



STUDY ON THE CARE OF PERSONS WITH VARICOSE ULCERS: NOTE PREVIEW

ESTUDO SOBRE O CUIDADO DE PESSOAS COM ÚLCERAS VARICOSAS: NOTA PRÉVIA

ESTUDIO SOBRE EL CUIDADO DE PERSONAS CON ÚLCERAS VARICOSAS: NOTA PREVIA

Juliana da Costa Silva¹, Enéas Rangel Teixeira²

ABSTRACT

Objectives: to characterize patients with varicose ulcers and to compare the way women and men with varicose ulcers on the lower limbs are cared for. **Method:** this will be an observational, cross-sectional, comparative, descriptive, quantitative study. It will be conducted at the dressing rooms of two primary health care units in Niterói-RJ, with registered individuals of both sexes who are older than 18 years. A closed questions questionnaire will be used to collect data. The collected data will be processed by statistical analysis using the statistical software R. The research project was approved by the Ethics Committee in Research, CAAE 22667713.6.0000.5243. **Expected results:** to provide a thorough study on gender and ways of caring for health, and thus contribute to the production of new knowledge in the field of nursing and health care. **Descriptors:** Nursing; Care; Gender; Varicose Ulcer.

RESUMO

Objetivos: caracterizar usuários com úlceras varicosas e comparar as formas de cuidado entre homens e mulheres com úlceras varicosas de membros inferiores. **Método:** estudo observacional, transversal, descritivo e comparativo, de abordagem quantitativa, a ser realizado nas salas de curativos de duas unidades básicas de saúde do município de Niterói-RJ, com indivíduos cadastrados, de ambos os sexos e maiores de 18 anos. O instrumento do estudo será um formulário com perguntas fechadas. O tratamento dos dados coletados será realizado por análise estatística, utilizando o Programa estatístico R. O projeto de pesquisa foi aprovado pelo Comitê de Ética em Pesquisa, CAAE 22667713.6.0000.5243. **Resultados esperados:** proporcionar um aprofundado estudo sobre gênero e formas de cuidado com a saúde, contribuindo para a produção de novos conhecimentos no âmbito dos cuidados de enfermagem e de saúde. **Descritores:** Enfermagem; Cuidado; Gênero; Úlcera Varicosa.

RESUMEN

Objetivos: caracterizar a los pacientes con úlceras varicosas y comparar las formas de cuidado entre hombres y mujeres con úlceras varicosas en las piernas. **Método:** estudio observacional, transversal, cuantitativo, descriptivo y comparativo, que se realizará en las salas de apósitos de dos unidades básicas de salud de Niterói-RJ, con sujetos registrados, de ambos sexos y mayores de 18 años. El instrumento de estudio será un formulario con preguntas cerradas. El procesamiento de los datos recogidos se realizará a través del análisis estadístico. Se utilizará el programa estadístico R. El proyecto de investigación fue aprobado por el Comité de Ética en Investigación, CAAE 22667713.6.0000.5243. **Resultados esperados:** proporcionar un amplio estudio sobre el género y las formas de atención a la salud, contribuyendo a la producción de nuevos conocimientos en el campo de la enfermería y de la salud en general. **Descriptores:** Enfermería; Cuidado; Género; Úlcera Varicosa.

¹Stomatherapist Nurse, Health Care Sciences Academic MSc, Aurora de Afonso Costa School of Nursing, Fluminense Federal University/EEAAC/UFF. Niterói (RJ), Brazil. E-mail: ju9costa@gmail.com; ²Nurse, Full Professor, Coordinator of the Postgraduate Program in Health Care Sciences, Aurora de Afonso Costa School of Nursing, Fluminense Federal University/EEAAC/UFF. Niterói (RJ), Brazil. E-mail: eneaspsi@hotmail.com

