90 - QUALITY OF LIFE OF VENOUS ULCERS PATIENTS: A LITERATURE REVIEW

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INTRODUCTION

In this century with the scientific and technological advances achieved in health, which enabled the increase in life expectancy, many are still relevant and the problems that continue to affect the health of people around the world, are in developed countries or those that are in development (YAMADA, 2001).

With the advances in public health, an increased aging of populations and an increasing number of individuals living with one or more chronic disease for decades. It is estimated that by the year 2020, the chronic health problems will be responsible for 78% of the global burden of disease in developing countries. The chronic conditions account for 60% of the entire burden of diseases resulting in the world, generating an often inadequate quality of life for people with chronic diseases (WHO, 2003).

This reality growing concern to scientists, because the chronic diseases have limiting aspects, wear and suffering of the person affected, and also requires costly financial and human resources of public services, which prioritize activities and rehabilitation curative rather than preventive actions and health promotion, contributing to deterioration of quality of life (QOL) of Patients (MARCON et. al, 2005).

The concept of quality of life varies from author to author, for being a subjective concept depending on the sociocultural level, the age and the personal aspirations of the individual (VECCHIA et. al, 2005). Is related to self-esteem and welfare staff and covers the functional capacity, the socioeconomic level, the emotional state, social interaction, the intellectual activity, the self, the family support, the actual state of health, cultural values , Ethical and religious, lifestyle, satisfaction with the environment in which they live (SANTOS et. al, 2002).

The chronic disease presents with slow progress and indefinite duration, and there may be recurrences, resulting in changes in lifestyle of people. Among the chronic diseases affecting humans has been a chronic venous insufficiency (IRC), that even with almost no mortality, presents high morbidity and is characterized mainly by the occurrence of chronic venous ulcers (UVC) in the lower limbs, when in advanced stage (MARCON et. al, 2005, MAFFEI, 2002).

IRC refers to a condition that affects the venous system of lower limbs causing pain, swelling, swelling, skin changes and ulceration, being present in 25% to 33% of females and 10% to 20% of adult males male. One of the most serious consequences of this disease are venous ulcers, common in people over 65 years. (PALFREYMAN et. al, 2007, EBERHARDT; RAFFETTO, 2005, NICOLAIDES, 2000).

Being a chronic disease, vascular disease that interferes with various aspects of quality of life of the individual affected, causing a strong socioeconomic impact, which jeopardizes the ability to exercise professional activities and social (CORRÊA; CEOLIM, 2008, EBERHARDT; RAFFETTO, 2005).

In view of the importance of this issue, this study is justified by contributing as a result of a review that could bring subsidies for other work, raise questions, and conduct research that will assess quality of life of patients with venous ulcers and identify its determinants, which would bring benefit to the patient as an assistance that meets their needs not only clinics, but that takes into account the whole range of issues that compromise the quality of life of the patient.

Considering the problems of people with UVC in the literature and our clinical practice, this article aims to carry out a review of the literature about the quality of life of patients with chronic venous ulcers.

METHODOLOGY

This is a literature review that sought to study the issue quality of life in patients with venous ulcers, through several articles in searchable national and international databases.

The bibliographic sources searched for the theme of this study were the searches online databases of information recorded in the Center's Latin American and Caribbean Information Health Sciences (BIREME): SCIELO (01 article, it was selected), LILACS (Articles 04 and only 01 selected), MEDLINE (this research was through descriptors, featuring 51 items and only 14 selected), these bases were used descriptors: quality of life and venous ulcers. In the database of the Cochrane Collaboration Library, the descriptors were: quality of life and varicose ulcers and found 06 articles, and a complete review, from randomized controlled trials (ECR) and 05 economic evaluations (the only article that addresses the ECR, was selected). Were also searched in other databases such as PUB MED (80 articles, and only 04 were selected), HIGHWIRE PRESS (1111 articles and only 12 selected) and ISI WEB SCIENCE (31 articles with only 08 selected), using the descriptors: quality of life and varicose ulcer / venous ulcers.

