

A study to assess the effect of planned teaching on knowledge and practice of primary school teachers regarding the prevention of varicose veins in selected schools in Mumbai.

Dr. Shobha Gaikwad

Assistant Professor, L.T. College of Nursing, S.N.D.T Women's University Mumbai – 400020

ABSTRACT:

Background: Early awareness and preventive measures will help to reduce the incidence of varicose veins in people having sedentary lifestyle. *Objective:* The aim of the study was to assess effect of planned teaching on knowledge and practice of primary school teachers regarding the prevention of varicose veins in selected schools in Mumbai. *Methods:* A descriptive one group pre test post design was conducted in selected schools in Mumbai, India. Eighty teachers answered a self reported questionnaire. Descriptive and Inferential statistics were used to analyze the data. *Results:* It was seen that there was a significant improvement in the knowledge and practice scores in post test of the teachers after the planned teaching. There was low correlation between knowledge and practice. Knowledge was seen increased with the age. *Conclusion:* The planned teaching was helpful in creating awareness among the teachers regarding the prevention of varicose veins.

KEYWORDS:

Knowledge, Practice, prevention, varicose veins

INTRODUCTION:

Varicose veins is a condition where veins are enlarged and swollen in those who work long hours in the standing position or in the sitting position. The condition can turn totally worse when people lives sedentary lifestyles or are standing and sitting for long periods of time. (Redwood 1994)(1)

The primary prevention of varicose veins is risk assessment and medical and surgical management to prevent further complication. Nurses should be educated to prevent varicose veins by carrying out essential assessment, identification, management, prevention by providing vital education, psychological support, skilled nursing intervention and preventing further complications of varicose veins. (Corman 1988) (2)

STATEMENT OF THE PROBLEM:

A study to assess the effect of planned teaching on knowledge and practice of primary school teachers regarding the prevention of varicose veins in selected schools in Mumbai.

OBJECTIVES OF THE STUDY:

- i) To assess the knowledge of school teachers on prevention of varicose veins before and after planned teaching
- ii) To assess the practices of school teachers on prevention of varicose veins before and after planned teaching
- iii) To compare the knowledge and practice of prevention of varicose veins among primary school teachers
- iv) To find out the relationship between the knowledge and practices of school teachers and selected demographic variables

RESEARCH APPROACH:

A descriptive approach was used for the study. The research design selected was one group pre-test and post-test design.

SETTING OF THE STUDY:

The study was conducted in the 'G' South ward of B.M.C, the selected area of Worli, Mumbai. The rationale for selecting this setting was familiarity with the setting, ease of approach, administrative approach, and co-operational availability of samples.

POPULATION:

The population in this study considered was primary school teachers, teaching first to seventh standard.

SAMPLE AND SAMPLE SIZE:

The sample consisted of 80 primary school teachers, teaching first to seventh standard in B.M.C. schools from the selected area of Worli, Mumbai.

SAMPLING TECHNIQUE:

Non probability convenient sampling technique was used.

TOOL AND TECHNIQUE:

The data gathering technique used was self-reporting. The tools used were a structured questionnaire to assess the knowledge level and an inventory check list to assess the practice of the samples on prevention of varicose veins. The planned teaching included interaction between the researcher the primary school teachers in the form of lecture cum discussion on prevention of varicose veins.

VALIDITY:

The validity of the tool was ensured by giving it to eleven experts from the nursing department and two doctors from the C.V.T.S. department. The change and modification were made based on the suggestions given by the experts.

RELIABILITY:

The reliability of the tool was calculated by Cronbach's alpha method of internal consistency to calculate the coefficient of co relation. The reliability coefficient was 0.72 for knowledge and 0.66 for practices which indicated that the tool was reliable.

SIGNIFICANT FINDINGS OF THE STUDY

Findings related to the demographic distribution of the primary school teachers: Sixty per cent of the primary school teachers belonged to the age group of 21 – 30. Out of which, 70 per cent of primary school teachers belonged to the female group, 75 percent of the primary teachers had D.ED education and 63.75 percent primary school teachers were standing for four to five hours daily in their job. Related to signs and symptoms of varicose veins, 21.21 per cent samples were having cramps, 13.75 per cent were having spider veins and 16.25 per cent samples were experiencing pain in their legs.

