A STUDY TO ASSESS THE EFFECTIVENESS OF GARLIC, ORANGE AND OLIVE OIL APPLICATION ON INFLAMMATION RELATED TO VARICOSE VEINS AMONG STAFF NURSES IN SELECTED AREA OF CORPORATION."

Nursing

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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). One of the major goals in the field of health promotion and disease prevention is to identify risk factors for disease so that information about these risk factors can then be shared with people.

Varicose veins represent a chronic condition that may have an impact on quality of life. A study results show that 15-20% of the population in India is suffering from varicose veins. There are many effective methods to treat varicose veins; however there are simpler, natural, & less expensive methods that have been used in Russian folk medicine. A mixture of garlic, orange & olive oil are known to have many health benefits but they also can be helpful in treating vascular irregularities.

The Objectives of the study are:
* To assess the inflammation caused by varicose vein
* To determine the effectiveness of application of garlic, orange and olive oil on inflammation related to varicose veins among staff nurses.

Methods: The quantitative approach was used. Quasi experimental one group pre-test and post-test design was used. Study population consists of Staff nurses. The study consisted of 20 Staff nurses of selected hospitals. Non-probability purposive sampling technique was used. The tool had two sections – section 1 dealt with demographic profile, section 2 included observation checklist. The data analysis was done using descriptive inferential statistics.

KEYWORDS

Effectiveness, garlic, orange & olive application, Inflammation, Varicose veins, staff nurses.

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).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.

Venous disease is common worldwide, affecting 35% of the general population with incidence increasing with age. Few studies of function or quality of life have been carried out for venous disorder of the leg & reported that 105 of the patients with varicose veins have a reduced quality of life compared to general population. There are many effective methods to treat varicose veins; however there are simpler, natural, & less expensive methods that have been used in Russian folk medicine. A mixture of garlic, orange & olive oil are known to have many health benefits but they also can be helpful in treating vascular irregularities.

Herbal medicine represents one of the most important fields of traditional medicine all over the world. Several drugs obtained from the plant sorces are known to increase the healing of different types of wounds. Morover herbal medicines are less toxic & less costly.

HYPOTHESIS

H_0 = There is no significant effect of garlic, orange and olive oil application on inflammation related to varicose veins among the staff nurses.

H_1 = There is significant effect of application of garlic, orange and olive oil on inflammation related to varicose veins among the staff nurses.

MATERIALS AND METHODS

The quantitative approach was used. Quasi experimental one group pre-test and post-test design was used. Study population consists of Staff nurses. The study consisted of 20 Staff nurses of selected hospitals. Non-probability purposive sampling technique was used.

Description of Tool

The questionnaire comprises of two sections
Section I Consisted demographic data such as age, gender, area of working, experience, duration of illness.
Section II Included observation checklist.

Validity

Validity of the tool was established by 15 experts. Experts established the validity of the tool.

Reliability

The reliability of tool was determined by using Interrater method. The reliability coefficient `r` was found to be r=0.800, hence the tool was found to be reliable.

Pilot study

A pilot study was conducted for assessing the feasibility. The study was found to be feasible.

Procedure for data collection

A formal permission was obtained from the authorities and written consent was obtained from the staff nurses and confidentiality of their response was assured. The purpose of the study was explained. Level of inflammation was assessed through observation checklist. Intervention of application of mixture of garlic, orange & olive oil application on the varicose veins once a day was done & was kept for 12 hrs. One observation was taken after application on the 7th day.

RESULTS AND ANALYSIS

The data analysis was done using descriptive inferential statistics.
* The analyzed data is presented under the following headings.
* **Section I-** frequency and percentage distribution of demographic variables.
* **Section II-** Comparison between pre-test and post-test result.

TABLE NO 1
**Frequency and percentage distribution of selected demographic variables.**
n=20

Characteristics	Frequency (20)	Percentage % (100)
AGE		
<30	9	45 %
<=30	11	55%
GENDER		
FEMALE	12	60%
MALE	8	40%
OCCUPATION		
ANM	6	30%
BSC	1	5%
GNM	11	55%

AREA OF WORKING		
CCU	3	15%
FMW	2	10%
FSW	1	5%
ICU	3	15%
NSG.OFFICE	1	5%
OBG WARD	1	5%
OPD	2	10%
OT	6	30%
PSYCHIATRIC WARD	1	5%
EXPERIENCE		
<5	6	30%
5-10	5	25%
>10	9	45%
SUFERRING FROM V.V		
<5	12	60%
>=5	8	40%

Comparison between pre-test and post test results

N=20

	Mean	s.d.	t value	P value
Pre- Test	3.5	0.827	11.568	0.000
Post - Test	1.7	0.657		
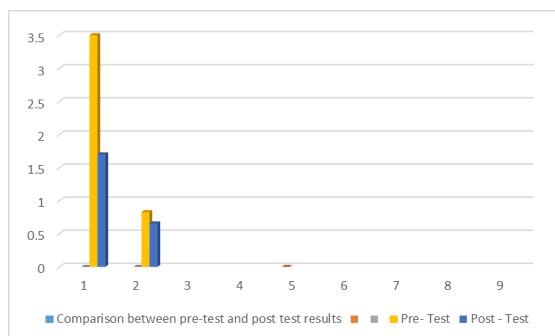
The above table & graph shows that mean at pre-test was 3.5 with standard deviation at 0.827 The post- test mean score was 1.7 with standard deviation of 0.657 't' value at 11.568 'p' value is 0.000. Since there is statistically significant difference between pre & posttest, Hypothesis 1 is accepted. The results indicate that there is significant effect of application of garlic, orange and olive oil on inflammation related to varicose veins among the staff nurses.

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