ABSTRACT

**Objective:** to reflect on the home care carried out by nurses in the treatment of venous ulcers, seeking to contextualize the importance of these professionals in the care of these injuries. **Method:** reflective study built through research in books and periodicals of BDENF databases, LILACS and MEDLINE. **Results:** the findings allow to reflect on the home care carried out by nurses, through home visits, and the performance of these professionals in the care of venous ulcers. **Conclusion:** the study demonstrates the importance of the nurse’s role to home visits for the treatment of venous ulcers, given the fact that the professional is involved in the entire process surrounding the treatment. **Descriptors:** Nursing; Varicose ulcers; Home Visit.

RESUMO

**Objetivo:** refletir sobre o atendimento domiciliar realizado por enfermeiros no tratamento de úlceras venosas, procurando contextualizar a importância desses profissionais no cuidado dessas lesões. **Método:** estudo reflexivo construído por meio de pesquisas em livros e periódicos das bases de dados BDENF, LILACS e MEDLINE. **Resultados:** os achados permitiram refletir a respeito do atendimento domiciliar realizado por enfermeiros, por meio da visita domiciliar, e sobre a atuação desses profissionais no cuidado de úlceras venosas. **Conclusão:** o estudo demonstra a importância do papel do enfermeiro em relação à visita domiciliar para o tratamento de úlceras venosas, tendo em vista o fato do profissional em questão estar envolvido em todo o processo que circunda o tratamento. **Descritores:** Enfermagem; Úlcera Varicosa; Visita Domiciliar.

RESUMEN

**Objetivo:** reflexionar sobre el atendimiento domiciliar realizado por enfermeros en el tratamiento de úlceras venosas, buscando contextualizar la importancia de esos profesionales en el cuidado de esas lesiones. **Método:** estudio reflexivo construido por medio de investigaciones en libros y periódicos de las bases de datos BDENF, LILACS y MEDLINE. **Resultados:** los hallados permitieron reflexionar al respecto del atendimento domiciliar realizado por enfermeros, por medio de la visita domiciliar, y sobre la actuación de esos profesionales en el cuidado de úlceras venosas. **Conclusión:** el estudio demuestra la importancia del papel del enfermero en relación a la visita domiciliar para el tratamiento de úlceras venosas, teniendo en cuenta el hecho de que este profesional está envuelto en todo el proceso que circunda el tratamiento. **Descritores:** Enfermería; Úlcera Varicosa; Visita Domiciliar.  

1Nurse, Substitute Professor, Ph.D. student in Health Care Sciences, Aurora Afonso Costa Nursing School, Federal Fluminense University/UFF. Niterói (RJ), Brazil. E-mail: fabykim_enf@yahoo.com.br; Nurse, Ph.D. Professor in Nursing, Department of Nursing and Administration Fundamentals, Aurora Afonso Costa Nursing School, Federal Fluminense University/EEAC/UFF. Niterói (RJ), Brazil. E-mail: cicacamacho@uol.com.br; Nurse, Philosopher, Psychologist, Ph.D. Professor in Nursing, Department of Medical-Surgical Nursing, Aurora Afonso Costa Nursing School, Federal Fluminense University/EEAC/UFF. Niterói (RJ), Brazil. E-mail: driellelouredo@gmail.com; Nurse, Post-Ph.D., Professor, Department of Nursing and Administration Fundamentals, Aurora Afonso Costa Nursing School, Federal Fluminense University/EEAC/UFF. Niterói (RJ), Brazil. E-mail: geilsavalente@yahoo.com.br; Nurse, Master of Science in Health Care, Aurora Afonso Costa Nursing School, Federal Fluminense University/UFF. Niterói (RJ), Brazil. E-mail: enf_recsantos@yahoo.com.br.
Venous ulcers are chronic injuries of the lower limbs resulting from chronic venous insufficiencies and are the main cause of venous hypertension. According to the National Clinical Guideline, these injuries are the most severe in the so-called failure Chronic Syndrome Venous of the lower limbs. They have great importance for being characterized as a public health problem due to its high incidence and prevalence, as well as its high socioeconomic impact, considering its difficult and prolonged treatment that requires labor absenteeism.

The prevalence of this problem is approximately a ratio of 80% to 90% of cases of leg ulcers, causing frequent pain described as contusion or weight, as well as edema in the region of the ankles and feet. Venous ulcers are irregularly shaped with well-defined edges, often with yellow exudate, and may be single or multiple and varying size and location, usually occurring in the medial-malleolus region. They are superficial at first, but can become profound. As for the diagnostic approach, it is important to conduct a comprehensive assessment of the patient by collecting data about their complete medical history and physical examination. The clinical treatment consists dressing, compression therapy, diet prescription that promotes healing, as well as guidance on the importance of rest and the use of compression stockings after wound healing.

The signs and symptoms resulting from ulcerative lesions hinder the performance of everyday life activities of their carriers due to impaired functional capacity, which is defined by Ordinance 1395, of December 10, 1999, like the ability to maintain the physical abilities and mental need for an independent and autonomous life. Thus, preventive actions, assistance and rehabilitation to patients with injuries should aim to improve functional capacity or at least its maintenance and, when possible, the recovery of this lost capacity. Therefore, it is an approach that goes beyond the simple diagnosis and treatment of specific diseases.

