

ABSTRACT

TITLE: A study of the prevalence of peripheral vascular disease and its associated risk factors among adults in a rural community in South India

DEPARTMENT: Community Health

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DEGREE AND SUBJECT: MD in Community Medicine

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OBJECTIVES:

To estimate the prevalence of Peripheral Arterial Disease (PAD) and Chronic Venous Disorders (CVD) and their associated risk factors among adults in a rural community in South India.

METHODS:

A Cross-sectional study was done among adults over the age of 18 in Kaniyambadi block, Vellore. Sampling was done by two stage cluster random sampling. 1151 people from four villages were screened for peripheral arterial disease by measuring their Ankle Brachial Index (ABI) using a handheld Doppler apparatus. The participants were also examined for venous disease and classified according to the Clinical, Etiologic, Anatomic, Pathophysiologic (CEAP) classification of chronic venous disorders. Data entry was done in Epidata 3.1 and analysed using SPSS 23.0.

RESULTS:

The prevalence of Peripheral Arterial Disease in Kaniyambadi block was 2% (95% CI: 1.3%-3%). The prevalence of Chronic Venous disorders in Kaniyambadi block was found to be 7.2% (95% CI: 5.7%-8.8%). Peripheral Arterial disease was significantly associated with increased age (>60 years) and male gender. Chronic Venous Disorders were significantly associated with increased parity. The mean height, weight and BMI were all significantly higher among people with Chronic Venous Disorders.

KEY WORDS:

Peripheral Arterial Disease, Chronic Venous disorders, Ankle Brachial Index