



# A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM ON KNOWLEDGE REGARDING VARICOSE VEIN AMONG STAFF NURSES, WORKING IN A SPECIALIZED AREA, AT SELECTED HOSPITAL OF KHORDHA, ODISHA

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## Abstract

Nurses are an integral component of health care delivery system. In discharging the duties, nurses encounter a variety of occupational health problems, which may be categorized into biological hazards, physical hazards and psychological hazards. This study aimed to assess the effectiveness of a structured teaching program on knowledge regarding varicose veins among staff nurses working in specialized areas. The study was conducted in Apollo Hospital, Bhubaneswar using a pre-experimental one-group pre-test and post-test design with 50 nurses selected via purposive sampling. A structured teaching program was administered and evaluated for its impact. Results showed significant improvement in knowledge post-intervention, indicating the effectiveness of the structured program. Statistical analysis revealed significant improvement ( $t = 29.25, p < 0.05$ ) in knowledge level and association ( $\chi^2 = 5.091, p < 0.05$ ) with demographic variables. Structured teaching proved effective in enhancing nurse knowledge on varicose vein prevention and management.

## Index Terms

Structured teaching program, varicose veins, staff nurses, knowledge improvement, effectiveness.

## I. INTRODUCTION

Nurses form the backbone of the healthcare system and are often exposed to various occupational hazards, including biological, physical, and psychological risks. Among the most prevalent conditions resulting from such occupational stressors is varicose vein disease, especially common in nurses working long hours in a standing position. Varicose veins are dilated, tortuous veins usually found in the lower limbs and are associated with

prolonged standing, obesity, heredity, and gender. Nurses in critical care units are especially vulnerable. This study seeks to evaluate the effectiveness of a structured teaching program to increase nurses' knowledge on varicose vein prevention and management.

## II. RESEARCH METHODOLOGY

This study used a pre-experimental, one-group pre-test post-test design. It was conducted among 50 staff nurses working in critical care units of Apollo Hospital, Bhubaneswar. The participants were selected using purposive sampling. Data was collected using a self-administered questionnaire with 30 items assessing knowledge on causes, management, and prevention of varicose veins. A structured teaching program of 30–45 minutes was administered using visual aids. Post-test assessment was done on the 7th day using the same tool. Data was analyzed using descriptive and inferential statistics.

## III. RESULTS AND DISCUSSION

The study showed a significant improvement in knowledge scores post-intervention. Pre-test findings showed that 24% of nurses had inadequate knowledge, while 76% had moderately adequate knowledge. Post-test scores revealed that 88% had adequate knowledge, and 12% had moderately adequate knowledge. A paired t-test showed a significant difference in mean scores ( $t = 29.25, p < 0.05$ ). Chi-square analysis showed significant associations between knowledge scores and demographic variables like age and experience ( $\chi^2 = 5.091, p < 0.05$ ).

## IV. CONCLUSION

The study concluded that the structured teaching program significantly improved the knowledge of staff nurses regarding the prevention and management of varicose veins. Such educational interventions can play a vital role in reducing occupational health risks among nurses.

## ACKNOWLEDGMENT

The author expresses sincere gratitude to the faculty of VISWASS College of Nursing, Apollo Hospitals Bhubaneswar, and all the nurses who participated in this study. Special thanks to the guide Mr. Praveen M. Nair and co-guide Mrs. Prangya Paramita Parida for their valuable guidance.

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