

Assessment Of The Risk Status Of Varicose Vein Among Group D Workers At Selected Institution Of Vadodara

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Abstract

Background of study: Varicose vein is the most common type of vascular disease. Varicose veins are dilated, tortuous, elongated superficial veins that are usually seen in the legs. Superficial veins (saphenous vein) of the legs are most commonly affected.

Aim: The aim of the study is to assess the risk status of varicose vein and to find the association between risk status and selected demographic variables.

Methods: A non-experimental descriptive design was adopted for this study. A total of 60 samples were selected using non probability convenient sampling technique. The tool used in the study consists of demographic profiles and self-structured questionnaire to assess risk status of varicose among Group D workers. The data was analyzed using SPSS software.

Results: Present study result showed maximum (73.33 %) respondents belong to the age group of 18-29 years, (21.67%) respondents belongs to age group 30-39 years, (5 %) of the respondents belong to age group, 40- 49years respondents belong to age group, 50-59 years respondents to age group. As per age of Group D workers indicates that (87%) respondents are male and (13%) respondents are female. As per marital status of Group D workers indicates that (83 %) respondents are married and (17 %) respondents are unmarried. As per educational status of Group D workers indicates that (13%) respondents are primary school education, (20 %) respondent are Secondary school education and (67%) respondent are high school education. As per the types of family of group D workers indicate that 43% respondents live in nuclear family and 57% respondents are live in joints family. Majority of the respondents (70%) had moderate risk, (20%) had high risk and (10%) had low risk regarding risk factor and preventive measures of varicose vein. There was no significant association found between risk status and selected demographic variables of group D workers.

Conclusion: Majority of the respondents (70%) had moderate risk, (20%) had high risk and (10%) had low risk regarding risk factor and preventive measures of varicose vein. There was no significant association found between risk status and selected demographic variables of group D workers.

Keywords: Varicose vein, institution, workers, risk status

INTRODUCTION

Varicose vein is the most common type of vascular disease. When veins become varicose, the leaflets of the valves no longer meet properly, and the valves do not work. Varicose veins are found in as many as 40% pregnant women. Varicose veins could be inherited from your parents. People who are overweight might get varicose veins since they impart more pressure on the veins due to their weight. People who are working while standing for a longer time may experience varicose veins. The major problem is that many people are not aware that they suffer from varicose veins.

Objectives of the study

- To assess the risk states of varicose vein among group D workers
- To find the association between risk states and selected demographic

Hypotheses:

- H1 - There will be significant association between risk status of varicose vein and selected demographic variables

METHODOLOGY

A quantitative approach, non-experimental descriptive design was adopted for this study. A total of 60 samples were selected using non probability convenient sampling technique. Data collection was done by using questioning technique.

The tool used in the study consists of two parts. Part A: Socio demographic variables - Age, Religion, Gender, Residency, Marital status, Types of family, Monthly income, Education. Part B: Self-structured questionnaire to assess risk status of varicose vein among Group D workers. The setting selected for Worker of Apollo Tyres Company, Pipariya, Waghodia, Vadodara. The data was analyzed using 25th version of SPSS software.

RESULTS

The analysis and interpretation of data obtained from 60 Group D workers who are assessed for the risk status of varicose vein in a selected institution at Waghodia, Vadodara.

The findings of the study has been organized and presented under the following sections:

Section I: Description of demographic characteristics of Group D workers.

Table 1: Description of demographic characteristics of Group D workers

Sr.no	Demographic Variable	No	Percent
1	Age	18-29yrs	44 72%
		30-39yrs	13 22%
		40-49yrs	3 6%
		50-59yrs	0 0%
2	Residency	Urban	44 73.3%
		Rural	16 26.7%
3	Gender	Male	52 86.66%
		Female	8 13.3%
4	Marital status	Married	49 83%
		Unmarried	11 17%
5	Education	Primary school	8 13%
		Secondary school	12 20%
		High school	40 67%
6	Types of family	Joint	26 57%
		Nuclear	34 43%
7	Monthly income	10000	15 25%
		20000	35 58%
		30000	10 17%

The maximum number of workers (72%) were in the age group of 18-29 years, 21.67% respondents belongs to age group 30-39 years, 5 % of the respondents belong to age group, 40- 49 years respondents belong to age group, 50-59 years respondents to age group. As per age of Group D workers indicates that 87% respondents are male and 13 % respondents are female. As per marital status of Group D workers indicates that 83% respondents are married and 17% respondents are unmarried. As per educational status of Group D workers indicates that 13% respondents are primary school education, 20 % respondent are Secondary school education and 67% respondent are high school education. As per residency status of group D workers indicate that 73.33% respondents are residing in urban area and 26.7% are respondents are from rural area. As per gender of group D workers indicate that 86.66% respondents are male and 13.3% respondents are female. As per monthly income of group D workers indicate that 25% respondents are earning less than Rs. 10,000 and 58% respondents are between Rs. 10,000 to 20,000 and 17% respondents are earning around Rs. 30,000. As per the types of family of group D workers indicate that 43% respondents live in nuclear family and 57% respondents are live in joints family.

Section II: Risk status of Group D workers.

