

"A Study to assess the prevalence, knowledge & practice regarding prevention of varicose vein among nurses in selected hospital at Mumbai."

✍ *Mrs.SushmaPandey **Mrs.Jovita Alex

Introduction

Nursing is a noble profession. It is an art of providing love and care. Nurses are person who stands alone, dares to provide care in all situations, so they play a role of backbone of healthcare, profession. Nurses are being as a health care team member provides quality care to the patient at any condition regardless of their own life and need. They work in shifts in all seasons by sacrificing their need. Nurses are people who stay with patient for prolong duration and create a bond of humanity. They work in various sectors such as OPD, Ward, ICU, Casualty, OT, with different duties and duration. They are prone to get occupational problems such as needle stick injury, backache, especially varicose veins. A varicose vein is a palpable subcutaneous vein i.e. dilated tortuous, saccular and generally larger than 3 mm.

Need for the study

Varicose vein are known to be more common among professionals who requires prolong standing such as Nurses, sales people, teachers, hair stylist, shop keeper, construction workers, auxiliary medical person, policeman, bus conductor. Among these nurses are at higher risk of developing varicose vein cause of the nature of their job which requires prolong standing at patient bedside and this increases risk of varicose vein in there later life. The only way to avoid varicose vein in nurses is to follow the preventive majors.

In India 10%-20% of general population eventually develop varicose vein in due course of their life. It is estimated that 4.47 % of Indians are suffering from varicose vein.

Studies have shown that incidence of varicose vein is around 25% in females. With regard to gender, majority of nurses are female nationwide and internationally.

There are hardly any studies showing prevalence of varicose vein in nurses. Varicose vein is preventable disease but most nurses are ignorant. Thus we feel that there is need to assess prevalence, knowledge and practices regarding prevention of varicose vein among

nurses.

Problem statement

"A Study to assess the prevalence, knowledge & practice regarding prevention of varicose vein among nurses in selected hospital at Mumbai."

Objectives of the study:

1. To assess the prevalence of varicose vein among nurses in selected hospital.
2. To assess the knowledge and practices of nurses regarding prevention of varicose vein among the nurses in selected hospital.
3. To determine the relation between knowledge and practices regarding prevention of varicose vein among nurses.

Hypothesis

- H1:- There may be majority of nurses suffers from moderate to severe varicose veins.
- H2:- There may be significant relationship between knowledge and practice regarding prevention of varicose vein.

Approach & Design

Descriptive design was used to collect data.

Setting of Study

K.J.Somaiyahospital and research center was taken as setting of the study.

Sample and Sampling Technique

The sample size was 100 Nurses working in K.

Author Details

Associate Professor & ** (Lecturer), 4th year students
J. Somaiya College of Nursing, Mumbai.

SECTION B:- Structured questionnaire on knowledge regarding prevention of varicose vein.

SECTION C:- Structured questionnaire on practices regarding prevention of varicose vein.

SECTION D:-1) Checklist on physical assessment

2) Plethysmograph

Validity of the Tool

The tool was validated by nursing experts who in the field of research. The changes were made in tool according to the suggestions of experts and the tool was validated and finalized.

Reliability

The reliability of tool was assessed by using Pearson formula.

The value of "r" obtained was 0.84 which showed that tool is statistically reliable. This sample for reliability testing was included in the main study.

Pilot Study

Pilot study was conducted to estimate the feasibility of the study at K. J Somaiya college of nursing.

Data gathering process

Data collection was done on 19th and 20th December 2017 at K. J. Somaiya hospital. The questionnaire was provided to the samples to gather data about knowledge and practices regarding varicose veins. Checklist was used to assess the clinical manifestation of varicose veins and the prevalence of varicose veins was determined by using plethysmography.

Data Analysis:

AGE: Result shows that, Majority of nurses (43%) belongs to the age group 20-30 years, 29 % from 31-40 year of age group, 22% were from 41-50 year of age group and 6% of participant belong to 51-60 year of age, respectively.

QUALIFICATION: It is noticed that Majority (76%) of nurses were GNM, 11% were from B.Sc. 10% were from ANM category and 3% from M.Sc. category.

5. **KNOWLEDGE:** It shows that, the majority (48 %) of nurses had average knowledge, 46 % had good knowledge and only 6% had poor knowledge.

6. **PRACTICES:** It shows that the 50% of nurses were performing practices to prevent varicose vein.

7. **PHYSICAL ASSESSMENT:** The result shows that the majority of nurses had mild pain 40%, 38% (right & left leg) & moderate pain 30%, 35% (right & left leg) respectively. Rest of the nurses had severe pain that is 11% & 11% (right & left leg).