The inclusion criteria were: to be published in the period 2000 to 2008, are available as full text and free and focus on the object of study, those that do not meet these criteria would be excluded from the research.

To meet these criteria some articles of databases as SCIELO, LILACS, MEDLINE and BDENF was necessary to search directly in the magazine, is it brought the full text at the base, was only available via the magazine. What the search very difficult, because many of these magazines access was not free or was controlled, with only the use of password.

Among the items surveyed in the databases mentioned above, only 41 articles met the criteria for inclusion, however were analyzed only 31 articles, as 10 articles are repeated at other bases. The results will be presented in the form of a table and discussed then.

RESULTS AND DISCUSSIONS

When conducting searches of the sources of national and international data, we selected 41 articles that did mention the quality of life of patients with venous ulcers, and in most studies that reported positive results of treatments, which provided a better quality of life to these people.

Table 01 shows the results of searches of the databases of national and international, SCIELO article was selected in LILACS, as happened to 05 articles that are repeated in bases PUB MED, ISI WEB SCIENCE and MEDLINE were excluded from the analysis of the latter base . Other articles of the 04 ISI WEB SCIENCE were repeated in PUB MED, justifying the 31 articles

analyzed from 41 selected.

TABLE 01: Review of articles in databases

Bases de dados	Artigos encontrados	Artigos analisados
LILACS	04	01
MEDLINE	51	09
COLABORAÇÃO COCHRANE	06	01
HIGWIRE PRESS	1111	12
PUB MED	80	04
ISI WEB SCIENC	28	04

The article selected in LILACS database assesses the arterial circulation of chronic venous ulcers from the extent of the index ankle / arm (I / B), because according to the author the treatment of choice for venous ulcers is compression, and Therefore, if there is some degree of arterial insufficiency, that kind of treatment can delay the ulcer healing and cause further damage, such as ischemia of the affected limb. We evaluated 40 patients with UVC, and measured the IT / B of each one, noting that 25% of the population studied had peripheral arterial disease (BERGONSE; RIVITTI, 2006).

The articles examined in MEDLINE relate to quality of life of patients with UVC to the success of therapy adopted, such as compression therapy, types of dressings and surgical treatment, in addition to specialized clinics in ulcers. Other articles deal with the pain, depression, anxiety and social support with regard to quality of life, as these variables influence the lives of patients. It is clear in all these articles that the quality of life of the bearer of UVC is affected by various factors resulting from venous ulcers, such as medical, psychological, social and even those related to assistance provided to it.

In Cochrane Library was considered an article this is a systematic review from ECR about the effectiveness of the use of ultrasound therapy to treat venous ulcers. We analyzed 08 trials, five of these were on the therapy of ultrasound compared with placebo, and the other three compared to standard treatment. The researchers to analyze these tests, which obtained the data available suggest that ultrasound enhances the healing of ulcers (AL-KURDI; BELL-SYER; FLEMMING, 2008).

The analysis of the articles of HIGWIRE PRESS, which deals with the subject under study, shows the association of clinical factors and social and health-related quality of life of patients with UVC; evaluates the quality of life of these patients, multidisciplinary approaches to acting as a factor important in the healing of ulcers and prevention of other co morbidities; brings some treatments as beneficial (negative pressure, surgery, therapy and compressive topical therapy) for ulcer healing, resulting in improved quality of life, shows the influence of psychological factors that delay the cure this disease. All articles show that the choice of appropriate treatment for a well trained staff with knowledge and updated, taking into account the patient as being a holistic, positive influence on quality of life of patients.

Reviewing the articles of the Basic PUB MED, noted that three of the four selected articles bring the use of different instruments that measure the quality of life of patients with UVC. The other article mentions the problems resulting from these ulcers affecting the healing process and preventive as well as the quality of life.

