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OF SELECTED HOSPITALS AT MANGALURU WITH A
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RESEARCH ARTICLE

A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE REGARDING RISK FACTORS AND PREVENTIVE MEASURES OF VARICOSE VEINS AMONG STAFF NURSES OF SELECTED HOSPITALS AT MANGALURU WITH A VIEW TO DEVELOP AN INFORMATION BOOKLET

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ABSTRACT

Health is not something that one possesses as a commodity, but connotes rather a way of functioning within one's environment (work, recreation and living). Millions of workers spend majority of the working day on their feet and many hours in static positions. Standing uses 20% more energy than sitting and because human bodies are not designed to stand at work, prolonged standing, can lead to tiredness, loss of concentration and increased health risks.

Nurses are the main pillars of a health care delivery system. They bear the weight and responsibility of the providing care to the clients. There are a lot of problems faced by nurses since they stand most of the working day and it has a great effect on the lower limbs. It can damage the joints, make muscles ache and more over cause a disorder referred as 'varicose veins.'

A Descriptive survey approach with non-experimental descriptive survey design was used for the study. Population of the study was staff nurses. Non-probability purposive sampling technique was used to select samples (n=100). The data collection tool consisted of demographic data and knowledge questionnaire. Many of the subjects (61%) were having good knowledge regarding varicose vein, followed by 26% having average knowledge, and 10% were having very good knowledge. The mean percentage of overall level of knowledge was 59.64%. Analysis of the association between the level of knowledge and selected demographic variables exposed that there was significant association between the level of knowledge and marital status, academic qualification, years of experience in the present ward and Source of Knowledge (P>0.05).

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INTRODUCTION

Health is the level of functional or metabolic efficiency of a living being. Health is deeply related to lifestyle. Ideal health will however, always remains a mirage, because everything in our life is subject to change. Health may be described as a potentiality or the ability of an individual or a social group to modify himself or itself continually in the face of changing conditions of life not only to function better in the present but also to prepare for the future. Moreover today increasing emphasis is placed on health, health promotion, wellness and self care.¹

Special efforts are being made by the health care professionals to reach and motivate members of various cultural and socioeconomic groups concerning lifestyle and health practices. Health education is considered to be an independent function of nursing practice and a primary responsibility of

nursing profession. The nurses are not only supposed to give health education to her client but also to the family and the community. There is a need of the health care professionals to recognize the need to educate the public regarding various emerging diseases.

Millions of workers spend majority of the working day standing and many hours in static positions. Standing uses 20% more energy than sitting because the human body is not designed to stand continuously at work. Prolonged standing may lead to tiredness, loss of concentration and increased health risks. These health risks include swelling of feet and legs, feet and joint damage, varicose veins, heart and circulatory disorders, lower back problems and pregnancy complications. In the present scenario, one of the most important condition that results from prolonged standing is varicose veins. Severe varicose veins can have an impact on the lives of the people who work on their feet especially the

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teachers, nursing staffs, flight attendants, dental staff, traffic and bar workers, postal workers, construction workers and bank staff.²

The term “varicose” is derived from Latin “varix” (pleural varices) meaning bent. Varicose veins are tortuous, distended and bulging veins (varicosities) beneath the skin of the legs. They are most often swollen, gnarled veins that frequently occur in the legs, ankles and feet.³

Nursing is a balanced art of compassion and science of concern. "The profession of nursing as a whole is overloaded. Individual nurses are overloaded by the number of patients they oversee and by the number of tasks they perform. They work under cognitive overload, engaging in multitasking and encountering frequent interruptions. They work under perceptual overload due to medical devices that do not meet perceptual requirements, insufficient lighting, illegible handwriting, and poor labelling designs. They work under physical overload due to long work hours and patient handling demands. The fast-paced and unpredictable nature of health care place nurses at risk for injuries and illnesses as they stand most of the working period and it has a great effect on the lower limbs that is it can damage the joints, cause muscle ache and a major condition affecting is ‘varicose veins’.⁴

Varicose veins (VV) of the lower limbs is considered as the most common vascular disorders in humans, creating serious signs and symptoms in patients and sometimes leads to surgical treatments and widespread morbidity. Varicose veins is one of the chief preventable diseases which are associated with veins. It is a serious disease, which poses threat of life of patient when effective and efficient measures are not taken.

