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Effectiveness of Structured Teaching Programme on Knowledge Regarding Preventive Measures of Varicose Veins Among Staff Nurses Working in Hospital

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Abstract

Blood vessels become dilated and swollen when there is a deficiency in the vessel wall, which leads to the formation of varicose veins. Varicose veins are a common outcome of this condition. An increase in the pressure that is imposed on the veins in the legs is the primary cause of vascular diseases. This pressure can be caused by a variety of different factors that contribute to the rise. The veins in the legs become particularly weak as a result of these disorders, which finally lead to the development of varicose veins from the condition.

A number of issues are included in this area, including but not limited to the following: obesity, inactivity, hormonal changes during pregnancy and menopause, smoking, constipation, prolonged standing, sedentary postures, and the repetitive lifting of heavy goods. For the aim of preventing water retention or swellings, it is vital to maintain a healthy weight, to avoid standing for extended periods of time, and to avoid wearing clothing that is too tight and limits the movement of the legs, the groin, or the belly. These are all things that should be avoided. In addition, it is vital to avoid crossing one's legs while reclining, to avoid wearing high heels, and to consume a diet that is high in fibre and low in salt. All of these things are essential. All of these elements are essential for ensuring that the body continues to be in good health. To achieve the goal of this study, a pre-experimental design was utilised, and the selection of thirty staff nurses was carried out by employing a particular sampling strategy that is known as purposeful sampling. Both of these methods were utilised in order to accomplish the target of this study. An inquiry was conducted at the Dr. B.R. Ambedkar Medical College and Hospital, which is located at KG Halli, Bengaluru-45,30. This is the location where the investigation was carried out. At this site, the individuals who were participating in the investigation were also subjected to an investigation. Participants in the study were considered to be those staff nurses who met the inclusion criteria. These nurses were considered to be participants in the study.

Key words:

Effectiveness, structured teaching Programme, varicose veins, socio -demographic variables

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Introduction

"I have two doctors, my left leg and my right".

- G.M. Trevelyan

An important component of his entire milieu is the setting in which he does his work, which is the surrounding environment. A large link exists between the circumstances of employment and the health of an individual, and this association has a major impact on the health of the individual. Furthermore, the environment that surrounds the workplace has a substantial impact on the health of the individuals who are exposed to the working environment. This is because the environment is associated with the workplace. The development of varicose veins is more likely to occur in those who spend a substantial amount of time standing as opposed to those who spend considerably less time standing. Included in this category are those who are engaged in the medical field, such as teachers, nurses, flight attendants, and dental professionals. Additionally, this category includes individuals who are worked in the traffic and bar industries. Those persons who are actively working in the field of medicine are the ones who are most likely to be affected by this concept. Varicose veins are a disorder that affects a significant portion of the general population, with an estimated ten to twenty percent of the population being affected by this ailment. The blood has a tendency to pool in some areas of the veins because the veins are unable to successfully raise the blood pressure while the person is standing for an extended length of time. As a result, the blood will begin to pool in those particular areas. The vessels are unable to function as a result of the force of gravity that is operating upon them, which is the explanation for this situation. In circumstances with varicose veins that are not as bad as those that are more severe, the chance of success for medical operations is better than in situations where the procedure is more severe. A healthy diet, massage, acupuncture, acupressure, aromatherapy, compression stockings, and a healthy diet are some examples of these therapies. Vitamins and other essential nutrients are also included in this category. Furthermore, compression stockings are an additional example. The practice of taking a bath with a mixture of hot and cold water, which is also known as hydrotherapy, can be good for the maintenance of healthy blood circulation. This technique is also known as hydrotherapy.7 Varicose veins were the most common symptom in both groups, with 94% of Asians and 84% of Caucasians having them. Varicose veins were also the most common symptom in both groups. Between the two groups, the most common symptom was the presence of varicose veins. Although there is currently a lack of understanding on the reasoning for this discovery, it is very probable that it is the result of a confluence of genetic,

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environmental, and social factors occurring simultaneously. Varicose veins are observed with a level of prevalence that is considered to be relatively high in India. More than ten million cases of the sickness are officially documented in the United States of America every single year. According to information that is currently available, there is a widespread notion that this condition affects more than thirty percent of the adult population. In contrast, only five to six percent of adult men are affected by it, whereas seven to nine percent of adult females are affected by it. Only five to six percent of adult males are affected by it. There is a lack of attention paid by Native Americans to the disease that they are now facing.