Two articles examined the ISI WEB SCIENCE concern the validation of instruments to assess the quality of life of patients with UVC. Another article examines the impact of the quality of life of these patients in their caregivers, and another study shows the perception and meaning that the elderly have the experience with venous ulcers, in the intention that the professionals to understand this experience can prevent some problems and foster care more sensitive.

An important point to stress is the fact that the number of jobs analyzed (96.8%) were published in the countries of Europe and USA, are higher than the studies developed in Brazil (3.2%), which portrays that health is still anchored to a biomedical model focused on disease in a Cartesian thinking, patient by dividing the parties (CAPRA, 1982).

Many studies in recent decades show that the people of UVC, have undermined their quality of life related to health. These evidences have been revealed from the application of instruments that measure the quality of life and describe the experience of these patients (HOPKINS, 2004).

Many authors indicate that venous ulceration affects productivity at work, creating pensions for disability, in addition to restrict activities of daily living and leisure, causing a major socio-economic impact, and an immeasurable emotional cost to the holder and his family because of the nature applicant and the long time between its opening and healing. Which means, for many patients, pain, loss of functional mobility and can take him to social isolation, depression, high levels of anxiety to the worsening quality of life (QOL) (NÓBREGA, 2008, NUNES et. Al, 2008b, VALENCIA, et. al, 2001).

Studies conducted in the city of Natal / RN who evaluated the care provided to patients with venous ulcers at the primary health care and high complexity, suggest that this assistance as inadequate and with little resolution. Featuring a range of variables that contribute to the increase of chronic ulcers impacting, directly, the complications arising from the maintenance of the IRC, which produces profound changes in socio-economic and psychosocial of individuals and families living with this health problem, contributing , Significantly, to the poor quality of life of them (DEODATO; TORRES, 2008, NUNES et. al, 2008b).

Studies of Nunes et. al (2008ab), Deodato, Torres (2008) and Nóbrega et. al (2008) suggest that factors such as lack of diagnosis of UVC, not to carry out laboratory tests, restricted access to arms, lack of systemic treatment, topical therapy incorrect, irregularity in treatment, lack of compression therapy, presence of pain, inadequacy in conduct household, lack of materials for dressings and lack of training for caregivers, contribute to the inadequacy of assistance to individuals with UVC. These factors influence the development of vascular ulcers, contributing to the maintenance of these chronic injuries. Besides these things, the determinants of living conditions of the population as education, age, income, occupation and living habits often hamper the effectiveness of actions and the resulting extension of treatment and chronicity of injuries, contributing significantly to the quality deterioration of life for them.

CONCLUSION

By completing this review found that the studies focus on the influence of venous ulcers on quality of life of the patient, due to clinical factors (pain, odor, exsudate, itching, fatigue), psychological (distorted self-image, depression, anxiety, social isolation) Or socioeconomic (pensions for invalidity, unemployment, burdensome costs, uprooting families, lack of leisure), which are associated with this condition. And essential knowledge of these factors on the part of professionals who meet the bearer of UVC, to then offer assistance that will try to meet the needs of the patient.

From these studies we can understand the importance of achieving an adequate care, with interdisciplinary actions of professional, scientific and technical knowledge of injuries, adopt remedial therapeutic pipelines, and above all the active participation of the patient and his family in the process of dealing with ulcers, within a perspective in addressing the individual holistically, contributing to improved quality of life.

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QUALITY OF LIFE OF VENOUS ULCERS PATIENTS: A LITERATURE REVIEW

ABSTRACT

This article is a literature review that sought review studies on the quality of life of patients with chronic venous ulcers, for both search was conducted in databases indexed (LILACS, MEDLINE, COCHRANE, HIGWIRE PRESS, PUB MED, ISI WEB SCIENCE, SCIELO), found 41 articles and analyzed 31. They all deal with the repercussions of venous ulcers in patients' lives by contributing to the poor quality of life of these. Covering issues such as conduct therapy, psychological factors and instruments that measure the quality of life of chronic venous ulcers. Leading us to conclude that physical factors, psychological and socio-economic resulting from venous ulcers may adversely affect the quality of life of patients and therefore indipensable to health care professionals the knowledge of all these factors to an adequate assistance.