Current statistics reveal that nearly 2.7 million people worldwide, suffer from varicosities and the toll is ever increasing. Where India is concerned, experts are witnessing a growing prevalence of varicosities especially among women. Nearly, 20-15 per cent of women and 10-15 per cent of men suffer from varicose veins in India.⁵

It is estimated that varicose veins occur in up to 60% of the adult population in United States with an increased incidence correlated with increased age. The condition is most common in women and in people whose occupation require prolonged standing, such as teachers, salespeople, hairstylist, nurses, ancillary medical personnel and construction workers.⁶

MATERIALS AND METHODS

A Descriptive survey approach with non-experimental descriptive survey design was used for the study. Population of the study was staff nurses. Non-probability purposive sampling technique was used to select samples (n=100). The data collection tool consisted of demographic data and knowledge questionnaire. Content validity of the tool and information booklet was done by 9 experts. The reliability of the tool was determined using Spearman’s rank co-efficient co-relational formula. As per the formula it was found to be $r_{(10)}=0.91$, which was highly reliable. The pilot study was conducted among 10

staff nurses in K.S. Hegde Hospital, Mangaluru (Annexure 3) No modification were made after the pilot study. The main study was conducted from 8th June 2015 to 13th June 2015. Data were collected from 100 staff nurses from Yenepoya Medical College Hospital, Mangaluru. The data obtained were analyzed in terms of objectives and hypothesis using descriptive and inferential statistics.

RESULTS

Major findings of the study

The findings of the study demonstrated that among 100 staff nurses surveyed, majority (64%) belong to the age group of 21-25 years, maximum number of subject were female gender (76%), Majority of subjects were single (63%), most subjects belonged to GNM category (56%), About 49% were having 1-5 years of experience, majority (60%) were having <1 year experience, 65% of subjects had previous information regarding varicose vein, about 10% were obtained information from CNE, 11% were obtained from newspaper, 23% were obtained from internet sources and 22% were obtained from other sources.

Distribution of subjects according to their level of knowledge

Many of the subjects (61%) were having good knowledge regarding varicose vein, followed by 26% having average knowledge, and 10% were having very good knowledge. The mean percentage of overall level of knowledge was 59.64%.

Association between the level of knowledge and selected variables

There is a significant association between the knowledge and demographic variables i.e. marital status ($X^2 = 9.086, p=0.169$), academic qualification ($X^2 = 23.543, p=0.001$), years of experience in the present ward ($X^2 = 20.478, p=0.015$), Source of Knowledge ($X^2 = 15.472, p=0.217$). Hence the null hypothesis is rejected and research hypothesis is accepted for these demographic variables.

DISCUSSION

The findings of the study demonstrated that among 100 staff nurses surveyed, many of the subjects (61%) were having good knowledge regarding varicose vein, followed by 26% having average knowledge, and 10% were having very good knowledge. The mean percentage of overall level of knowledge was 59.64%.

Analysis of the association between the level of knowledge and selected demographic variables exposed that there was significant association between the level of knowledge and marital status, academic qualification, years of experience in the present ward and Source of Knowledge ($P>0.05$). It was also evident from the study that there was no significant association between the level of knowledge with other demographic variables like age, gender, professional

experience and previous information regarding varicose. ($P < 0.05$).

CONCLUSION

The findings of the study illustrated that nominal number of staff nurses are having very good knowledge regarding varicose vein which indicates that there is still lack of adequate knowledge. Thus, there should be changes brought about in nursing practice, nursing education, nursing administration and nursing research through in-service education and course, awareness regarding various health problems among nurses due to occupational hazards, knowledge and practice can be improved through integrating this into all levels of curriculum in nursing education. Nursing administration plays an important role in the supervision and management of nursing professionals in order to improve their knowledge, skills and stay aware of the latest advancement in the technology to prevent varicose veins. Nursing research essentially is a problem solving process, nurses have to gather information regarding facts, ethical issues about varicose veins and change practices based on scientific knowledge.

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