

ASSESS THE LEVEL OF KNOWLEDGE REGARDING MANAGEMENT OF VARICOSE VEIN AMONG HEALTH CARE WORKERS IN SELECTED SMS HOSPITAL JAIPUR

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Abstract

Varicose veins are twisted, enlarged veins, often dark blue in colour, near to or raised above the surface of the skin mainly seen in the lower limbs. The veins can stretch from the increased pressure. This may weaken the walls of the veins and damage the valves each individual may experience symptoms differently. The present study objective is to assess the knowledge on prevention and management of varicose veins among health care workers. Methodology: The research design adapted for this study was a non- experimental descriptive research design. Non-probability purposive sampling technique was adopted. Samples were selected on the basis of inclusion criteria. Samples used were 52 health careworkers who are working in the SMS medical college and hospital.

Keywords: *Varicose veins, Self-instructional Module, Traffic police employee, Prevention and management*

INTRODUCTION

Varicose veins are normal in the shallow veins of the legs which are liable to high pressing factor when standing. Gathering of increasingly more venous blood in the shallow venous framework makes the shallow veins widened and convoluted. Professions including standing or sitting for delayed timeframes have an expanded danger of creating varicose veins i.e., store agents, servers, stylists, airline stewards, educators, medical care laborers like going to doctors, understudies and clinical understudies house staff, subject matter expert, enlisted attendants, medical caretaker's specialists and doctor's right hand, professionals, actual advisor, clinic drug specialist, social laborers, fast reaction group and other colleagues

METHODOLOGY

The descriptive designs were utilized. Non-probability purposive sampling technique was adopted. Samples were selected on the basis of inclusion criteria. Samples utilized were 52 health care workers who are working in the SMS hospital. The investigator presented herself, clarified about the reason for the study and their entitlement to take an interest or pull out from the investigation to the members and the educated assent was gotten from all members. The tool comprises of two areas, Section I: It manages age in years, sexual orientation, Proficient capability, assignment and conjugal status, Section: II Assessment of knowledge in regards to varicose vein among medical services laborers. This segment comprise of two sections with various reactions was assessed by structured questionnaire developed by the investigator.

RESULTS

The level of knowledge regarding management of varicose vein among health care workers, mean score was 12.54 with standard deviation 3.58 with minimum score of 6.0 and maximum score of 20.0. The calculated health care workers independent 't' test value of $t = 1.389$ was found to be statistically significant. This indicates that there was significant difference in the level of knowledge about varicose vein among health care workers SMS hospital. This clearly infers that health care workers in SMS Hospital had more knowledge about varicose vein

Section A: Description of the demographic variables of the health care The study shows that, most of the health care workers 34(65.4%) were aged between 21 – 30 years, 27(51.9%) were male, 41(78.8%) were BSc. Nursing, 22(42.3%) were staff nurses and 29(55.8%) were married.

CONCLUSION

This study concluded that health care workers had a good knowledge regarding management of varicose vein. Periodic health education and health promotional strategies need to incorporate for the management of varicose vein among the health care workers.

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