



"A Descriptive Study to Assess the Knowledge and the Prevalence of Varicose Vein Among Traffic Police at Ahmedabad With a View to Develop a Information Booklet"

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ABSTRACT

A study to assess the effectiveness of planned teaching programme in terms of knowledge regarding Basic life support among 2nd year B.sc nursing students in selected nursing colleges in Gandhinagar, Gujarat. The objective is to assess the knowledge before and after administrating planned teaching programme, assess the effectiveness of knowledge regarding basic life support. Pre-experimental quantitative research approach was used with one group pretest post test designate investigator used non-proability convenient sampling technique for selecting 100 sample. Planned teaching programme was developed regarding basic life support. Structured knowledge questionnaire was developed to assess the knowledge regarding basic life support among 2nd year B.sc nursing students. The mean post test knowledge score was 32.68 which is Higher than mean pretest knowledge score 16.32 and calculated 't' value is 4.1156 which is Higher than tabulated value 2.020 at the degree of freedom at 0.05 level which was statistically significant so, the null hypothesis were rejected and research hypothesis were accepted. Thus it indicate that the planned teaching programme was effective in improving the knowledge regarding basic life support among 2nd year B.sc nursing students.

KEY WORDS: Planned teaching programme, basic life support, knowledge, 2nd year B.sc nursing students.

INTRODUCTION

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). Though several types of environment exist, it is the physical environment, which plays an important bearing on health. In today's competitive and industrial life man spends most of his time in work place. So, health to a large extent is affected by work conditions. Air, noise, heat, radiation, etc., are the main sites of environment pollution and this is more so in urban areas¹.

The health hazards get more severe when the duration of exposure increases. Traffic police have to undergo physical strain in an environment polluted by fumes, exhaust of vehicles, use of blowing horns, blow of dust in the air by a speeding vehicle, etc. The personnel also pursue a near-sedentary type of work as they only stand at one place for long hours or just walk a few meters, only when necessity arises. These

factors such as prolonged standing and restricted mobility in terms of work demand pose as a health hazard. Varicose veins are one of the most occurred occupational problems among traffic police.

Varicose veins occur when the vein becomes distended or swollen and the valves which move blood to the heart cannot close properly and start to leak. Blood which should have been pushed back up to the heart leaks downward, pooling in the lower extremities of the body and causing the veins to bulge. These veins are most commonly found in people who sit or stand in one position for prolonged periods of time, people who habitually sit with their legs crossed, and those who lack proper regular exercise.

Excess weight, heavy lifting, and pregnancy also increase the likelihood of developing varicose veins as they all put increased pressure on the body. Increasing age, menopause, genetic weaknesses in the vein walls or in their valves, excessive pressure within the veins due to a low fiber diet which causes an increase in straining during bowel movements, and damage to the veins or to their valves resulting from inflammation also increase the risk of developing varicose veins¹.

Varicose veins may or may not be accompanied by symptoms such as fatigue, aching discomfort, feelings of heaviness or pain in the legs, fluid retention, swelling and pain in the feet and ankles, and discoloration. These dilated and often painful veins affect 50% of middle-aged adults and are twice as common in women as in men².

BACKGROUND OF THE STUDY

" India consists of various populations with different types of occupations. The list of occupational hazards just seems to be increasing. People are expected to respond to a variety of situations that may arise while they are on duty. Responsibilities of a traffic police are varied, and may differ greatly from within one political context to another. However, working conditions may differ; it does not vary in terms of basic duties. Typical duties relate to keeping the peace, law enforcement, protection of persons and property, and the investigation of crimes.

People who are involved with prolonged sitting or standing in their daily activities have an increased risk of developing varicose veins. Thus, the weight of the blood continuously pressing against the closed valves causes them to fail, leading to distention in the veins. Reason is same for the traffic police, who as a part of their duty need to stand for long hours, placing them at higher at risk of developing varicose veins.

Varicose veins have become a serious threat to the lives of millions of people across the globe and is said to be ignored by people living across India. "There is an urgent need to spread awareness about varicose veins in India. Many people suffer from it, but most tend to ignore it and that is not good as it can lead to complications in the advanced stage"⁴.

It is estimated that 10 to 20% of the general population of India eventually develop this disorder in the course of life. It is much more common in the age groups over 50, in which the incidence may reach a figure of 50% of individuals. Over the age of 30, females are affected four times more commonly than males, a reflection of the venous stasis in the lower legs caused by pregnancy⁵.

