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INTEGRATIVE REVIEW ARTICLE

SCIENTIFIC PRODUCTION ABOUT NURSING CARE FOR ADULTS AND ELDERLY PATIENTS WITH VENOUS ULCERS INTEGRATIVE REVIEW

PRODUÇÃO CIENTÍFICA SOBRE CUIDADOS DE ENFERMAGEM AOS PACIENTES ADULTOS E IDOSOS COM ÚLCERAS VENOSAS REVISÃO INTEGRATIVA

PRODUCCIÓN CIENTÍFICA DE ENFERMERÍA PARA PACIENTES ADULTOS Y ANCIANOS CON ÚLCERAS VENOSAS REVISIÓN INTEGRADORA

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ABSTRACT

Objective: to analyze the scientific production on venous ulcer and nursing care aimed at adults and the elderly. **Method:** an integrative review, leaving the question What nurses have produced and published on venous ulcer and nursing care aimed at adults and the elderly? between March and June 2012 in Pubmed and Lilacs and Scielo collection. **Results:** stood out nursing care in patients with venous ulcers in 10% of articles on the importance of the nursing and professional qualification in 4%. New technologies in 12% of articles. The quality of life of patients with venous 8% on the market and new dressings 32%, 26% compression therapies and complications of venous ulcers 4%. **Conclusion:** nursing professionals must invest in professional training to better serve their clientele, preventing possible complications arising from inefficiencies in differentiating characteristics of lesions. **Descriptors:** Venous ulcers; Nursing Care; Wound Healing; Health; Adult Health.

RESUMO

Objetivo: analisar as produções científicas sobre úlcera venosa e o cuidado de enfermagem voltada ao adulto e idoso. **Método:** revisão integrativa, partindo da questão *O que os enfermeiros têm produzido e publicado sobre úlcera venosa e o cuidado de enfermagem voltada ao adulto e idoso?* entre março e junho de 2012 nas bases Lilacs e Pubmed e coleção Scielo. **Resultados:** destacaram-se os cuidados de enfermagem em pacientes com úlceras venosas em 10% dos artigos, sobre a importância da consulta de enfermagem e qualificação profissional em 4%. Novas tecnologias em 12% dos artigos. A qualidade de vida dos pacientes com úlceras venosas 8%, e novos curativos no mercado 32%, terapias de compressão 26% e complicações das úlceras venosas 4%. **Conclusão:** os profissionais de enfermagem devem investir na qualificação profissional para atender melhor a sua clientela, prevenindo possíveis complicações decorrentes da ineficiência na diferenciação das características das lesões. **Descritores:** Úlcera Venosa; Cuidado de Enfermagem; Cicatrização de Feridas; Saúde do Idoso; Saúde do Adulto.

RESUMEN

Objetivo: analizar la producción científica sobre la úlcera venosa y de enfermería dirigido a los adultos y los ancianos. **Método:** revisión integradora, dejando a la pregunta *¿Qué enfermeras han producido y publicado en la úlcera venosa y de enfermería dirigido a los adultos y los ancianos?* entre marzo y junio de 2012 en PubMed y Lilacs y colección SciELO. **Resultados:** se destacó la atención de enfermería en pacientes con úlceras venosas en 10% de los artículos sobre la importancia de la enfermería y la cualificación profesional en el 4%. Las nuevas tecnologías en el 12% de los artículos. La calidad de vida de los pacientes con venosa 8% en el mercado y los nuevos apósitos 32%, 26% terapias de compresión y las complicaciones de las úlceras venosas de 4%. **Conclusión:** los profesionales de enfermería deben invertir en la formación profesional para servir mejor a sus clientes, evitando posibles complicaciones derivadas de las ineficiencias en la diferenciación de las características de las lesiones. **Descriptores:** Úlceras Venosas; Cuidados de Enfermería; Cicatrización de Heridas; Salud; Salud del Adulto.

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INTRODUCTION

The increasing number of elderly is remarkable worldwide, with advancement of technology along with a better quality of life possible to man a life expectancy greater, therefore increasing concern not only to physical health but also mental health population over 60 years old. From that age, there are diseases typical of the elderly population coupled with comorbidities pre-existing.¹

The care of patients with wounds, whatever its causes, is a hive of activity and requires specific nursing interventions based on scientific evidence. The elderly, because the physiological changes associated with skin fragility and mobility difficulties, become susceptible to the development of skin lesions.

The growing aging population, coupled with existing chronic diseases and the change in the age structure, requires public policies and attitudes of health care as defined in approach, with emphasis on interdisciplinary work in order to preserve the independence, participation, care, self-satisfaction and the possibility of this patient work in various social contexts.²

Technological development and innovation in the treatment of skin lesions have been March promote health and wellness for adults and especially seniors with chronic conditions, providing a recognized area of nursing performance, but is need for in-depth research to prove with comprehensive income and tracking the effectiveness of new products.