Table 2: Item wise Analysis of data related to risk status of varicose vein

Sr. no	Items/Questions	Maximumscore	Category	Respondents	
				Frequency	%
1	Have you pain in leg during work?	5	Yes	39	65
			No	21	35
2	Feeling heavy in legs?	7	Yes	52	86.66
			No	8	13.33
3	You feel a burning or itching during work?	5	Yes	41	68.33
			No	19	31.66
4	Have your leg or ankle swelling in leg?	3	Yes	50	48.33
			No	10	16.66
5	Have you feel tingling sensation in legs?	4	Yes	47	78.33
			No	13	21.66
6	Is there any skin discoloration in legs?	6	Yes	46	76.66
			No	14	23.33
7	Scars are present in legs?	5	Yes	39	65
			No	21	35
8	Is there itching around one or more veins?	4	Yes	32	53.33
			No	28	46.66
9	Skin eczema is there?	3	Yes	26	43.33
			No	34	56.66
10	Pain relieved after taking medication	9	Yes	47	78.33
			No	13	21.66
11	During work does your veins gets swelling?	6	Yes	48	80
			No	12	20
12	If you sit or stand	8	Yes	46	76.66

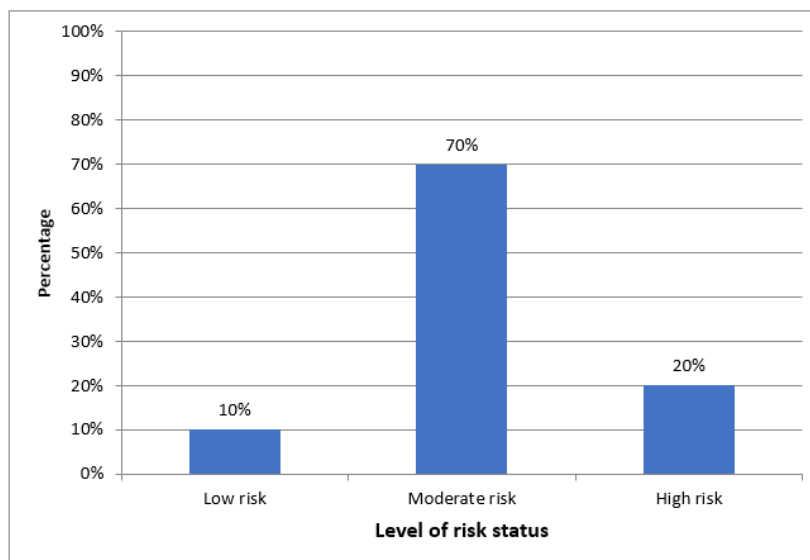


Figure 1: Level of risk status of varicose vein among Group D workers

The data presented in fig. 1 depicts that majority of the respondents 70% had moderate risk, 20 % had high risk and 10 % had low risk regarding risk factor and preventive measures of varicose vein.

Section III: Association of risk status of varicose vein with selected demographic variables.

TABLE 3: Association between risk status of varicose vein and selected demographic variables

Sr.no	Variable	No	Percent	16 & above	Below 16	Total	p	
1	Age	18-29yrs	44	72%	23	21	44	0.2355
		30-39yrs	13	22%	7	6	13	
		40-49yrs	3	6%	2	1	3	
		50-59yrs	0	0%	0	0	0	
2	Residency	Urban	44	73.3%	24	20	44	0.0974
		Rural	16	26.7%	8	8	16	0.0974
3	Gender	Male	52	86.66%	13	10	23	0.0152
		Female	8	13.3%	19	18	8	
4	Marital Status	Married	49	83%	18	12	23	0.0942
		Unmarried	11	17%	21	15	18	
5	Education	Primary school	8	13%	12	14	18	0.0124
		Secondary school	12	20%	14	17	20	
		High school	40	67%	19	20	28	
6	Types of family	Joint	26	57%	14	15	19	0.0453
		Nuclear	34	43%	19	19	13	
7	Monthly Income	10000	15	25%	10	12	12	0.0124
		20000	35	58%	12	10	13	0.0345
		30000	10	17%	18	19	23	0.0748

Table 3 shows that since there was all p values are more than 0.005, no significant association between risk status of varicose vein and selected demographic variables.

DISCUSSION

The first objective was to assess the risk status of the varicose vein among group D workers”

Present study results showed that majority of the respondents (70%) had moderate risk, (20%) had high risk and (10%) had low risk regarding risk factor and preventive measures of varicose vein.

A similar study conducted by Ramesh Timilsina *et.al*, among 150 police personnel who were working in Belagavi city, Karnataka found that 14.7% of police personnel had varicose veins and 20% of them were in the risk of developing varicose vein. Varicose veins has significant association with religion, designation, duration of working, income, marital status, lungs problem, DVT, cardiac infract and HTN. Similarly, risk of developing varicose vein has a significant association with marital status and duration of standing.⁶

The second objective of the study was to find the association between risk status and selected demographic variables.

In the present study, there was no significant association found between risk status and selected demographic variables of group D workers.

Another analytical cross-sectional study was conducted by Robin Man Karmacharya *et.al*, to assess the risk of varicose veins among traffic police officers of Kathmandu Metropolitan City. Out of 200 respondents, 24 (12%) were at risk of varicose veins, out of which 22 were male and the rest were female. The results of the study suggest that overall risk of varicose vein is 12%, with males accounting for 12.3% and females for 9.5%. In the study, the risk of varicose veins is statistically significantly associated with the family history of varicose vein and smoking⁷.

CONCLUSION

From this study, it could be concluded that Majority of workers participant has moderate regarding risk status and preventive measures of varicose vein. There is significant association regarding risk status and preventive measures of varicose vein and their educational qualification. The overall experience of conducting this study was satisfying and the group D worker and other members gave good co-operation. The main concept of the study to assess the risk status of staff and it was helping full to the staff worker to abreast their risk status measures of varicose. Most of the staff risk levels were moderate (70%) so it is necessary to update their risk status and preventive measures of varicose vein. The purpose of the study was to find out the risk status measures of varicose vein among worker, who works in Apollo Company, Vadodara, with an intention of making recommendations for healthy practice and education of workers.

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Conflict of interest: No

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