Varicose veins are a condition that affects a significant number of people in the state of Karnataka to a significant degree. Varicose veins are a condition that affects around twenty percent of the population in the United States. This is a problem that varies from person to person. The percentage of adult males who are affected by this ailment ranges from ten to twenty percent, whereas the percentage of adult females who are affected by it ranges from twenty-five to thirty-three percent.

The situation is also evolving as a consequence of these conditions as a result of factors such as an ageing population, an increasingly longer lifespan, and a change in lifestyle. These factors are all contributing factors. Varicose veins are a condition that is very common among the staff nurses who work in the emergency room, critical care unit, and occupational therapy at our healthcare facility. This is because varicose veins allow blood to flow more freely through the veins.

Objectives of the Study

The study objectives are:

1. To assess the pre-existing knowledge regarding preventive measures of varicose veins among staffnurses.
2. To evaluate the effectiveness of structured teaching programme regarding preventive measures ofvaricose veins among staff nurses.
3. To determine the association of Pre-test knowledge score with socio-demographic variables.

Hypothesis

At 0.05 level of significance

H_1: The average score that staff nurses receive on their knowledge exam after the test will be much higher than the average score that they received before the test.

H_2: The pre-test knowledge score of staff nurses will have a substantial correlation with

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certain demographic characteristics, and this association will be significant.

Materials and Methods

Through the course of this particular investigation, the job was successfully completed by utilising a research strategy that included qualitative and quantitative approaches to data collection and analysis. The successful completion of the task was made possible as a result of this. An investigation was carried out using a pre-experimental design, which made it possible to accomplish the goals that were set for the inquiry. The selection of thirty nurses from the medical staff was accomplished through the use of a technique known as non-probability purposive sampling. The aforementioned strategy was utilised in order to accomplish this goal. During the process of selecting the subjects that were going to be investigated, the criteria for inclusion were taken into consideration. It was discovered that the most efficient method for determining the level of knowledge that was had by staff nurses was to use a questionnaire that was constructed to measure knowledge. Based on the results of the investigations, this was concluded to be the case. The procedure of data collection was initiated when the administrator of the Dr. B.R. Ambedkar hospital gave their clearance. This was followed by the implementation of the procedure. In order to accomplish this task, it was vitally required to have the informed approval of the customers. For the purpose of carrying out the preliminary assessment, a questionnaire that was created to evaluate knowledge was utilised. Completed the management of the STP program. An instrument that was used for the purpose of evaluating post-test knowledge was a standardised questionnaire. The process of data analysis and interpretation was simplified by our use of both descriptive and inferential statistics. This was done in order to make the procedure clearer. The research was conducted with the conceptual framework that was based on Imogene King's theory of objective accomplishment. This theory served as the foundation for the framework.

Results

In accordance with the objectives of the study project, the findings were obtained by employing statistical approaches that were both descriptive and inferential in nature.

According to the results of the statistical Chi-square test, the knowledge scores that were compared between the pre-test and the post-test were found to be statistically significant at the 5% level (p 0.05) for the purposes of this investigation. This conclusion was arrived at by comparing the outcomes of both tests, which led to the discovery of this information. There is a statistically significant association between the post-test knowledge score and the intervention program, as indicated by the result of the Chi-square test, which was 39.05, which

