



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

H. Sharif Nia<sup>1</sup>, A.A. Haghdoost<sup>2</sup>, Z. Beheshti<sup>3</sup>, M. Ghorbani<sup>4</sup>, M. Mahbobi<sup>5</sup>

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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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1. **(Corresponding author)** MSc of Nursing, Faculty member of Babol University of Medical Sciences, School of Nursing And Midwifery of Hazrat Zeinab Amol and also a member of Young Researchers Club, Azad Islamic University, Ali-Abad Katol Branch, Amol, Iran. Email: sharifnia@mubabol.ac.ir
  2. MD, PhD; Associate Professor of Epidemiology, Kerman University of Medical Sciences, Kerman, Iran.
  3. MSc of Nursing, Faculty member of Babol University of Medical Sciences, School of Nursing And Midwifery of Hazrat Zeinab Amol, Amol, Iran
  4. Faculty Member of Golestan Medical University, PhD student of Epidemiology, Iran University of Medical Sciences.
  5. Bs of Nursing, Amol Faculty of Nursing and Midwifery, Babol University of Medical Sciences, Mazandaran, Iran.