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## NOTE PREVIEW ARTICLE

### ASSOCIATION ANALYSIS AMONG ODOR, EXUDATE AND SOCIAL ISOLATION IN PATIENTS WITH NEOPLASTIC WOUNDS

### ANÁLISE DE ASSOCIAÇÃO ENTRE ODOR, EXSUDATO E ISOLAMENTO SOCIAL EM PACIENTES COM FERIDAS NEOPLÁSICAS

### ANÁLISIS DE ASOCIACIÓN ENTRE OLOR, EXUDADO Y AISLAMIENTO SOCIAL EN PACIENTES CON HERIDAS NEOPLÁSICAS

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#### ABSTRACT

**Objective:** to analyze the association among odor, exudate and social isolation in patients with neoplastic wounds. **Method:** observational, cross-sectional study, with prospective data collection and quantitative approach, performed in patients with neoplastic wounds in palliative care in the Palliative Care Clinic at the Hospital University Antônio Pedro. During nursing consultation, records about the odor and exudate, and the identification of social isolation will be analyzed. The statistical procedures will be the descriptive measures, frequency tables and multiple correspondence analysis in order to verify the existence of association between variables. The research project was approved by the Ethics Committee in Research, CAAE Number 03959812.6.00000.5243. **Expected results:** to contribute to improving the quality of life of patients with neoplastic wounds in palliative care, recognizing the impact of odor and exudate in their social lives. **Descriptors:** Wounds and Injuries; Palliative Care; Social Isolation.

#### RESUMO

**Objetivo:** analisar as associações entre odor, exsudato e isolamento social em pacientes com feridas neoplásicas. **Método:** estudo observacional, transversal, com coleta de dados prospectiva e abordagem quantitativa, realizado com os pacientes com feridas neoplásicas em cuidados paliativos no Ambulatório de Cuidados Paliativos do Hospital Universitário Antônio Pedro. Durante a consulta de enfermagem, serão analisados registros acerca do odor e do exsudato, e a identificação do isolamento social. Os procedimentos estatísticos aplicados serão as medidas descritivas, tabelas de frequência e análise de correspondência múltipla, a fim de verificar a existência de associação entre as variáveis. O projeto de pesquisa foi aprovado pelo Comitê de Ética em Pesquisa, CAAE nº 03959812.6.00000.5243. **Resultados esperados:** contribuir para a melhoria da qualidade de vida dos pacientes com feridas neoplásicas em cuidados paliativos, reconhecendo o impacto do odor e do exsudato em sua vida social. **Descritores:** Ferimentos e Lesões; Cuidados Paliativos; Isolamento Social.

#### RESUMEN

**Objetivo:** analizar las asociaciones entre olor, exudado y aislamiento social en pacientes con heridas neoplásicas. **Método:** estudio observacional, transversal, con recolección de datos prospectiva y enfoque cuantitativo, realizado con pacientes con heridas neoplásicas en cuidados paliativos en el Ambulatorio de Cuidados Paliativos del Hospital Universitario Antônio Pedro. Durante la consulta de enfermería, serán analizados registros acerca del olor y del exudado, y la identificación del aislamiento social. Los procedimientos estadísticos aplicados serán las medidas descriptivas, tablas de frecuencia y análisis de correspondencia múltiple, a fin de verificar la existencia de asociación entre las variables. El proyecto de investigación fue aprobado por el Comité de Ética en Investigación, CAAE nº 03959812.6.00000.5243. **Resultados esperados:** contribuir para la mejoría de la calidad de vida de los pacientes con heridas neoplásicas en cuidados paliativos, reconociendo el impacto del olor y del exudado en su vida social. **Descriptores:** Heridas y Lesiones; Cuidados Paliativos; Aislamiento Social.

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INTRODUCTION

Cancer, name given to a set of more than 100 diseases, is characterized by uncontrolled growth of malignants cells that invade tissues and organs, causing metastases and death of the patint.<sup>1</sup> In recent decades, cancer reached larger dimensions, making it the second leading cause of death in Brazil.<sup>2</sup> The importance and the magnitude of this condition can be enhanced by estimative of the National Cancer Institute, with about 576,000 new cases of cancer for 2014/2015, 204,000 in men and 190,000 in women (excluding non-melanoma skin cancer), which keeps the disease in the public health problem axis.<sup>3</sup>

For the World Health Organization (WHO) there are 27 million cases of cancer in the world, 17 million cancer deaths and 75 million people will be living with cancer in 2030. This reality, especially in developing countries, as Brazil, requires significant investments by public health policy to meet the population’s needs, especially in the context of palliative care, in association with the worrying demographic transition and aging of the population in recent decades.<sup>4</sup>

Palliative care began in the 90s, conceptualized as a set of multidisciplinary actions that seeks to promote quality of life for patients and their families facing diseases that threaten the continuity of life through the prevention and relief of suffering.<sup>5-6</sup> Many activities are performed there with emphasis on the care of patients with neoplastic wounds.<sup>7</sup>

About 5% to 10% of patients in palliative care have these disorders, responsible for affecting the skin gradually, disfiguring the body, becoming brittle, painful, bloody, exudative and bad smelling.<sup>7-8</sup> The odor and exudate are symptoms of constant presence in the daily lives of patients with neoplastic wound and are a great impact on their quality of life.

