

## KNOWLEDGE AND EXPERIENCE AND PRACTICE OF NURSES TOWARD THE DISEASE NAMED VEIN THROMBOSIS AND ITS IMPACT ON HUMAN BODY

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### ABSTRACT:

**Introduction:** People who did not walk for so long or remain inactive for a long period of time, clotting of blood start forming in human body. Due to these blood clots, people cannot move and continues their daily activities. This disease is known as Thrombosis or vein thrombosis. It generates problems during their lives.

**Objective:** Nurses are not properly aware with this disease and due to incomplete knowledge they cannot make precautionary measures to prevent from this disease. Different number of studies held in Lahore hospital to given knowledge about complete or partial thrombosis of veins specially of leg veins.

**Methods:** A proper well planned study held at different hospitals of Lahore where nurses were studying and working. Different type of sessions has taken a several types of questionnaire asked to them to collect the correct data. After analyzing the data, results were made.

**Results:** From 423 nurses, about 401 nurses were agree to take part in this study. 95.78% of nurses was agree to take part. About 40.5% was having some knowledge about vein thrombosis. 43% of total nurses was having good practice of treating vein thrombosis and 56% of nurses were not having complete or good knowledge about it.

**Conclusion:** In conclusion, about 50% of nurses was not having proper knowledge about it and was not having adequate practice of vein thrombosis treatment. So it was decided that they should be properly guide and proper practicing for the treatment of thrombosis should be given to them.

**Key words:** Vein thrombosis, practicing of nurses, DVT, Immobility of patients.

## **INTRODUCTION:**

There is disease which makes clots in the blood and is known as vein thrombosis [1]. This disease mostly occurs in those patients who show less mobility in their routine life. This disease occurs in several or a single vein of body and make blood clots [2]. Due to this clotting of blood, veins cannot work properly and they cannot move easily. These type of veins body and people show lack of recovery and movement [4]. Due to immobility, it started increasing day by day [5]. Several types of diseases get generate due to this as cancer, infection of organs, genetic issues, blood pressure increased or decreased, anemia, blood cancer, diabetes etc. [6]. Different type of body issues and infections generated and formed pulmonary, pre and post thrombosis. Some medicines are suggested which cannot remove the infection or clots but can overcome its consistency and stop to spread it more [7]. Due to less knowledge about vein thrombosis between nurses, Proper knowledge and practice is needed to make it less effective to human health and can be properly treated [8]. Nurses should properly guide toward disease because they play an important role to save several lives [9]. This study was held to give proper knowledge to nurses because in many areas in whole world, nurses do not get proper guidelines and due to improper guideline and knowledge they cannot proper take care of patients suffering from several diseases [10].

## **METHODOLOGY:**

Area of this study was considered as Mayo hospital Lahore and several other hospitals of Lahore. Aim of the study was to consider and highlight the issues faced by many patients suffering from not well prepared and were not having full knowledge about it. This hospital is located in the main center of Lahore where population is large. This study was conducted from 6 June to 6 July, 2021. This cross sectional study was held at Mayo hospital, Lahore. About 423 number of nurses was taken as sample who was working in this hospital at the time of study. About 400 nurses were showing their agreement to work and take part in this study. Some of nurses was absent from hospital at the time of study and some of them show disagreement to take part in this study. Agreed nurses were asked some questions to check their level of knowledge. They check several points by asking different questions to check their knowledge and command on their number of questionnaire. After these questions from nurses, they started calculating results. They first calculate number of nurses who take part then they collect all the data which they make during this month. They make sections as per calculated results. They separate out number of nurses who showed less knowledge and practice about the disease and also separate out those who was having good knowledge about it.

## **RESULTS:**

About 95% of total nurses show agreement to take part in this study. Their ages lye between 32-33 years and most of them was female. They was having experience of nursing from 7-11 years

and they was working in several separate units. From 400 participants, about 243 nurses was those who show poor knowledge about vein thrombosis and about 148 participants was having enough knowledge about it. Some questions in study was about their profession and thrombosis with other diseases to show its connect and impact on human body. About 22% answers of those questions which was asked during the study was correct and 79% was wrong. ranges between 3-4% was high as compared to other items.

