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TO ASSESS THE KNOWLEDGE REGARDING VARICOSE VEINS AMONG CONSTRUCTION WORKERS

Nursing

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ABSTRACT

BACKGROUND:- Varicose veins are swollen, twisted and sometimes painful veins that have filled with an abnormal collection of blood. The definition of varicose vein is veins with incompetent valves that are enlarged tortuous and thickened. An estimated 10-20% of the general population has varicose veins. Varicose veins are caused by the development of weak or faulty valves inside veins.

OBJECTIVE: 1-To assess the knowledge regarding varicose vein among Construction Workers.2-To find out the association of knowledge scores with the selected demographic variables.

Materials and methods: Survey approach is used in this study .Descriptive study design was used in the present study. The study was conducted at rural and urban area in Wardha. 50construction worker selected for study.

Result: The result shows that (5%) had poor level of knowledge,(4%) were having average level of knowledge and (38%) were having good level of knowledge score and (58%) were having very good level of knowledge and (0%) were having excellent knowledge level. The minimum score was 5 and the maximum score was 15 , the mean score for the test was 10.58± 2.548 and mean percentage of knowledge was 10.58.

Conclusion: Study finding shows that the construction workers had low level of knowlegde regarding varicose vein and need to planned interventional study to improve their knowledge.

KEYWORDS

Construction Worker, Assess, Knowledge, Varicose vein

INTRODUCTION:

Varicose veins are veins that have become enlarged and tortuous. Veins have leaflet valves to prevent blood from flowing backwards. Leg muscles pump the veins to return blood to the heart, against the effects of gravity. When veins become varicose, the leaflets of the valves no longer meet properly, and the valves do not work. This allows blood to flow backwards and they enlarge even more. Varicose veins are most common in the superficial veins of the legs, which are subject to high pressure when standing. Besides cosmetic problems, varicose veins are often painful, especially when standing or walking.

AIM: To assess the knowledge regarding varicose vein among Constructor Workers.

OBJECTIVES OF THE STUDY:

The objectives of the study are:

1. To assess the knowledge regarding varicose vein among Construction Workers
2. To find out the association of knowledge scores with the selected demographic variables.

ASSUMPTIONS:

Assumptions underlying the study are:

1. Construction Workers may have inadequate knowledge regarding varicose vein
2. Structured modified questionnaire enhance the knowledge regarding varicose veins among Construction Workers.

HYPOTHESIS:

H_0 - There is a no significant association between knowledge with selected demographic variables.

H_1 - There is a significant association between knowledge with selected demographic variables.

CONCEPTUAL FRAMEWORK:

The conceptual framework selected for the study is based on Betty Neumann's health care system model.

RESEARCH METHODOLOGY:

Research Design: Non- experimental Descriptive Survey Design

Setting of the study: Setting of the study will be the Urban and Rural Areas

Population: Constructive Workers who are working in Urban and Rural Areas

Source of Data: Data will be collected from the Construction Workers working in Urban and Rural Areas

Sampling procedure: The sample will be selected by non-probability convenient method of sampling technique.

Sample size: The proposed sample size of the study will be 50 Construction workers Urban and Rural Areas

CRITERIA OF STUDY:

INCLUSION CRITERIA-

1. Who are willing to participate in study.
2. Who are working as Constructive Workers
3. Who are able to understand, read & write and speak ,Hindi & Marathi

EXCLUSION CRITERIA-

1. Sick at the time of data collection
2. Who have been diagnosed and under the treatment for varicose vein
3. Who have attended any type of education program on varicose

vein

VARIABLES

Research variables: Knowledge towards Construction Workers regarding varicose vein.

Demographic Variables: In this study the demographic variable which includes age, education, and year of experience.

TOOL FOR THE STUDY

Structured questionnaire on-

Section A: Sociodemographic variables Gender, age, education, family income, Type of work etc.

Section B: Structured knowledge questionnaire (Multiple choice type) to assess knowledge towards varicose vein among Construction Workers in selected institutes of Wardha.

MAJOR FINDING OF THE STUDY AND DISCUSSION:

- **Distribution Constructive Workers with regards to demographic variables.**
- Half of the sample 34% belongs to age below 25 years, whereas 14% belongs to 25-30 years, 24% belongs to the age 30-35years, 28% belongs to Above 35 years respectively.
- 84%of sample belongs to Male,16% of samples belongs to female respectively.
- Majority of the residential area in 72% belongs to ruralthe and 28% belongs to urban area respectively.
- Majority of the numbers of construction worker is 26% belongs to mason ,48% belongs to labor, 26% belongs to the other and above respectively.
- Majority of the numbers of construction worker income is 22% belongs to 5000-10000, 22% belongs to 10001-15000, 42% belongs to 15001-20000, 14% belongs to above 20001 respectively
- Majority of the numbers of constructionworker education is 38% belongs to primary education, 46% belongs to secondary education, 12% belongs to higher secondary education, 4% belongs to above graduation respectively.
- Distribution of constructionworker on varicose vein, the overall percentage shows that majority of constructionworker poor knowledge (4%), and some constructionworker average knowledge(38%), some constructionworker had good knowledge (58%) and some construction worker very good knowledge(0%) and some construction worker had excellent knowledge (0%). The minimum score was 5 and the maximum score was 15, the mean score for the test was 10.58 ± 2.548 and mean percentage of knowledge was 10.58.