The unpleasant odor, besides the individual and the people he meets, shows the anguish advance of the disease, worsening sense of protection and social and family isolation. The exudate, due to abundant in the wound and its excessive leakage, it becomes an extremely stressful factor in everyday life of the patient. Together, these factors make the individual socially isolated.<sup>9-11</sup>

Thus, effective, aesthetic and comfortable curatives in these conditions in palliative care environment, as well as odor and exudate control, are the major challenge for modern

nursing. In addition, the set of such symptoms may lead to social and family isolation, resulting in deterioration of the patient’s quality of life <sup>(7)</sup>. Therefore, it is essential that nurses learn to recognize the social isolation in these patients, because this action can help the team to assess whether the treatment and care provided to neoplastic wounds are being effective or not.

This research seeks to refute or validate the hypothesis: There is odor, exudate and social isolation association in patients with neoplastic wounds. The result could be a potential ally, both in the preparation of nursing protocols and to support the work of nurses in curatives, behavior in the reduction and control of symptoms in neoplastic wounds, and the identification of its effectiveness, to have a proper management of symptoms and consequently a good social life and improving the patient’s quality of life.

OBJECTIVES

- **General**
  - To analyze the association among odor, exudate and social isolation in patients with neoplastic wounds.
- **Specifics**
  - To classify the odor and exudate from neoplastic wounds.
  - To identify the social isolation in patients with neoplastic wounds.
  - To evaluate the social isolation of patients with neoplastic wounds.
  - To discuss the association among odor, exudate and social isolation in patients with neoplastic wounds and the implications for nursing practice.

METHOD

Cross-sectional study with prospective data collection and quantitative approach, which will be developed during Nursing consultations in Palliative Care Clinic at the University Hospital Antônio Pedro, from charts analysis.

A convenience sample will be established through the patients who meet the inclusion criteria of the study, which are: patients in palliative care and medical treatment; being older than 18 years old; diagnosed with cancer (any topography) in an advanced stage recorded in the medical record; presence of neoplastic wound with 1N stage, or more, of any topography, in nursing consultation in the Palliative Care Clinic. Exclusion criteria included: patients with lesions from radiotherapy (radiodermatitis).

The participants will be evaluated during nursing consultations for the presence of odor, exudate and social isolation. To do this, the odor scale, exudation scale (adapted push), exudate leakage indicator and Likert scale fulfillment were used, through a questionnaire with closed questions on the social aspects of the patient in association with variables highlighted in this research.

Demographic data on gender, age, race and clinical data such as medical history, tumor staging, treatment and location of the primary tumor will be collected from medical records in order to characterize the patients.

The descriptive statistics frequency tables and multiple correspondence analysis will be the statistical procedures applied, in order to verify the existence of association between the variables and to discuss the results and implications for nursing practice.

At the beginning of the analysis, a histogram is constructed to check whether the variable distribution is symmetrical or asymmetrical. Subsequently, *Shapiro-Wilk* normality test will be applied, if the sample has less than 50 volunteers; or Kolmogorov-Smirnov test to the sample with more than 50 individuals, to check whether the sample is parametric ( $p\text{-value} > 0.05$ ) or non-parametric ( $p\text{ value} \leq 0.05$ ).

If the sample is parametric, the central tendency will be considered: average and standard deviation ( $\bar{x} \pm D.P$ ). In the case of a non-parametric sample, measures considered will be: median and interquartile range ( $\tilde{x} \pm Q_3-Q_1$ ). After this procedure, the ANOVA test for multiple association analysis will be applied.

The study met the requirements of Resolution number 466/2012 of the National Health Council (CNS), where it is observed the guidelines and regulatory standards for research involving human beings.<sup>12</sup> The project was submitted to the Ethics Committee in Research of the Medicine School of Fluminense Federal University, obtaining decree approval by CAAE Number 03959812.6.00000.5243. The participation of the subjects will be performed by signing the Informed Consent Term (TCLE).

## EXPECTED RESULTS

To contribute to improving the quality of life of patients with neoplastic wounds in palliative care, recognizing the impact of odor and exudate in their social life.

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