A study was conducted in Heraley vein street clinic in London. People who spend most of their working day in a standing or sedentary position (eg, police officers, teachers, sales assistants) are considered to be at a high risk for varicose vein development. The development of varicose veins usually occurs in the superficial venous system of the lower limbs, especially in the long saphenous veins (LSVs) and their tributaries. The short saphenous vein (SSVs) behind the knee and its tributaries can also become varicose, but this occurs less often. The reported incidence of varicose veins in adults varies from 7% to 40% in men and from 14% to 51% in women⁶.

The Indian traffic police officials are suffering silently. The health signals for the men in uniform are flashing red because they are required to stand for long hours and expose themselves to extreme vehicular pollution and stressful environment. A growing number of traffic policemen are suffering from varicose veins, a painful ailment which often develops due to high pressure while standing and walking⁷. Over 80% of people studied in a population based evaluation were found to have visible evidence of venous disease⁸.

A study was done to assess the prevalence of varicose veins and awareness regarding it among Goa police (2009). The medical practitioners attending these cops say that many traffic personnel who are on the verge of retirement suffer with varicose veins. They also said that earlier they kept on neglecting symptoms like blood pooling in the legs can cause swelling and pains. It is not much prevalent amongst the younger cops as they are health conscious and consults doctors even after small neck or leg pain⁹.

OBJECTIVES OF THE STUDY

- To Assess The Knowledge Of Varicose Vein Among Traffic Police.
- To Assess The Prevalence Rate Of Varicose Vein Among Traffic Police.
- To Develop an Information Booklet For Traffic Police Regarding Varicose Vein.

Inclusion criteria for sampling:

This study will include traffic police

- Working in selected police station at Ahmedabad.
- Who are willing to participate in the study.
- Both men and women.

Exclusion Criteria for sampling:

This study excludes the traffic police

- Who are not willing to participate.
- Who are retired.
- Who are not available during time of data collection.

DELIMITATION

The study is limited to:

1. Traffic police of selected area of Ahmedabad.
2. Traffic police who are available at the time of study.

METHODOLOGY

Under the methodology, the investigator has discussed project implementation, collection of the data and plan of data analysis. It includes research approach, description of setting, sampling and actual sample, construction of tools and rational execution of plan of data collection. It is also identified the methods that were used to analyze and interpret the data.

A descriptive approach helped the investigator to assess the prevalence of Varicose vein within a single group of samples working in selected area of Ahmedabad of Gujarat State. Research design selected for the present study is cross sectional with typical descriptive design. Investigator will make decisions about full nature of the intervention as part of the research design. Research design used for the proposed study is cross-sectional with typical descriptive design to find out the prevalence of Varicose vein among the traffic Police working in Ahmedabad of Gujarat State. In this study, the Target population consisted of Traffic Police working in the Ahmedabad of Gujarat State. The sample consisted of 60 samples that is Traffic Polices working in the selected Area of Ahmedabad in Gujarat State. With the help of purposive sampling Investigator had selected the samples. Out of 4 area of the Ahmedabad by table method an reset of 3 area were for final data collection. Then from the traffic polices were selected by purposive method. Samples were selected as the representative units from the population and to make generalization possible and also to reduce sampling error and to support hypotheses with the statistical conclusion. A structured Knowledge Questionnaire is series of items are provided with sequence of code numbers for the purpose of gathering information from respondents. They are often designed for knowledge analysis of the responses. A structured observational checklist was used for assessment of subjective symptoms of varicose vein among traffic Police working in Ahmedabad of Gujarat State. The Information booklet was developed by the investigator keeping in mind the blueprint, review of literature and expert opinion. The main factors

considered for preparation of Information booklet are convenience, self-pacing and independent study, appropriate and colorful illustrations were incorporated to enhance understanding. It envisaged that self-pacing would give learning opportunity to both slow and fast learner. The final draft of Information booklet prepared after suggestion ' given by the experts. Information booklet arranged in terms of prephase, acknowledgement and content. The content is divided in to three areas having with pictures. The material developed in English and Gujarati language. Information booklet prepared by investigator under the guidance of research guides.

