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PHYSIOTHERAPY- AWARENESS OF KNOWLEDGE ABOUT VARICOSE VEIN AMONG GENERAL POPULATION OF PONDICHERRY.

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Background: Varicose veins are a common chronic venous disorder characterized by dilated, elongated, and tortuous superficial veins, primarily affecting the lower limbs. They result from incompetence of venous valves, leading to impaired blood flow, venous hypertension, and pooling of blood. Individuals who engage in prolonged standing or sitting, such as teachers, healthcare workers, and office employees, are at a higher risk. Common symptoms include pain, heaviness, swelling, and cosmetic concerns, which may progress to complications like skin changes, ulcers, and reduced mobility if left untreated. Despite its prevalence, public awareness about its causes and prevention remains low.

Purpose: To assess the level of awareness and knowledge regarding varicose veins, including risk factors, symptoms, complications, and preventive strategies, among the general population of Pondicherry, and to analyze its association with selected demographic variables.

Methods & Materials: A cross-sectional descriptive study was conducted among 400 general population using a structured and validated questionnaire. Participants were selected through convenient sampling. The questionnaire assessed knowledge related to causes, symptoms, risk factors, and prevention of varicose veins. Data were analyzed using descriptive statistics, and the association between awareness levels and demographic variables was evaluated.

Results: Most participants had limited awareness of varicose veins, with poor understanding of risk factors and prevention. Awareness was higher among younger individuals and those with a medical background.

Conclusion: The study revealed insufficient knowledge about varicose veins among the general population. There is a need for targeted health education and awareness programs to promote early diagnosis, preventive strategies, and effective management.

Keywords: Varicose vein, Awareness, Knowledge, Prevention, Health education.