suggests that there is statistically significant relationship. This lends credence to the idea that the intervention program had a favourable impact on the individual. The fact that the link was determined to be statistically significant makes it very evident that this is the situation here. Immediately following the implementation of the structured education program, not a single staff nurse received a score that was deemed inadequate in terms of their level of expertise. Despite the fact that the pre-test mean score for a high degree of knowledge was zero, this was the situation that occurred. In comparison to the mean score of 10 (33.3%) on the post-test, the score for moderate knowledge level on the pre-test was 11 (36.7%), while the score on the post-test was 10 (33.3%). This is because the pre-test score was higher than the actual score. A score of thirty (66.7%) was the result of the post-test evaluation, which included a score that was high in terms of knowledge. The overall score was thirty. The Chi-square test suggested that the key value would be 5.991, which is the number that is significant. This is despite the fact that 39.05 is a far greater figure. It can be concluded from the data that there is a significant gap in the levels of knowledge that the staff nurses held before and after the implementation of a structured education program. This discrepancy is significant enough to warrant further investigation. When this was taken into consideration, the hypothesis H1 was selected to be accepted.

The classification of respondents based on their knowledge scores on preventative measures for varicose veins, both before and after the test to be administered N=30

		Pre-test		**Post-test**		
		N	%	N	%	
Inadequate	≤ 50 % score	19	63.3	0	0.0	39.05*
Moderate	51-75 % Score	11	36.7	10	33.3	
Adequate	> 75 % score	0	0.0	20	66.7	
Total		30	100.0	30	100.0	
*** Significant at 5% level,**		χ^2 (0.05,2df) = 5.991				

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On the whole, the Pre-test and the Post-test The average scores for knowledge on preventative strategies for varicose veins N=30

		Mean	SD	Mean (%)	SD (%)	
PRE-TEST	30	14.23	2.30	47.4	7.7	22.15*
POST-TEST	30	25.27	2.85	84.2	9.5	
ENHANCEMENT	30	11.03	2.72	36.8	9.1	
*** Significant at 5% level,** t (0.05,59 df) = 2.045						

Discussion:

Including both an examination of the data and a discussion of how the results need to be understood, this chapter contains both of these important components. With the intention of determining whether or not a systematic education program on preventative measures for varicose veins is beneficial among the staff nurses, the research was carried out with the objective of assessing its efficacy. One of the primary objectives of the study was to uncover this. A pre-test and a post-test were both given to the same group of participants in the study, which was carried out using a quasi-experimental design technique. Both tests were presented to the same group of individuals. In order to accomplish the purpose of this study, thirty staff nurses were chosen via the use of the simple sampling approach. The staff nurses were provided with access to a structured teaching program, which is also known as STP for short. In addition, the level of knowledge that the staff nurses possessed was evaluated both before and throughout the intervention session of the program. A combination of descriptive and inferential statistical methods was utilised in order to carry out the task of conducting the analysis of the data.

A discussion of the findings is presented in accordance with the aims of the study.

1.To ascertain the extent of the existing knowledge that staff nurses have regarding the preventative measures that may be implemented to address varicose veins.

2. To ascertain the efficacy of a systematic education program that emphasises preventative measures for varicose veins among staff nurses.

3. To investigate the correlation between the socio-demographic factors under consideration and the pre-test knowledge score.

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Conclusion

As a result of the outcomes of the investigations, the following conclusion may be taken upon them.

Nursing Implication

The researcher made the remark that some implications, like the ones listed below, It is of the utmost importance that nursing education, nursing practice, nursing administration, and nursing research all take into consideration these conclusions, which were created as a consequence of the study. We may be able to increase our understanding of the risk factors and preventative measures that are associated with varicose veins by utilising this mechanism, which is provided by these ramifications.

Recommendations:

Based on study, it is recommended that: -

1. It is feasible to employ a substantial sample of individuals or a control group in order to conduct the study once more.

2. The same research endeavour can be conducted using a variety of alternative educational methods.

3. A study of a comparable nature could be conducted with a larger sample size selected through random sampling to facilitate greater generalisability.

4. A variety of demographic characteristics can be employed to conduct investigations of a similar nature on sample groups in other situations.

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