RESULTS

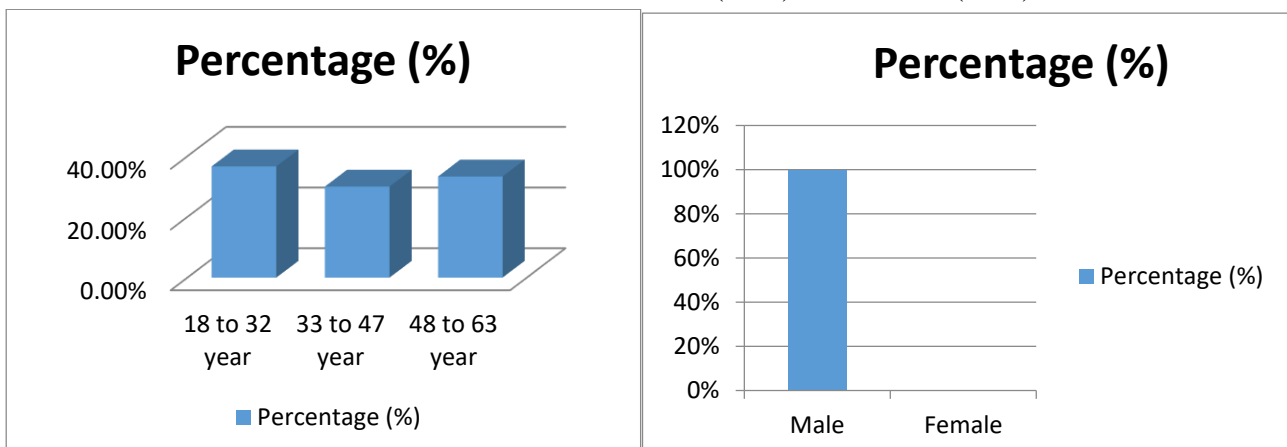
[N=60]

Table: 3

Percentage wise distribution of sample by their distribution of sample by their characteristic: age, sex, working hour and exposure to source of information related to varicose vein

Sr. no.	Variable	Frequency	Percentage (%)
1.	Age:		
	(a)18 to 32 year	22	36.66%
	(b)33 to 47 year	18	30.00%
	(c)48 to 63 year	20	33.33%
2.	Sex:		
	(a) Male	60	100%
	(b)Female	00	00%
3.	Weekly working hour:		
	(a)40-45 hours	00	00%
	(b)45-50 hours	00	00%
	(c)50-55 hours	60	100%
4.	Exposure to source of information related to varicose		
	(a) yes	06	10%
	(b)no	54	90%

Data presented in table No. 1 shows Frequency and percentage wise distribution of age, sex, weekly working hours, exposure to source of information to related to v.v. for the distribution of sample by age group 22 (36.66%) were belong to 18 to 32 year, 18 (30.00%) were belong to 33 to 47 year and 20 (33.33%) were belong to 48 to 63 age group. As regard to sex 60 (100%) sample were male and 00 (00%) a sample were female. Awarding to working hour 00 (00%) were 45-45 hours 60(100%) were 50-55 hours as per exposure to source of information related to varicose vein 06 (10%) Yes and 54 (90%) No.

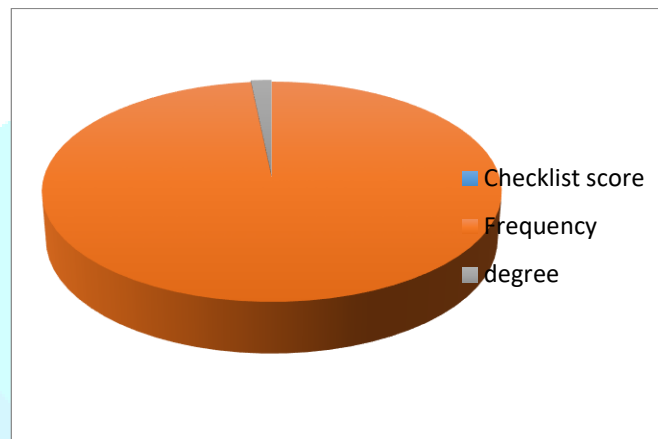


FREQUENCY AND PERCENTAGE WISE DISTRIBUTION OF CATEGORIZATION OF PREVALENCE OF VARICOSE VEIN IN TERMS OF ABSENT AND PRESENT AMONGST SAMPLE O THE BASES OF STRUCTURED CHECKLIST SCORE.

