies that promote exercise. Social development and human security consist of policy formulation. organizing physical activities and supporting physical activities in the community, such as places for physical activities, materials, equipment, budgets for exercise leaders academic knowledge, etc.

4. Community level means there are individuals, groups of people (exercise clubs, Tai Chi clubs, walking, running, cycling clubs), social networks. There are relationships and communications between individuals and communities that affect the organization of physical activities in the community.

5. Social level in the community (Societal Level) refers to the level related to public policies that affect physical activity. Physical activity of the elderly in the community, including measures to promote physical activities, exercise for the elderly in the community. honoring the elderly model promoting indigenous sports Campaign to create a trend for organizing physical activities in the elderly adjusting the environment to facilitate participation in physical activities and exercise in the community, campaigning, etc.

Physical activity means physical movement in various postures. In everyday life that contributes to the use and metabolism of energy by the muscles. Whether exercising, working, traveling, recreational activities Which is physical activity at a moderate level or higher, at least 3 times a week, 30 minutes each time , including walking, running, cycling, dancing, aerobic exercise, swimming, tennis, yoga, pole dance, tai chi A Stretching the muscles, etc.

The need to promote physical activity means the need to promote the organization of physical activity for the elderly in the community, consisting of:

1. Requirements for facilities consist of

2. In terms of places for organizing physical activities, such as inside houses, sports fields, parks, roads around the village, etc.

3. Supporting things , including outdoor exercise equipment Other indoor exercise equipment for exercise, etc.

The need for physical activity management services in the community means the need for support for exercise leaders. service In terms of support, including budget, outdoor exercise equipent Indoor exercise equipment, other equipment for exercise, etc.

Social needs and social measures refer to the need for social support. Community measures, campaigns, public relations in the community to create awareness and trends in physical activity among the elderly in the community.

Physical activity needs refer to physical activity needs. for the elderly, including activities such as aerobic dancing, walking, swinging arms, running, biking, local sports, Tai Chi, dancing, singing, recreation, exercising and exercises applied to Thai culture, etc.

Forms of physical activity promotion refer to organizing physical activities for the elderly in the community to prepare them for entering the aging society, consisting of:

1. In terms of physical activities, such as organizing aerobic dance activities, walking, swinging arms, running, biking. local sports, tai chi, dancing, singing, recreation, exercise and exercise applied to Thai culture, etc.

2. The place for organizing physical activities such as inside the house, sports field, public park. roads around the village, etc.

3. Supporting things, including budget, outdoor exercise equipment Indoor exercise equipment, other equipment for exercise, etc.

4. Promotion of physical activities, including campaigns, public relations Rewarding role models, etc.

Preparing the community to enter the aging society means a form of health promotion for the elderly in the community.

Government service means the administration of state affairs. must be for the benefit of the people Office of the Public Sector Development Commission

The National Health Security Office (NHSO) means the National Health Security Office. It is a government organization under the National Health Security Act, B.E. 2545.

Elderly means according to the Older Persons Act B.E.

An aging society means a society with a population aged 60 years and over living in the area per population of all ages in the same area at a rate equal to or more than 10 percent or having a population aged 65 years and over living in the area per population. all age groups in the same area at a rate equal to or greater than 7 percent

Completely aged society (Aged Society) refers to a society with a population aged 60 years or more who actually lives in the area per population of all ages in the same area at a rate equal to or more than 20 percent or a population aged 65 years or more. physical address in the area per population of all ages in the same area at a rate equal to or greater than 14 percent

The role of private primary regional agencies in providing elderly social care services means achieving objectives by using an orderly process by relying on administrative resources, namely people, money, materials and management. Therefore, management is a process that executives need to use both "science" and "art" to persuade people to turn to help the organization in order to achieve cooperation in working to achieve the goals set. in which the executives must act as both heads, leaders, and coordinators effectively through 7 processes : planning, organization side management

Personnel Directing Coordinating Reporting and Budget Management

Elderly means a person who is over sixty years of age and holds Thai nationality according to the Older Person Act, B.E. 2546.

An aging society means a society with a population aged 60 years and over living in the area per population of all age groups in the same area at a rate equal to or more than 10 percent or having a population aged 65 years and over living in the area per population. all age groups in the same area at a rate equal to or greater than 7 percent

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Services and welfare means the right to access medical care for people in a particular community.