As venous ulcers promote the loss of functional mobility, impairment of daily activities, labor and leisure, it is necessary to carry out its monitoring to promote the healing process, educational support, prevention of possible complications and reduction of relapses, and the fundamental home visit strategy for the development of home care. This type of care consists of a care activity developed by professional/health teams with a technical training, becoming increasingly common.

Monitoring of injuries at home provides advantages for both the patient with an injury and for the family caregiver. These advantages are personalized and humane care, maintenance of family life, administration of the patient’s time and the family; development of occupational activities, providing the feeling of being useful and to collaborate with the routine of the house, and maintenance of intimacy, due to exposure of the injury while bathing/dressing and familiarity with the environment. When nurses develop this service, these professionals use their knowledge to support their actions, observing, analyzing, caring and guiding to promote solving the problems diagnosed.

Based on these considerations, this text aims to reflect on the home care carried out by nurses in the treatment of venous ulcers, seeking to contextualize the importance of these professionals in the care of these injuries.

For the construction of this study, the scientific literature for the thematic basis was used. There were research in books and journals of databases in BDENF (Bank of Nursing Data), LILACS (Latin American and Caribbean Health Sciences) and PubMed (Medical Publications - National Library of Medicine and National Institutes of Health) in 2014, using the keywords “nurses”, “varicose ulcer” and “home visit”, as well as their similar in Portuguese.

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view tends to go beyond the act of providing care focused on injury, reflecting on family dynamics, the conditions in which the patient resides, and promoting significant contributions to the provision of care.

The home care requires careful planning of actions, which should be based on objective assistance, health diagnoses, the family conditions and the residential structure where the patient lives. Thus, the nurses who work at home should plan the activities to be developed to meet better the requirements of each home visit. Therefore, these professionals tend to perform a comprehensive care, focused on basic care actions, epidemiological and health surveillance.

The advantages of this type of care are the humanization of treatment, the decrease in length of hospital stay and patient satisfaction and his family. However, to use scientific knowledge to perform the service, the provider should not be too invasive, controlling and domineering and should implement their assistance guided by sensitivity, humility, gentleness and flexibility. From this perspective, nurses tend to contribute to the promotion of self-care, improved patient care by family members and caregivers, creating a sense of well-being as well as for the development of adaptive processes to health problems. Thus, evaluation of the injury and careful systematic performed by the nurse also tend to contribute to wound healing and improvement in the quality of life of patients. However, if the health problems are not addressed properly, they may impact negatively on the health care system, considering the epidemiological demands.

♦ The nurse in the care of venous ulcers

The role of nurses in the care of venous ulcers of the lower limbs is of extreme importance. Their attention should be for activities such as assessment of the costs for the treatment of the disease, evaluation of the patient’s quality of life, evaluation of the healing process and adoption of new treatment technologies to support the practice and deepen the issues related to the assistance.

It is important to highlight that when knowing the situation, the patients with venous ulcers, their physical and clinical aspects, as well as the complications of this injury on a psychosocial level, the nurse can promote an adequate planning and delivering care geared to the real needs of patients. Thus, the nurses consider the person as a whole, without hiding their relationship with the environment, thus promoting better adaptation of the subject to his pathological condition.

When discussing the role of nurses in the care of venous ulcers, it is essential to keep in mind that this professional is a health manager who acts in various aspects of the care processes. Concerning the care of patients with venous ulcers, nurse’s role overcomes the issues of prevention and diagnostic evaluation of risk, extending to the level of education and mental provide support for these clients. For this reason, the nurse tries to guide them to seek adaptive means leading them to overcome their condition by projecting the effective recovery and consequently resulting in improved quality of life.

The educational and mental support provided to the patient with venous ulcer is a key aspect of the effectiveness of treatment since being clear about the care that will be provided and how the healing will be done, the individual feels prepared to start treatment supported by professional and is confident about the outcome that aims to achieve with the proposed treatment.

When promoting behaviors aimed at preventing the appearance of venous ulcers of the lower limbs and its possible complications, the nurse provides quality care, objectively and effectively systematic. Therefore, this professional has a key role in patient recovery and should act as an educator of the issues facing health.

The authors point out the quality of life of patients as an effective instrument in their improvement and recovery. Thus, it is necessary to keep in mind that having a good quality of life for patients with venous ulcers consists in performing daily activities, participation in social activities with friends and family as well as in minimizing the esthetic appearance caused by the ulcer.

The nurse’s knowledge of the patient’s condition with venous ulcers in the biopsychosocial aspect allows the elaboration of a plan focused on customer’s needs, to promote the improvement of their living conditions. This behavior of the nurses is a result of their role as educators. Therefore, when working guidelines to the patient, means are developed for adapting their clinical condition, thus promoting an improvement in the recovery process and quality of life of that customer.
CONCLUSION

The venous ulcer is an injury characterized as a public health problem that causes its sufferers symptoms such as frequent pain and swelling in the region of the ankles and feet. These conditions lead to lose of mobility and impairment of activities of daily living, decreased labor and leisure, generating strong commitment to the quality of life of their patients. Therefore, it is necessary to use tools that aim better care to patients with venous ulcers and consequently promote improvement in their quality of life.

With all these, it is understood the importance of the nurse´s role in home visits for the treatment of venous ulcers because the professional is involved in the entire process surrounding the treatment. Thus, home visits developed by the nurses tend to be primary care, considering their possibility of obtaining information on the patient’s life, thus contributing significantly in their recovery.

REFERENCES


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