

5/08

TRADE PROJECT

**THERAPEUTIC MANAGEMENT OF VARICOSE VEINS
IN SIAYA DISTRICT HOSPITAL**

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Abstract

This study was done in Siaya District Hospital in Siaya town Nyanza province. The study period was from January 2008 to May 2008. The main purpose of the study was to find out the drugs commonly used in management of varicose veins.

Carl Arnold Ruge is credited for defining varicose vein as "any dilated, elongated and tortuous vein irrespective of size"

Varicose veins represent with a number of symptoms like phlebitis, ulcers, bleeding and aching of legs. It is usually not a life threatening disease but sometimes varicose veins become serious hence the need for medical attention.

The condition can be managed through drug therapy, surgery and preventive measures like wearing of elastic stockings and regular exercise.

In Australia, 2.3% of the population has varicose veins and 41% of women have abnormal veins by the age of 50 years (National Health Survey, Australia's Health 2004).

The study subjects involved patients who attended the hospital and also the medical staff. Patients were assured that the information given will be kept secret and will only be used for research purposes only. This was done after getting informed consent from the patients and medical staff.

The research dealt with the drugs used to manage varicose veins, causes, pathology and associated risk factors. It also dealt with the affected age bracket and the sex prone to developing the condition. Adult patients were included in the study but children were not included. Tools which were used to carry out the research included interviews, questionnaires, observations, prescriptions and medical records. The data was presented and analyzed using bar graphs, tables and pie charts.