INTRODUCTION

Persons with varicose ulcers need proper effective care in order to allow the restoration of their health status and a return to everyday activities.¹ In the USA, the estimated prevalence of varicose ulcers (VU) ranges between 500000 and 800000 cases. This number is probably underestimated, however, due to population aging.²

In Europe and Australia, the incidence of VU ranges between 0.3% and 1% of the total population, whereas the worldwide incidence oscillates around 2.7%. Studies covering active and healed ulcers present a prevalence ranging between 1% and 1.3%. However, Brazilian and Portuguese studies report higher rates. Treatment is long and difficult, especially because of etiologic and therapeutic differences. Despite the relevance of this disease, little is known about its distribution in the Brazilian population, or even in different regions of the country.³

Regardless of the age group, the disease affects both physical and psychosocial functioning, causing pain, difficulties in locomotion, limitations in domestic work, inability to perform social activities, shame of exposing one's legs, limitations for sports and leisure activities, and restrictions on marital life.⁴

In Brazil, the prevalent age group of the affected population ranges between 51-70 years, while in European countries the predominant age group is 70 or older.⁵ Although the Brazilian data are not very accurate, there are estimates that nearly 3% the national population has some type of lesion and this rate rises to 10% for people with diabetes. Moreover, it is estimated that around 4 million people are affected by chronic lesions or experience some kind of complication in the healing process. This requires that professionals not only have more knowledge but also are more prepared to deal with these types of problems.⁶

A deeper and careful knowledge of patients with leg ulcers, especially varicose ulcers, is of paramount importance. Possible differences in prevalence rates between men and women, and between the different regions of the country (for which records are scarce or even nonexistent) should also be considered. A multiprofessional team should be involved in the proper care of this population. Within this team, we highlight the role of the nursing team, which provides care, performs a comprehensive assessment of persons with venous ulcers, evaluates lesions, performs dressings and makes necessary

referrals. In addition, educational activities should be carried out in order to ensure a favorable evolution of the healing process and prevent the appearance of fresh lesions and/or recurrences.⁷

The social constructions of male and female appear to be implicated in attitudes towards one's own health, influencing the course of disease and mortality, and changing behaviors in relation to the disease itself and the use of health services.⁸ An understanding of the concept of gender is gradually conceived as a historical product, and becomes essential in order to understand certain behaviors, which are invariably changeable.⁹

OBJECTIVES

- To characterize patients with varicose ulcers.
- To compare the way women and men with varicose ulcers on the lower limbs are cared for.

METHODS

This is an observational, cross-sectional, quantitative, descriptive, comparative study. The study location will be the dressing rooms of two primary health care units in Niterói/RJ: Carlos Antonio da Silva Health Polyclinic and Largo da Batalha Polyclinic.

The target subjects of this study will be individuals of both sexes, with varicose ulcers on the lower limbs, who are cared for at these two dressing rooms. Inclusion criteria will be: individuals of both sexes, registered at the aforementioned primary health care units, 18 years old or older, with varicose ulcers on the lower limbs, either with or without comorbidities (hypertension, type I and II diabetes, heart failure, among others), and with mixed wounds associated with arterial neuropathy. Exclusion criteria will be: patients younger than 18 years old, who have pressure ulcers, arterial ulcers and other types of wounds, and are not registered at one of the primary health care units mentioned earlier.

A closed questions questionnaire will be used to collect data. Questions were formulated based on the literature reviewed throughout the development of the research. They are divided into the following items: demographic data, previous diseases, physical examination, lifestyle, beliefs and religiosity, housing conditions, tissue integrity/wound assessment, how dressings are performed by subjects, relational/self body image issues. This questionnaire will be initially

administered as a pre-test, in order to analyze the impact of subjects' responses and whether or not they contribute to the development of this study. This should allow the conduction of potential changes or additions to the questions and ensure the proper development of this study.