Health promotion and rehabilitation refers to the services of public health personnel to keep people healthy, including maternal and child health care. family planning Prenatal care of pregnant women during childbirth and after childbirth infant and child care, vaccination, nutrition, health education Counseling, advice, school health Aimed at individual, family and community services in the first regional private sector in providing care services for the elderly society in Bangkok.

Theoretical Concept

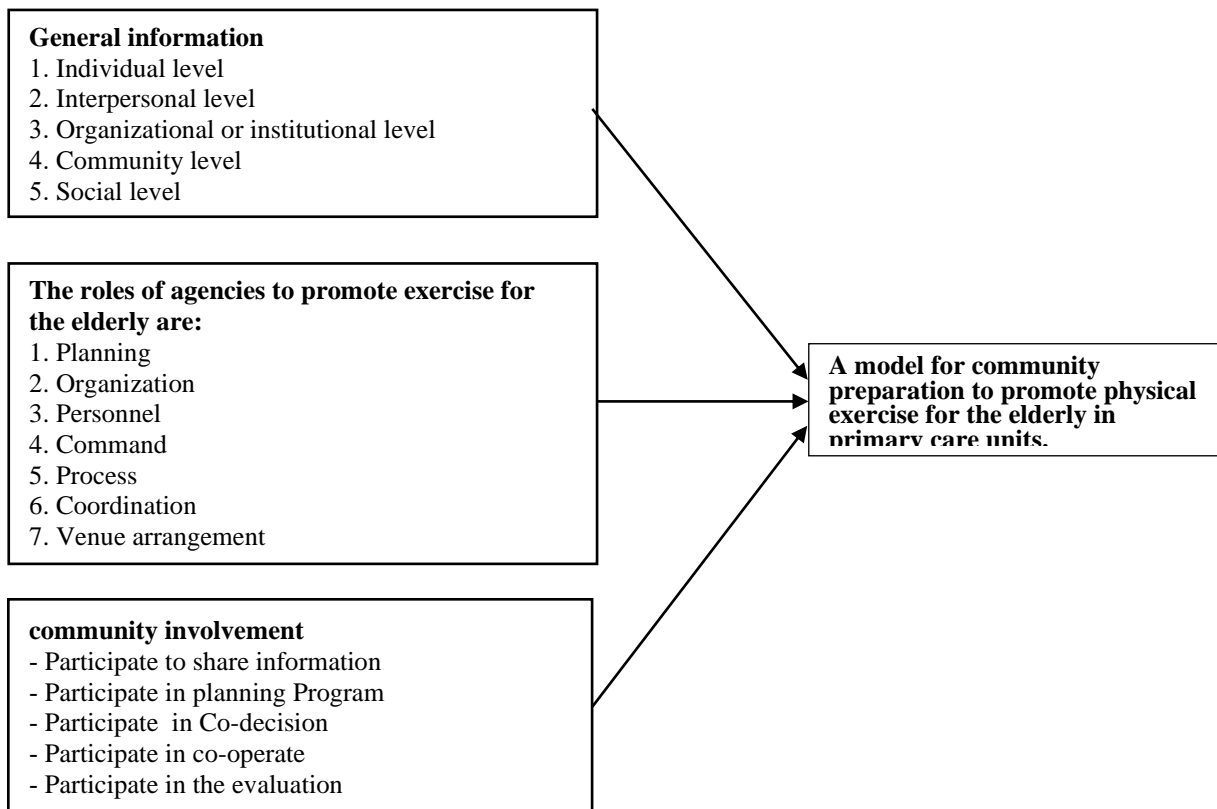
1. The 13th National Economic and Social Development Plan (B.E. 2566-2570) on the mission to promote the potential of the elderly

2. Action Plan on the Elderly, Phase 3 (2023-2037)

3. National Health Act 2007
4. The concept of the elderly
5. The concept of health promotion for the elderly
6. Theoretical concepts about learning
7. Participation Theory
8. Theoretical concepts of health and health promotion
9. Theoretical concepts about development management
10. The concept of human potential development
11. Related Research
12. Conceptual Framework

Conceptual Framework

Research study “A model for community preparation to promote exercise for the elderly in primary care units. National Health Security Office Bangkok” from literature reviews and related works. which can be written as a system as follows



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