Key words: quality of life, chronic venous ulcers

QUALITÉ DE VIE DES DÉTENTEURS D'ULCÈRES VEINEUX: REVUE DE LA LITTÉRATURE

RESUMÉ

Cet article est une revue de la littérature qui a cherché examiner les études sur la qualité de vie des patients atteints d'ulcères chroniques veineux, à la fois pour la recherche a été effectuée dans les bases de données indexées (lilas, MEDLINE, Cochrane, HIGWIRE PRESS, PUB MED, ISI WEB SCIENCE, SciELO), et a trouvé 41 articles et analysé 31. Ils traitent de tous les répercussions des ulcères veineux dans la vie des patients en contribuant à la mauvaise qualité de vie de ces. Couvrant des questions telles que la conduite thérapeutique, les facteurs psychologiques et des instruments qui mesurent la qualité de vie des ulcères chroniques veineux. Nous conduit à conclure que les facteurs physiques, psychologiques et socio-économiques résultant de l'ulcère veineux mai nuire à la qualité de vie des patients et donc indispensable aux professionnels de la santé de la connaissance de tous ces facteurs à un niveau de l'aide.

Mots clés: qualité de vie, ulcères veineux, vérifier

CALIDAD DE VIDA DE LOS TITULARES DE LAS ÚLCERAS VENOSAS: REVISIÓN DE LA LITERATURA

RESUMEN

Este artículo es una revisión de la literatura que pretende examinar los estudios sobre la calidad de vida de los pacientes con úlceras venosas crónicas, tanto para búsqueda se realizó en las bases de datos indexados (LILACS, MEDLINE, Cochrane, HIGWIRE PRESS, PUB MED, ISI WEB CIENCIA, SCIELO), y encontraron 41 artículos y se analizaron 31. Todos ellos tratan con las repercusiones de las úlceras venosas en la vida de los pacientes, contribuyendo a la mala calidad de vida de estos. Que abarca cuestiones tales como la terapia de conducta, los factores psicológicos y los instrumentos que miden la calidad de vida de las úlceras venosas crónicas. Que nos conduce a la conclusión de que factores físicos, psicológicos y socio-económicos resultantes de las úlceras venosas puede afectar negativamente a la calidad de vida de los pacientes y, por tanto, indispensable a los profesionales de la salud el conocimiento de todos estos factores a una asistencia adecuada.

Palabras clave: calidad de vida, úlceras venosas, revisión

QUALIDADE DE VIDA DOS PORTADORES DE ÚLCERA VENOSA: REVISÃO DE LITERATURA

RESUMO

Este artigo trata-se de uma revisão de literatura que buscou analisar estudos sobre a qualidade de vida dos portadores de úlceras venosas crônicas, para tanto foi realizado busca em bases de dados indexadas (LILACS, MEDLINE, COCHRANE, HIGWIRE PRESS, PUB MED, ISI WEB SCIENC, SCIELO), sendo encontrados 41 artigos e analisados 31. Todos eles abordam a repercussão da úlcera venosa na vida dos pacientes contribuindo para a má qualidade de vida destes. São abordados temas como conduta terapêutica, fatores psicológicos e instrumentos que medem a qualidade de vida dos portadores de úlcera venosa crônica. Levando-nos a conclusão de que fatores físicos, psicológicos e sócio-econômicos resultantes das úlceras venosas podem influenciar negativamente na qualidade de vida dos pacientes, sendo portanto indispensável aos profissionais de saúde o conhecimento de todos estes fatores para uma assistência adequada.

Palavras-chaves: qualidade de vida, úlcera venosa, revisão.