



KNOWLEDGE REGARDING PREVENTION OF VARICOSE VEIN -A NARRATIVE REVIEW

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Abstract

Health is a method of engaging with one's environment, including one's job, social life, and daily tasks, rather than something that one possesses as a property. Millions of employees stand for the majority of the workday and spend a lot of time in standing body positions. Because standing while working consumes 20% more energy than sitting, standing is not a natural posture for humans. Prolonged standing can cause fatigue, attention problems, and increased health issues. Diseases are become increasingly widespread due to changing lifestyles around the world. The best strategy for successfully leading a life is awareness and creation. One of the most common vein-related to disorders that can be prevented is varicose veins. It is a dangerous illness of that, if appropriate action is not taken, could endanger the patient's life. According to the statistical information system of the World Health Organization, 152 deaths per year in Germany and roughly 177 deaths per year in the US were attributed to varicose veins.

Aim- This literature review aimed to check knowledge of working people regarding prevention, cause and treatment of varicose vein

Method – An extensive search and numerous evaluation of the peer-reviewed literature was conducted for narrative review. Journal article were retrieved from three database (PubMed, Medline, Embase & Research gate) using the search terms 'varicose vein' and 'varicositis'.

Result-The search yielded eight studies related to knowledge among society regarding varicose vein. Subsequent review identified people have very less knowledge regarding varicose vein and its occurrence.

Introduction- Health is a method of engaging with one's environment, including one's job, social life, and daily tasks, rather than something that one possesses as a property. Millions of employees stand for the majority of the workday and spend a lot of time in standing body positions. Because standing while working consumes 20% more energy than sitting, standing is not a natural posture for humans. Prolonged standing can cause fatigue, attention problems, and increased health issues.

One of the most typical vascular abnormalities in the world is varicose veins. 15-20% of the population in India, according to numerous study reports, has varicose veins and its complications. Due to venous stasis and damage, which frequently result in superficial phlebitis and can penetrate

through perforating arteries to engage the deep venous system, patients with varicose veins are at a significant risk of developing deep vein thrombosis

Search strategy for identification of studies

The search strategy was designed to access published and were comprise three stages:

- A limited search of PubMed Medline, Google Scholar and Research Gate to identify relevant keywords contained in and subject the title, abstract descriptors.
- Terms identified in this way, and the synonyms used by respective databases, was used in an extensive search of the literature.
- Reference lists and bibliographies of the articles collected from those identified in stage two above was searched.

Table No. 1 Literature search details table.

Search Strategy	List of databases and e-journals searched
<ul style="list-style-type: none"> • Keywords used: Vericose Vein, sclerotherapy of varicose vein & varicosities • Used with MESH terms OR , AND • Search was limited to publication year 2018 – 2023 	<ul style="list-style-type: none"> • Scopus • Pub Med • Research Gate • Indian Journal of Public Health • Google scholar • Medline

Table No.2 studies related to knowledge regarding prevention of varicose vein

Author	Country	Study Design/ Method	Sample	Result	Discussion
Roshan Bootun et al, (2022)	Edinburgh	retrospective cohort study	225 patients	The number and severity of trunk varicose in males were only significantly correlated with itching (linear test for trend, P=0.011). Trunk varicose and the feelings of heaviness or tension (P 0.001), hurting (P 0.001), and itching (P 0.005) were significantly correlated in women.	The outcome indicated that the majority of lower limb symptoms likely have a non-venous a etiology, even when trunk varicose are present

S. Ramyashree (2022)	India	descriptive cross-sectional study	73 security guards	Majority of the subjects (46.6%) were in the age group of 41 years', majority (83.6%) were standing during work, and working hours is 98.6%. The computed P values of the baseline variable, posture during work ($\chi^2 = 6.075$; $P = 0.048^*$).	result showed that the study helped to provide general information about varicose veins among security guards which baseline knowledge to the health professionals so they can suggest good health practices and promote good general health..
Tara Gaire et al, (2020)	India	cross-sectional descriptive study design with quantitative approach	90 patients	Majority 93.3% respondents had not heard about varicose vein. Only 6.7% respondent heard about varicose vein	The prevalence of long work hours, neglect, geographic location, and lack of information all contribute to the increased occurrence of varicose veins.
Bandaru Nageswara Rao et al, (2020)	India	descriptive research design	80 patients	60% of cases had varicose in right limb and long saphenous vein was involved in 52.5% of cases. 85% had dilated veins, perforator incompetence was noted below the knee in 30% of cases. 41.25% of cases stripping of long saphenous vein.	Wound infection was the common postoperative complication. The conclusion is that it always requires specific management; therefore operational management should be the primary line of treatment.
<u>Bader albader et al, (2020)</u>	Saudi Arabia	cross-sectional study	366 staff nurses	40 instances of VV (39 females and 1 male), or 11.0%, were found. The number of pregnancies	The conclusion of the study was nurses, having a healthy family history, being married, being

				(p=0.04), carrying heavy objects and social status (p=0.02), a family history of VV (p-value=0.001), and social status (p=0.02) all show a statistically significant correlation with VV.	older, working long hours, and carrying heavy objects were all major risk factors for developing VV.
Sunita sikder et al , (2020)	India	pre-experimental design with one group pre-test-posttest	60 traffic police officers	The data was shows that with a statistically significant variance between pre-test and post-test knowledge score of 't'= 15.51, p0.05, the mean post-test score of knowledge (13.51) was higher than the mean pre-test score of knowledge (6.83).	The study came to the conclusion that was very efficient in increasing the traffic police officer's knowledge of varicose vein care and prevention.
Maragadha Mani et al, (2019)	India	observational study	230 adults living in urban area	70.0% of cases, followed by lipodermo sclerosis, leg pain, hyperpigmentation, and pruritus 63.0%, 56.0%, 15%, and 11.6%, respectively. There were 17 (28.33%) individuals who had venous ulcers. 28 (47%) patients were treated conservatively, whereas 32 (53%) participants had surgical care.	The study concluded that the preferred course of action for treating main varicose veins is surgery, whereas secondary varicose veins should get conservative therapy.

Matthew K.H.Tansharon et al, (2019)	India	quasi-experimental research approach with one group pre-test-post-test research design	70 police officers	pre-test mean was 12.52 with a standard deviation of (3.53), and the post-test mean was 24.35 with an SD of (2.28); thus, the computed t value is (25.9), which is highly statistically significant	a designed instructional programmed is suitable for and practical to apply in all different settings. It would assist the people in bettering their awareness of preventative measures for varicose veins, lowering their risk of issues, while improving their health.
Dr. Ravindra H.N et al, (2018)	India	non-experimental descriptive study		According to the results, the majority of respondents (70%) had a moderate level of knowledge. There was no correlation between residence and awareness of varicose vein risk factors and prevention strategies (p = 0.09 at 0.05 level of significance).	Education and knowledge of risk factor 2 and varicose vein prevention strategies were significantly correlated (r = 7.03 at 0.05 level of significance).

Conclusion- Varicose veins are twisted, bulging veins that typically appear dark purple or blue and are found in the legs. They develop when the veins' weaken or break, allowing blood to pool and swelling the veins. Although it is more frequent in women, this illness is common and affects both sexes. Varicose veins can form as a result of a number of causes, such as aging, obesity, pregnancy, heredity, and extended standing or sitting. Leg pain or cramping, swelling, itching, and restless legs—especially following extended standing or sitting—are possible symptoms. It's important to consult a healthcare professional if you experience symptoms of varicose veins. They can recommend appropriate treatments to alleviate discomfort and prevent complications.

Conflicts of Interest

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