8. **PLETHYSMOGRAPH:** The data shows that the majority of nurses had moderate 58%, mild 23% and only 1 % had severe form of varicose vein.

Figure 1: Knowledge regarding varicose veins

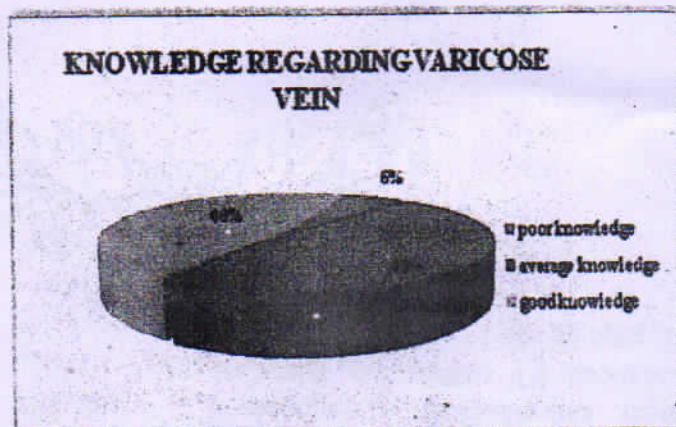
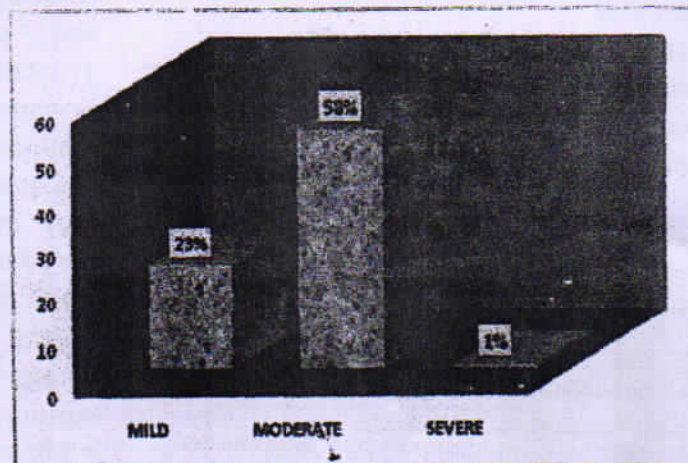
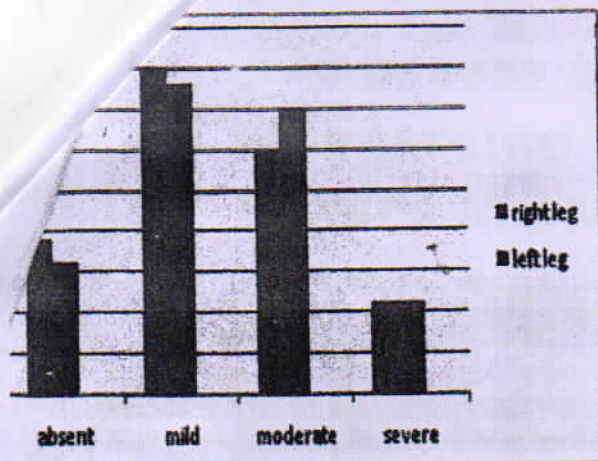


Figure 1: Knowledge regarding varicose veins





Conclusion

The present research study concluded that the nurses had mild to moderate leg pain. The majority of nurses had mild and moderate form of varicose veins. Many nurses were performing practices related to varicose vein.

References

1. Kaur Khwinder, Kaur Maninder; a textbook of nursing foundations; PV publication, Jalandhar, 2016 edition, page no -50

2. Hinkle Janice L., Cheever Kerry H., Brunner and Mazur's textbook of medical surgical nursing, volume 2, 13th edition, Wolters Kluwer publication, page no-381.

3. Hinkle Janice L., Cheever Kerry H., Brunner and Mazur's textbook of medical surgical nursing, volume 2, 13th edition, Wolters Kluwer publication, page no- 855.
4. Lippincott manual of nursing practice. 10th edition, Wolters Kluwer publication, page no.382.
5. Mishra Neeta, Solanki Shiv Lal, Mishra Surya, "Lower limb varicose vein among nurses, Udaipur", Int J Cur Res Rev, December 2015, vol 1, issue (24), page no -51- 55.
6. Christensen JP, Kenney WJ. Nursing process: Application of conceptual model. 4th ed. St. Louis: Mosby; 1995.
7. Evans C.J. et al, "Prevalence of varicose vein and chronic venous insufficiency", J. epidemiology community health, March 1999, vol3, issue (53), page no 149-153.

