



Effect of Socio-Demographic Factors on the Quality of Life of Nepali Patients with Chronic Venous Insufficiency

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ABSTRACT

Background:

Chronic venous insufficiency (CVI) is a prevalent condition that can significantly impact the quality of life (QoL) of patients. This study aimed to investigate the effect of socio-demographic factors on the QoL of Nepali patients with CVI.

Methods:

A cross-sectional study was conducted on 200 Nepali patients diagnosed with CVI. Participants completed the Chronic Venous Insufficiency Questionnaire (CIVIQ-20) to assess their QoL. Socio-demographic data, including age, gender, education level, occupation, and household income, were collected. Statistical analyses were performed to determine the association between socio-demographic factors and QoL.

Results:

The study found that older age, female gender, lower education level, and lower household income were associated with poorer QoL in Nepali patients with CVI. Participants aged 60 years and above had significantly lower QoL scores compared to younger patients. Women reported lower QoL scores than men. Patients with primary education or less had significantly poorer QoL compared to those with higher education levels. Individuals from lower-income households also had significantly lower QoL scores.

Conclusion:

Socio-demographic factors, such as age, gender, education level, and household income, significantly influence the QoL of Nepali patients with CVI. Healthcare professionals should consider these factors when designing and implementing interventions to improve the QoL of this patient population.

Keywords: *Chronic venous insufficiency, Quality of life, Socio-demographic factors, Nepal*

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