The diseases associated with old age are not part of the normal aging process, they occur because the functional losses associated with aging increase the vulnerability of the elderly to cancer, to heart disease, brain-vascular accident and the other. And in this context, one of the main causes for the elderly in the hospital are diseases of the circulatory system, a total of 27.4% of admissions.³

Thus, careful lesions involves an area of complexity in health, including aspects from the wound assessment and individual choice of products and processes of nursing care, associating contexts of technology for their fundamental scientific and social development, since in the scheme, technology is the current state of our knowledge of how to combine resources to produce desired products, and generation of knowledge that can be produced, it would be extremely important because it generates patents and

marketing of domestic products and scientific recognition.

Based on these issues appears to be relevant, the following research problem: How to assess functional capacity and social support in adults and elderly patients with venous ulcers as nursing care, based on existing scientific productions?

The rationale of this study is included in the quota increase in the elderly population due to low birth rates, increased life expectancy, and development of new technologies that envisioned treatments that until a few years ago were unthought of perspective and life prognosis favorable for some diseases² among which venous ulcers.

The relevance is in fact understand that health care to adults and elderly patients suffering from venous ulcers, requires assistance should be based on a holistic model of care, where the human being needs to be assisted from their real needs. Once this pathological state generates expectation, fear, anxiety regarding quality of life affected due to the commitment of the disease that limits and prevents the individual from working daily with social restrictions, professionals, generating high social and economic costs.

METHOD

Study integrative review period with data collection during the months from March to June 2012. The search was conducted in the following databases of the Virtual Health Library (VHL) Lilacs (the Latin American and Caribbean Center on Health Sciences), SciELO (Scientific Electronic Library Online) and international database PUBMED (Medical Published - service of the U.S. National Library of Medicine), based on the following question: What nurses have produced and published on venous ulcer and nursing care aimed at adults and the elderly?

The keywords used were: venous ulcers, nursing care, wound healing, health of the elderly and adult health. Inclusion criteria: adherence to the goal and the proposed topic of research articles published in Portuguese, English and Spanish; full articles which reflect the theme of venous ulcer and nursing care, in general, published and indexed in these databases in last ten years (2002 - 2012).

Exclusion criteria were: published articles that were repeated in the databases, articles that did not address such themes, theses and monographs and articles that were not published in full and that his approach did not contribute to the knowledge of the nursing field.

We performed an initial reading of selected references those were a total of 52 articles from which, in the Lilacs database found only 4 articles (7.6%) which had grip and all the study met the inclusion criteria. SciELO found in reference 01 (2%), but this was repeated. On an international basis PUBMED found 47 articles (90.4%) who had the necessary adherence to the study, however, also repeated reference 01. Therefore, of the 52 articles, one was repeated in the databases chosen (Lilacs and SciELO), and was repeated in own database of Pubmed and for this reason the analysis is the quantitative basis of 50 articles.

RESULTS

Content analysis of references,⁴ productions were organized in terms of year, type of publication and methodological approach, the essence of the content and knowledge production, and database. Of the 50 selected articles, in 2012 the percentage was 4% (2 articles), 12% in 2011 (6 articles), 6% in 2010 (3 items), 12% in 2009 (6 articles), in 2008 2 % (1 item); 8% in 2007 (4 articles), in 2006 10% (5 items), in 2005 and 2004, the largest percentage, 16% (Articles) Each year, 12% in 2003 (6 items) and 2% in 2002 (Article 1).

In order to analyze the type of publication and the methodological approach and selected articles were grouped as: review studies in 6% (3 items); quantitative study 30% (15 articles); qualitative 16% (8 articles); qualitative-quantitative 2 % (1 item). The type of randomized controlled trial 14% (7 items), as a case study 18% (9 items); comparative study 4% (2 articles) and pilot study 10% (5 items).

In relation to the essence of the content and knowledge production, stood out issues related to nursing care in patients with venous ulcers in 10% of articles (5 articles), in relation to the importance of the nursing and qualification of professionals caring patients with venous ulcers 4% (2 articles).

Related to the use of new technologies (hard and soft) were also found 12% (6 items) of the articles analyzed. On adaptation and psychosocial support for people with venous ulcers is 4% (2 articles). As for the quality of life for patients with venous ulcers 8% (4 items), and regarding the new dressings on the market 32% (16 articles), compression therapies 26% (13 articles) and complications of venous ulcers 4% (2 articles).

Regarding the database 50 Articles in Lilacs was found lower levels, with 8% (4 papers) and Pubmed the highest percentage of 92% (46 articles). It is noteworthy that there were

10% (5 items) in Portuguese, 88% (44 articles) in English and 2% (1 item) in Spanish.

