

A STUDY ON EFFECT OF STP ON KNOWLEDGE REGARDING THE PREVENTION AND MANAGEMENT OF VARICOSE VEINS AMONG TRAFFIC POLICE IN SELECTED DISTRICT OF JAIPUR.

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Abstract

the purpose of the study is to improve the knowledge regarding prevention and management of varicose veins among traffic polices. A pre-experimental study was conducted to find out the effect of structural teaching programme (STP) on knowledge regarding the prevention and management of varicose veins among Govt. employed traffic polices. One group pre-test post-test design was adopted for the study.

Key words: Varicose veins, Self-instructional Module, Traffic police employee, Prevention and management

Introduction

Prolonged standing can develop to tiredness, loss of concentration, varicose vein and increased health risks. Varicose veins are abnormally dilated, elongated and torturous veins, often dark blue in colour, affecting near or above the superficial surface of the skin, mainly seen in the lower limbs. Professions which involved in standing or sitting for prolonged periods of time, have an increased risk of developing varicose veins i.e. store clerks, waitresses, hairdressers, traffic polices, flight attendants, teachers, nurses, bus or tram conductors. The report shows that traffic police are doing their duty most of the time in the standing position. This prolonged period of standing effectively reduces the blood supply to the loaded muscles. Insufficient blood flow accelerates the onset of fatigue and causes pain in the muscles of the legs, back and neck. When standing position continuously maintained for a prolonged periods, it can result in inflammation of the veins. The deep and superficial veins get damaged because of prolonged standing. It is generally believed that occupations involving prolonged standing and walking rise venous pressure in the legs for a long period of time and aggravates any inherent tendency to varicose. An analysis of occupation in varicose veins patients has shown that the incidence was greater (67%) in people whose occupations involved prolonged standing and walking.

Methodology

An evaluative approach was used in the study. Purposive sampling technique was used to select 60 traffic police employed in selected district of Jaipur. A structured questionnaire was developed to collect socio-demographic data and structure knowledge questionnaire was developed to assess knowledge before and after introduction of the SIM.

A pre-experimental design with one group pre-test-posttest design was used and based on the study criteria, government employed traffic police were recruited from a selected district of Jaipur through purposive sampling. Prevention & management of varicose vein related knowledge questionnaire has 20 questions. SIM is organized in 5 units which include meaning, structure of venous system of lower limb, incidence of varicose veins causes

and risk factors sign and symptoms, prevention, management of varicose veins and complication of varicose veins. Descriptive statistics were used to describe the sample characteristics. The 't' value was computed to find out the effectiveness of the self-instructional module from the difference of mean knowledge score. The Chi square values were computed to find out the association between the knowledge level and demographic characteristics.

Results-

58.3 % traffic polices who have participated in the study are in the age group between (25-34 years). Most of 58 (96.6%) traffic police who have participated in the study are male. 43.3% of the participants are educated up to Madhyamik. Majority (70%) of their service experiences are 10 years, most of their (91.6%) duty hours per day are 8 hrs. Majority (76.6%) of them adapted standing position during duty hours. Only 5% of them having family history of varicose veins and 26.6% of them have history of occasionally alcohol intake.

Pre-test highest score (58.3%) noticed in the aspect of causes and risk factors of varicose veins and lowest score (28.6%) noticed in the area of management and complication of varicose veins. In post-test the highest score (91.6 %) noticed in the area of causes and risk factors of varicose veins and lowest score (50%) observed in the area of signs and symptoms of varicose veins

This data presented in the table shows that the post-test mean knowledge (13.51) of traffic police regarding prevention and management of varicose veins was apparently higher than the pre-test mean knowledge score (6.83). The median of post-test knowledge score (14) found to be higher than the median of pre-test knowledge score (7), thus it can be inferred that the post-test knowledge score was higher than pre-test knowledge score. Hence, the null hypothesis is rejected and research hypothesis is accepted. The difference obtained is true mean and not by chance. Therefore the self-instructional module regarding prevention and management of varicose veins was effective in increasing knowledge of traffic polices.

Discussion-

It is observed from the findings of the present study that maximum (66.6%) participants have relatively low levels (score workers had inadequate knowledge regarding prevention of varicose veins. study revealed that majority (62.5%) of staff nurses were aware regarding the causes, prevention and management of varicose veins while remaining (37.5%) had poor knowledge regarding causes, prevention and management of varicose veins.

Conclusion

The study concluded that the traffic police need to give awareness regarding varicose vein and its complication due to long standing works. SIM is very useful to educate general people regarding different healthy practices & prevention of diseases.

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