Findings related to the mean knowledge scores of primary school teachers on prevention on varicose veins: Knowledge scores of the primary school teachers regarding the meaning of varicose veins increased from 86 per cent to cent per cent. There was a significant rise in the

knowledge score of causes regarding varicose veins from 40.9 per cent to 73.8 per cent. With regard to the knowledge of the samples related to pathophysiology, it was seen that the knowledge score rose from 50 per cent to 74.4 per cent. Regarding knowledge of the signs and symptoms, the scores improved from 89 per cent to cent per cent. Regarding knowledge of the diagnosis, the score showed a hike from 51.9 per cent to 85.6 per cent. Regarding knowledge of the management of varicose veins, it improved from 35.8 per cent to 79.6 per cent. With regards to the complication of varicose veins, the knowledge scores rose from 2.5 per cent to 82.5 per cent, and regarding prevention of varicose veins, the knowledge score improved from 54.37 per cent to 85.6 per cent.

Findings related to the mean practice scores of primary school teachers on prevention on varicose veins: Practice scores of samples regarding habits increased from 45.3 per cent to 74.4 per cent. With respect to the practice of the samples regarding the diet, the scores increased from 69 per cent to 90 per cent. With regard to practices of the samples regarding exercising, the scores increased from 48.3 per cent to 85.2 per cent.

Findings related to the distribution of knowledge scores related to the effect of planned teaching regarding prevention of varicose veins among the primary school teachers: It was seen that 45 per cent of the samples were having poor (>50) knowledge scores regarding the prevention of varicose veins before planned teaching which improved to 66.25 per cent having very excellent (>80) knowledge score after planned teaching regarding prevention of varicose veins.

Findings related to the distribution of practice scores related to the effect of planned teaching regarding prevention of varicose veins among the primary school teachers: It was seen that 48.75 per cent of samples were having poor (> 50) practice scores regarding prevention of varicose veins before planned teaching. It was seen that 57.5 per cent of samples were having very good (71-80) practice scores and 32.5 per cent were having excellent (>80) practice score regarding the prevention of varicose veins after planned teaching which shows that planned teaching was effective.

Findings related to the effects of planned teaching on the knowledge score of the primary school teachers regarding prevention of varicose veins: It was seen that the calculated ‘t’ value for the knowledge score of the primary school teachers before and after planned teaching was significant at 0.05 level of significance. This result supports the significance of planned teaching on prevention of varicose veins in improving the knowledge of the primary school teachers.

Findings related to the effects of planned teaching on the practice score of primary school teachers regarding prevention of varicose veins: It was seen that the calculated ‘t’ value for the practice score of the primary school teachers before and after planned teaching was significant at 0.05 level of significance. This result supports the significance of planned teaching on prevention of varicose veins, in improving the practice of the primary school teachers.

Findings related to the correlation of the mean knowledge scores and mean practice score of the samples: It was noted that there was a low correlation between the knowledge score and practice scores of the primary school teachers. This could be attributed to the fact that practice involves changes in behaviour and requires a longer time period to occur, as compared to gain in knowledge.

Findings related to the relationship between knowledge and practice and age: It was calculated by ‘t’ test and noted that knowledge was influenced by the age of the primary school teachers but practices were not influenced by the age of primary school teachers.

Findings related to the relationship between knowledge and practice with education:

It was calculated by ‘t’ test and noted that knowledge and practices were not influenced by the education of primary school teachers.

Findings related to the relationship between knowledge and practice with the years of experience:

It was calculated by ‘t’ test and noted that knowledge and practices were not influenced by the years of experience group (5 years and 5-10 years). It was calculated by ‘t’ test and noted that

knowledge was influenced but practice was not influenced by the years of experience group (5-10 years and >10 years).

CONCLUSION:

The results of the study showed that there was a significant change in the knowledge of the primary school teachers after planned teaching. However, as compared to the knowledge, the change in practices of primary school teachers did not improve significantly after the post-test. Therefore the study showed that the planned teaching on prevention of varicose veins was effective. Varicose veins are a hidden problem. Hence, nurses who play a vital role in health care, need to identify problems and offer strengthen the people by providing support in order to prevent varicose veins.

REFERENCES

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- Corman, Kay. (1988). *Advanced concepts in clinical nursing*. 2nd ed. New York : Lippincott.