On the recommendation of the authors observed the following results: the care with venous ulcer is expressed in some aspects in nursing research, but the matter is still under-researched and there are few qualitative studies that address this content. The research focused on clientele is focused on objective data that measure lower expenses, less costly treatments and what the best treatments of choice, but do not address the importance of qualifying skilled labor. One of the most common confusions observed the care provided by nurses, was a vascular injury is a common classification of ulcer, without differentiating it in arterial and venous conduits offering the same for both. The characteristics of these lesions are distinct and should be recognized by the nurses so that they can draw an accurate diagnosis. It is therefore recommended research for the nurse specialist stomach therapy, their duties and contributions 4% (2 articles).

Chronic ulcers defy conventional treatments and bring a large socioeconomic impact. The studies emphasize the need for the application and development of new technologies in the treatment of ulcers complex, also totaling 12% (6 items) recommendations. It is also recommended between 10% (5 items), the implementation of care plans in nursing care in patients with tissue injury for monitoring and better treatment outcomes. The negative impact of venous leg ulcers on health-related quality of life is confirmed in 8% of the articles analyzed (4 items).

There is a need to identify the greatest needs of this population and highlight the attention that should be given by nurses, respecting time-intensity, incorporate realistic goals of care for wound healing, and ensure excellent communication with team members, patients and family.

The identification of psychosocial needs of patients with venous ulcers, observed in 4% (2 articles) of articles, guides nursing actions covering the person receiving care considering it as a whole in its relations with the environment, promoting best level of adaptation.

The dressings are evaluated for their effect on the wound and patient comfort, with promising results. It is recommended that the accurate assessment of wound exudate is a key component to healing and the selection of health care through different dressings on the market. Superabsorbent dressings are designed to treat highly exuding wounds

because they have a greater ability to manipulate fluid and traditional dressings require changing less frequently. The new proposed curative in 32% (16 articles) articles analyzed help to further reduce exudate production, prevent maceration, reduce odor and provide comfort to the patient, besides the ease of use and reduction in time of care reported by patients and nurses.

The prevention of complications by identifying the characteristics of the lesions and socio-demographic characteristics of patients with venous ulcers reduce the high cost in the treatment of wounds, 4% (2 articles). It was also found that compression therapy increases the rate of ulcer healing. And as there was no consensus on the best topical treatment, it is recommended that although there are different coverage options, they must be associated with compression therapy, for example, the unna boot 26% (13 articles).

DISCUSSION

By analyzing the content of selected texts, it is clear the gap in nursing research in patients with venous ulcers and the many aspects that go from the identification of the characteristic lesions of the biopsychosocial factors involved, and not only the need to reduce the time and cost of treatment. Ie, how to improve the quality of life of a patient who has difficulty walking, exercising daily activities and still faces economic problems because of the restriction of their activities also labor.⁵

Since this is a chronic disease, it is essential that the customer also knows his illness and be a co-participant in the treatment process, and want to know when to expect in every situation, contributing thus to their own adaptation to the new reality. Therefore, it is also suggested a therapeutic approach in interdisciplinary health care for patients with venous ulcers, in its various aspects, trying their level best to adapt.⁶

Chronic wounds can pose a dilemma for the difficult diagnosis and treatment in the elderly frail. Thus, the benefits of a short-term rehabilitation should include not only the return or adjustment to their daily activities, but also investment in the training of professionals involved in care, such as nurses and dietitians are able to meet the needs of this clientele. Should incorporate realistic goals of care for wound healing and ensure excellent communication with team members, patients and families to achieve the benefits of a proper treatment.⁷

Nurses arise in research as active participants in caring for people with wounds and use their knowledge to plan systematic care. However, to apply the appropriate treatment, need efficient tools to evaluate the conditions of their patients.

Logo, discusses the importance of evaluating the integrity and tissue perfusion, based on indicators of Classification Nursing Outcomes (Nursing Outcomes Classification - NOC) as advantages the possibility of examining various characteristics of the skin of many existing operational indicators, adaptation parameters according to the results of the study and quantification of the results of these engagement. Focuses on the quality and choose appropriate therapy for patients with venous ulcers.⁸

There are numerous types of treatment for venous ulcers, ranging from wet dressings compression therapy. However, comparative studies show that compression bandages are more effective than usual care without compression. The compression systems are feasible and safe both in early healing of wounds and in reducing pain in patients with venous ulceration. Compression stockings are identified as the best therapy choice than compression bandages, as it has a positive impact on the pain, and is easier to use.¹⁰

The anatomic location of venous ulcer is discussed as an important prognostic factor, as the healing time. The multilayer compression bandages are evaluated according to the location of venous ulcer, where the lower probability of healing was observed among patients with deep venous insufficiency and when the ulcer was located in atypical region around the calf, ie, its effect is evidenced in superficial ulcers and typical location. The biggest indicator accumulated venous ulcers unhealed was observed among patients with impaired simultaneous two venous systems - superficial and deep.¹¹

It is also observed in the care of venous ulcers, difficulty some professionals in identifying the characteristics of the wound. Therefore, a more accurate assessment of wound exudate production becomes an important component for healing and for the selection of health care through different methods. The choice of method to be used will depend on the cause of the excessive production of exudate.