The results will be processed by statistical analysis. We will use the statistical software R, which provides a wide variety of statistical techniques, such as: linear and nonlinear modeling, classical statistical tests, time series analysis, classifications and groupings. The information is subjected to constant analysis by various researchers in the field, who communicate via internet mailing lists. Thus, detected errors are corrected and new modules containing recently implemented statistical methods are regularly updated and available on the network. The data are provided to the software as codes. After the codes are recognized, they are presented in a variety of graphic forms.⁸

The study project was submitted to and approved by the Ethics Research Committee, CAAE: 22667713.6.0000.5243. Confidentiality and anonymity of subjects will be maintained. The information obtained shall be used for scientific purposes only. This study meets all requirements of Resolution 466/12, which regulates research involving human subjects. All information will be destroyed four years after the beginning of the research.

EXPECTED RESULTS

We hope that this study will enhance knowledge and provide more consistent information on persons with venous ulcers, and the differences in health care and wound care delivery between genders.

REFERENCES

1. Sant'Ana SMSC, B MM, Santos QR, Nunes CAB, Malaquias SG, Oliveira BGRB. Úlceras venosas: caracterização clínica e tratamento em usuários atendidos em rede ambulatorial. Rev bras enferm [Internet]. 2012 [cited 2014 May 27];65(4):637-44. Available from: <http://www.scielo.br/scielo>
2. Conuei. Conferencia Nacional de Consenso sobre Úlceras de la Extremidad Inferior. Documento de consenso Barcelona: Kamed; 2009.
3. Silva PAS, Furtado MS, Guilhon AB, Souza NVDO, David HMS L. A saúde do homem na visão dos enfermeiros de uma unidade básica de saúde. Esc Anna Nery [Internet]. 2012 [cited 2014 May 27];16(3):561-68. Available from: <http://www.scielo.br/scielo>

4. Silva MAM, Burihan MC, Barros OC, Nasser F, Ingrund JC, Naser A. Resultados do tratamento da Insuficiência Venosa Crônica grave com espuma de polidocanol guiada por ultrassom. J vasc bras [Internet]. 2011[cited 2014 May 27];11(3): 206-11. Available from: <http://www.scielo.br/scielo>
5. Malaquias SG, Bachion M M, Sant'Ana S MS C, Dallarmi CCB, Lino JRS, Ferreira PS. Pessoas com úlceras vasculogênicas em atendimento ambulatorial de enfermagem: estudo das variáveis clínicas e sociodemográficas. Rev esc enferm USP [Internet]. 2012 [cited 2014 May 28];46(2):302-10. Available from: <http://www.scielo.br/scielo>
6. Silva FAA, Freitas CHA, Jorge MSB, Moreira TMM, Alcântara MCM. Enfermagem em estomaterapia: cuidados clínicos ao portador de úlcera venosa. Rev bras enferm [Internet]. 2009 [cited 2014 May 27];62(6):889-93. Available from: <http://www.scielo.br/scielo>
7. Brasil. Ministério da Saúde. Política Nacional de Atenção Integral à Saúde do Homem: princípios e diretrizes. Secretaria de Atenção à Saúde, Departamento de Ações Programáticas Estratégicas. Brasília; 2009.
8. Mussi FC, Pereira A. Tolerância à dor no infarto do miocárdio. Acta paul enferm [Internet]. 2010 [cited 2014 May 27];23(1):80-7. Available from: <http://www.scielo.br/scielo>
9. Xavier ATF, Ataíde MB C, Pereira FGF, Nascimento VD. Análise de gênero para o adoecer de câncer. Rev bras enferm [Internet]. 2010 [cited 2014 June 30];63(6):921-26. Available from: <http://www.scielo.br/scielo>



Submission: 2014/06/05

Accepted: 2014/09/12

Publishing: 2014/11/01

Corresponding Address

Juliana da Costa Silva

Rua André Azevedo, 87 / bloco 41 / Ap. 102

Bairro Olaria

CEP 21021-480 -- Rio de Janeiro (RJ), Brazil