N=60

Category of varicose vein	Checklist score	Frequency	degree
Absent	0 to 07	22	36.66%
Present	08 to 15	38	63.33%
Total.		60	100%

Table-2 represented the distribution of prevalence of varicose vein in two different level absent and present in terms of frequency and percentage. based on statistical data out of 60 samples 22 (36.66%) rated Absent and 38 (63.33%) rated Present of varicose vein in checklist. So majority of samples had present varicose vein in subjective symptoms of structured checklist.



Pie Chart showing percentage wise distribution of varicose vein among samples in terms of absent and present on the basis of structured checklist score.

ANALYSIS AND INTERPRETATION OF THE QUESTIONNAIRE TOOL FOR ASSESSING KNOWLEDGE OF SAMPLE RELATED TO VARICOSE VEIN.

Category	Questionnaire Score	Percentage (%)
Poor	0 -8	63.33%
Average	9-15	36.63%
Excellent	16-25	0.00%

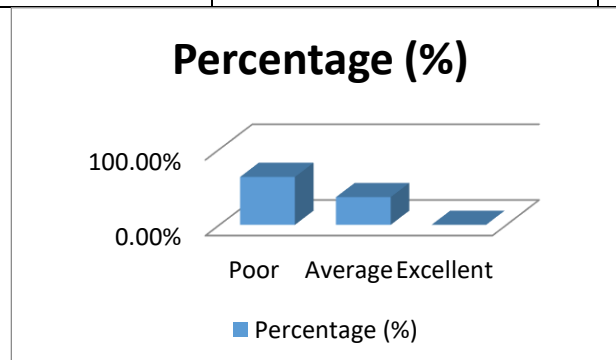


Table-3 represented the distribution of knowledge of varicose vein in three different level poor, average and Excellent in terms of frequency and percentage. based on statistical data out of 60 samples 38 (63.33%) rated poor and 22 (36.66%) rated average and 0 (00.00%) rated excellent of varicose vein in questionnaire. So majority of samples had poor knowledge of varicose vein of questionnaire.

DISCUSSION

The present study conducted by an investigator to assess the prevalence regarding Varicose vein among Traffic Polices working in Ahmedabad with view to prepare information booklet on prevention of Varicose vein. The descriptive survey approach adopted for the present study. The aim of the present study was to assess the prevalence regarding varicose vein. The present study conducted with descriptive survey approach on sixty samples (60) traffic polices working in Ahmedabad of Gujarat state. An Investigator developed the tool with step by step procedure in order to make tool more valid and reliable for implementation. Investigator came across many researches, non research literature, expert's opinion, principal, senior lecturer of Government College of nursing as well as experts in vascular surgery, for preparation and validation of tool. The experience of an investigator also worked as the basis for development of tool for data collection for the present study. The data were analyzed and interpreted in terms of objectives and assumption of the study. Descriptive and inferential statistics methods were used for data analysis. Data were organized and presented in following manner which includes description of the all aspects.

Findings related to personal information

Most of the samples 22(36.66%) were belong to 18 to 33 years of age group, 18(30.00%) were belong to 32 to 48 years of age group and 20(33.33%) were belong to 48 to 63 years of age group. among female participation is 0 and male participation 60 (100%) and weekly working hours is 60(100%) belong to 52 to 55 hours and exposures to source of information related to varicose vein is 6(10%) belong to yes and 54(90%) belong to no.

Findings regarding to Prevalence of Varicose vein

Based on statistical data out of 60 samples 22 (36.66%) had absent and 38(63.33%) had present in checklist score. So majority of samples had mild varicose vein in observational checklist score.

Findings related to contributing factors

In the present study researcher found contributing factors for varicose vein are age, parity, work experience, history of leg injury, preexisting medical conditions in that Arthritis, Diabetes mellitus, Hypertension, Lifestyle and Body Mass Index.

CONCLUSION

The following conclusions can be drawn from the present study finding. In present study prevalence of varicose vein 22(36.66%) were belong to 18 to 33 years of age group, 18(30.00%) were belong to 32 to 48 years of age group and 20(33.33%) were belong to 48 to 63 years of age group. among female participation is 0 and male participation 60 (100%) and weekly working hours is 60(100%) belong to 52 to 55 hours and exposures to source of information related to varicose vein is 6(10%) belong to yes and 54(90%) belong to no.

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UNPUBLISHED THESIS:

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