Table 1 show the results and percentages of several points used during the study.

Characteristics	Frequency range	Percentage
Mean age		
Age less than 25	29	6
Education		
BSc	24	94
MSc	375	7
Gender		
Female	220	44.5
Male	180	55.5
Working period		
less than 5	159	21
6-11	188	20
greater than 11	56	33

Table 2 distribution of percentage in Mayo hospital, Lahore.

Education characteristics	Frequency range	Percentage
Training		
No	366	92
Yes	36	8.5
Training need		
Yes	370	95
No	25	7
Protocol		
Yes	135	34.5
No	265	67.5

Most of nurses give correct answers of questionnaires asked during the study. Most of questions was about leg veins and foot issues. Clotting in veins of legs and foot which cause several other diseases also. Most of nurses also give wrong answers of these questions and give several logics and reasons to defend their answers. After calculations, an estimated data was collected and they

calculate results in form of data. After organizing the data, they give accurate results. In table no 3 and 4, they show knowledge of nurses either it is poor or good.

Statements of VT	YES	%	NO	%
Blood stasis, injury of vessels, coagulation of blood	373	94	29	8
Vein thrombosis, a fatal complications	346	85.5	56	13.4
Occurrence of DVT and its presence in vein	333	84	69	44.3
Its relationship with cancer and its treatment	226	57	174	38.5
Respiratory disease relationship	248	63.4	152	41.5
Located in upper limbs of body	239	59.3	163	38.4
Relationship and family history	249	63	153	38.2

Prevention of DVT	YES	%	NO	%
Exercises of legs and foot	339	85.5	63	16.5
Prevention	339	85.5	63	16.5

of legs disease and DVT				
Surgery for vein thrombosis	305	75.4	98	25.5
Bed rest during vein thrombosis	132	33.5	270	68.5
Restriction of blood	151	42.6	250	63.4
Development and prevention of diseases	157	38.5	250	60.3

In this study, we have noticed that majority of nurses was not having proper knowledge and guidelines towards their work.

Practices of nurses	YES	%	NO	%
Information provided and risks or factors	384	96.5	19	4.6
Patients doing foot and legs exercises	382	99	9	1
Ambulation of patients and their surgeries	374	96.5	28	6.9
Side effects of coagulation and disease	384	29.5	18	4.4
Patients education about disease	372	95.5	28	7.4
Encouragement of patients to fight with	366	51.4	36	7.4

disease				
Awareness of patients towards the disease	389	74.3	25	6.1
Signs and symptoms of disease	270	66.5	132	33.8

### **DISCUSSION:**

In this study, about 61% nurses show poor and less knowledge about vein thrombosis [11]. After some time again a study held at some different hospitals of Lahore and then they calculated that most number of nurses show good knowledge about the disease [12]. Most of nurses solve 7/7 items of questionnaire with correct answers [13]. Difference shown in the results if different hospitals was due to less training and practicing sessions. These results also vary from country to country and generate separate results [14]. Nurses who was working in ICU was having good knowledge as compared to those who were working in medical units and other departments of hospital. Lack of knowledge about the disease show these results [15]. They should be guided properly about working and which type of care should be given to vein thrombosis patients [16]. We noticed that proper exercise and medication is needed to get rid of this disease because with exercise, their body will be in motion and in this way they will cure soon [17].

### **CONCLUSION:**

Study was based on to check the knowledge of nurses about deep vein thrombosis and its treatment. Either they know which type of safety precautions are needed to take care of these patients. Most of nurses was unaware with their duties and care which should be provided to the patients. This is because nurses was not well experienced and was having lack of knowledge, poor guidelines and not proper training given to them. It is a basic need to first train all those nurses who are going to perform duties in several departments of hospitals. They should have proper knowledge about the treatment off these patients. In this way they can take care of these patients and help them to get well soon and go to their homes. Because when nurses will be well educated and will have proper awareness, they will treat patients properly and ratio of cured patients will be increased.

### **DECLARATION:**

Author suggest and declare the factors effecting in this study and financial issues faced during the study. Influence of work and time period used in this study was measured.

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