

Effectiveness of an Informational Booklet on Knowledge Regarding Varicose Vein and Its Prevention among Staff Nurses: A Quantitative Evaluative Survey

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Abstract: *Varicose veins, characterized by swollen, twisted, and sometimes painful veins filled with abnormal blood collections, pose a significant health concern, particularly for individuals who spend prolonged periods on their feet. This study aimed to assess the effectiveness of an informational booklet in enhancing knowledge about varicose veins and their prevention among staff nurses. A quantitative evaluative survey with a pre - experimental one - group pretest - posttest control group design was employed. Non - probability purposive sampling selected 60 staff nurses. The reliability of the tool was tested, and the pretest was conducted using a structured questionnaire. An informational booklet was administered, followed by a posttest after 7 days. Data were analyzed using mean, median, mode, standard deviation, range, paired t - test, and chi - square test.*

Keywords: Effectiveness, Informational Booklet, Varicose Vein, Prevention, Staff Nurses

1. Introduction

Varicose veins, characterized by the swelling, twisting, and pain in veins, often filled with abnormal blood, result from valvular incompetence. This condition is particularly prevalent in the veins of the legs, impacting individuals who spend extended periods on their feet. Nurses, often engaged in prolonged standing, are at an increased risk of developing varicose veins, which can lead to various health problems. This study aims to evaluate the effectiveness of an informational booklet in enhancing knowledge about varicose veins and their prevention among staff nurses.

2. Objectives of the Study

- 1) To evaluate the effectiveness of an informational booklet on knowledge regarding varicose veins and their prevention among staff nurses.
- 2) To compare pretest knowledge scores with posttest knowledge scores of varicose veins and their prevention among staff nurses.
- 3) To determine the association between pretest knowledge scores and selected socio - demographic variables of staff nurses.

3. Methods

A quantitative evaluative survey was employed with a pre - experimental, one - group pretest - posttest control group design. Non - probability purposive sampling selected 60 staff nurses, and the tool's reliability was tested. The pretest utilized a structured questionnaire, and an informational booklet was administered. A posttest was conducted after 7 days, and data were analyzed using statistical measures.

4. Results

The paired t - test indicated a statistically significant increase

in knowledge scores post - intervention, supporting the effectiveness of the informational booklet ($t_{cal} = 17.16$, $t_{tab} < 2.00$). Additionally, a significant association was found between pretest knowledge scores and the educational qualification of staff nurses ($X^2_{cal} = 6.41$, $X^2_{tab} < 5.99$).

5. Limitations

While the study demonstrated the effectiveness of the informational booklet, it is essential to acknowledge certain limitations. The sample size was relatively small and confined to a specific demographic of staff nurses in a particular setting. This may limit the generalizability of the findings to a broader population. Additionally, the short - term follow - up of 7 days post - intervention may not capture the long - term impact of the informational booklet.

6. Recommendations

To address the limitations and enhance the robustness of future studies, researchers should consider expanding the sample size and diversifying the demographics of participants. Longitudinal studies with extended follow - up periods would provide a more comprehensive understanding of the sustained effectiveness of informational interventions. Moreover, exploring the feasibility of incorporating similar educational tools into routine nursing training programs could contribute to the integration of preventive knowledge into daily nursing practices.

7. Conclusion

The study revealed that the informational booklet effectively increased knowledge about varicose veins and their prevention among staff nurses. Most staff nurses demonstrated good knowledge on the subject. The findings emphasize the importance of targeted educational

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interventions, such as informational booklets, in enhancing awareness and preventive practices related to varicose veins among healthcare professionals.

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