Wounds in general, naturally produce exudate, which contain nutrients, blood cells, enzymes, cytokines and growth factors, which are essential to the healing process of the injury. But when this balance is altered by

local or systemic conditions, then the exudate can become problematic. The healing will be delayed, the quality of life is negatively affected and nursing professionals involved in care will be faced with lengthy healing. Therefore, new absorbent bandages available on the market today, such as Eclipse, utilize highly absorbent crystal, to increase its handling capacity of fluids.¹²

The superabsorbent dressings are designed to treat highly exuding wounds because they have a greater capacity for fluid handling than traditional dressings and require changes less frequently, which also reduces cost and time. The superabsorbent dressings help to further reduce exudate production, prevent maceration and reduces the potential for become malodorous wounds.¹³

In seeking an ideal treatment for venous ulcer studies also define the effectiveness of the negative pressure wound therapy (NPWT) when used in combination with compression bandages for the healing of chronic venous ulcers resistant. The fact that the latent ulcers be transformed quickly in wounds healthy granulation with a base, allows this treatment to obtain a crucial role in stimulating the healing of chronic venous ulcers or prepare it for skin grafting, when the case.¹⁴

To explore the impact of venous leg ulcers in adults and elderly patients, so we can identify the influence on quality of life of this population. Venous ulcers account for 80% of chronic leg ulcers and directly affect the quality of life that can be clearly identified through the application of assessment tools of everyday life. Pain is the most frequently identified interference in quality of life, because it disables the patient to perform everyday activities. I.e, directly affects the health-related quality of life.¹⁵

Other generic instruments of life assessment of patients with venous ulcers are being developed in order to assess the responsiveness of ulcers on quality of life of the individual. Because it relates the healing process also with the lifestyle of each patient.¹⁶

When we discuss the complications of venous ulcers associated with chronic venous insufficiency, amputation of the affected limb appears to be targeted for prevention. Soon, several therapies are being developed with the aim of preventing the loss of a member wound complications. Compression therapy continued to be the mainstay of conservative treatment, as many patients are not candidates for surgical intervention. Then arises, compression therapy associated with

energy radio frequency drive that provides recovery or healing, avoiding amputation. But this type of treatment is still being evaluated in other patients with venous ulcers and other results should be compared.¹⁷

Another complication venous ulcer to be discussed in this study is the potential for bacterial load present in the wound, which stops the healing process. The bacterial load is identified by collection swabs prior to starting treatment of choice. Studies have demonstrated the efficacy of the nanocrystalline silver in the reduction of leukocytes and the presence of gram positive, gram-positive Cocci and Gram negative Cocci. This study raised a number of questions regarding the need for further research on methods of wound assessment as to their bacterial load as well as the impact, evaluation and treatment of the wound.¹⁸

New technologies emerge also as co-participants in the indirect treatment of venous ulcers. One study provided a home with programs for physical activities resistance with venous ulcer patients in order to improve the function of the calf muscle pump and therefore blood flow in patients with venous ulcers. In this research, in particular, the prescribed exercises appear to increase ejection fraction, but the effect of exercise for the ulcer to heal further investigation.¹⁹ In this sense, it is necessary to combined treatment consisting of reverse venous hypertension at the level of the superficial veins of the lower limbs, for this reason compression therapy is indicated for these patients.²⁰

CONCLUSION

Venous ulcers account for over 80% of all chronic leg ulcers. Several studies have demonstrated in this study indicate that health-related quality of life is affected in patients with such lesions. Therefore, we also conclude that the benefits of short-term rehabilitation in adults and elderly patients with chronic wounds, also through interdisciplinary resources, provide social and economic returns to these clients.

Considering the results in order to analyze the trace scientific production on venous ulcer and nursing care aimed at adults and the elderly in material respects from March to June 2012, then we can consider that both the public sector and the private sector must turn its attention to the health of the individual with chronic injury as a whole, and not only as a carrier of venous ulcers.

Nursing professionals must invest in vocational skills to better serve their

cliente, preventing possible complications arising from inefficiencies in differentiating characteristics of lesions, ie, the confusion between venous and arterial ulcers. Since the characteristics of these lesions are distinct and should be recognized by nurses so that they can draw a therapeutic exercising his autonomy as a qualified professional, treasuring their practice.

Public policies should be developed for the prevention of complications that can lead to amputation early adult and elderly clients, to ensure also an excellent communication with members of the care team, patients and families, ensuring accessibility and continuity of care.

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