



Investigating the relationship between demographic and occupational factors with the intensity of nurse legs varicose veins in Amol hospitals

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Abstract

Background and aims: varicose of lower limbs is one of the most common injuries which is caused and intensified by the job activities through passing the time and can cause the person and the society to bear the high cost. This study has been done in order to investigate the relationship between the demographic and occupational factors with the lower limb varicose severity of the nurses in Amol hospital.

Methods: This cross-sectional study was conducted through on 203 nurses in Amol hospitals. Questionnaire was used to collect the required information. It was completed through interview and physical examination based on the standard CEAP forms.

Results: 145 of the subjects were female. 73.9% of the nurses had varicose with different levels (CI95%: 77- 65). Female gender, age, BMI (OR =1.21), regular exercise (OR =0.31), family history, weight, and overtime between job factors (OR =1.01), years of service, standing (OR =2.3) and sitting in the ward had significant relationship with the varicose intensity.

Conclusion: It seems that the necessary training to reduce disability and treatment expenses to adjust risk factors and prevention of inducing varicose is essential according to the high number of the nurses who have lower varicose veins with different intensities and the effect of lots of demographic and occupational factors

Keywords: varicose veins, occupational factors, demographic factors, nursing

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