SECTION B: To assess the knowledge of varicose vein among construction worker.

- This section deals with the to assess the knowledge of the knowledge of varicose vein among construction worker**.** The level of knowledge is divided under following headings: poor, average, good, very good, excellent.
- The result shows that(5%) had poor level of knowledge,(4%) were having average level of knowledge and (38%) were having good level of knowledge score and (58%) were having very good level of knowledge and (0%)and (0%) were having excellent knowledge level. The minimum score was 5 and the maximum score was 15, the mean score for the test was 10.58± 2.548 and mean percentage of knowledge was 10.58

Table 1: Knowledge score of construction worker regarding varicose vein.

n=50

Level of knowledge	score	Percentage score	Knowledge score	
			Frequency	Percentage
Poor	1-5	0-20%	2	4
Average	6-10	21-40%	19	38
Good	11-15	41-60%	29	58
Very good	16-20	61-80%	0	0
Excellent	21-25	81-100%	0	0
Minimum score	5			
Maximum score	15			
Mean score	10.58± 2.548			
Mean Percentage	10.58			

- The result shows that(5%) had poor level of knowledge,(4%) were having average level of knowledge and (38%) were having good level of knowledge score and (58%) were having very good level of knowledge and (0%)and (0%) were having excellent knowledge level. The minimum score was 5 and the maximum score was 15, the mean score for the test was 10.58± 2.548 and mean percentage of knowledge was 10.58

SECTION C: Association of knowledge score in relation to demographic variables

This section deals with percentage wise distribution of subjects according to their demographic variables. A convenience sample of 50 subjects were drawn from the study population, who were selected from selected rural and urban area, the data was obtained to describe the subject characteristics including age of worker, gender, residential area, occupation, income, education. There is a no significant association find between knowledge score with selected demographic variables. Hence H_0hypothesis is accepted.

ITEM ANALYSIS

Table 2: Item wise (percentage) distribution of the study participants collectively respond to the knowledge items

n=50

Sr. no.	Item	Frequency	Percentage (%)
General Information Regarding Varicose Vein			
1.	What is varicose vein…..	34	68%
2.	What is the color of varicose vein…..	39	78%
3.	Where does the varicose vein occur…..	40	80%
4.	What are the first sign of varicose vein…..	33	66%
5.	What is the most important physical sign of varicose vein…..	26	52%
6.	Which part of the body area swelling is mainly found in varicose vein……	33	66%
7.	When does the Varicose veins symptoms occur…..	19	38%
8.	What is the most common symptoms of varicose vein…..	29	58%
9.	What are the main causes of varicose vein…..	25	50%
10.	What is secondary causes of varicose vein	07	14%
11.	What are the potential causes of varicose vein EXCEPT	21	42%
	Knowledge Regarding Diagnostic Techniques And Complication Of Varicose Veins		
12.	Which of the following procedure used to diagnose varicose vein	14	28%
13.	Which are the diagnostic evaluation techniques for varicose vein EXCEPT	14	28%
14.	What is the complication of varicose vein	05	10%
	Knowledge Regarding Treatment Modalities And Prevention Of Varicose Veins		
15.	Which is the costless treatment of varicose vein	37	74%
16.	What is the most common treatment of varicose vein EXCEPT	02	04%
17.	Which treatment is done surgically	21	42%
18.	Which life style should be adopted in varicose vein EXCEPT	20	40%
19.	What is the most common medical treatment of varicose vein	12	24%
20.	Which kind of footwear should be avoid in varicose vein	24	48%

21.	Which of the following habit lead to varicose vein	19	38%
22.	Which is the most advance technique to treat varicose vein	09	18%
23.	Which are the preventive measures for varicose vein EXCEPT	03	06%
24.	Which diet should be avoided for varicose vein	34	68%
25.	Which diet should be eat in Varicose Vein	13	26%

Table 3: Area wise (percentage) distribution of the study participants correctly respond to the knowledge item

n=50

Sr. No.	Knowledge Area	Percentage (%)
1.	General information regarding varicose vein	55.63%
2.	Knowledge regarding diagnostic techniques and complication of varicose veins	22.00%
3.	Knowledge regarding treatment modalities and prevention of varicose veins	35.27%

CONCLUSION

The main aim of the study was to assess the knowledge regarding varicose veins among constructive workers. After the completion of the study it is revealed that the most of the constructive worker do not have the sufficient knowledge regarding the varicose vein .It needs intervention through educational programme or handouts.

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