

# Self-esteem and quality of life in people with venous ulcer.

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**Introduction:** Venous ulcers are lesions located in the lower limbs, affected by chronic venous insufficiency and have significant effects on people's quality of life in the physical, functional, social and psychological aspects. (SANTOS; PORFÍRIO; PITTA, 2009; BRTAN ROMIĆ et al., 2015) Self-esteem, as a psychological factor, is defined as an attribution of personal value and is associated with self-image. When low, the patient may develop self-rejection, dissatisfaction and self-loathing. (SOUZA et al., 2017) Therefore, a network of care centered on quality of life is essential, with empowerment strategies aimed at this population (CHOW; WONG, 2014) The nurse, as a member of the multidisciplinary team, carries out educational activities in health and guidance in order to change the clinical condition and improving the quality of life of patients with venous ulcers, therefore, it is essential that this professional is trained to work beyond the treatment of venous ulcers, as well as having holistic skills that lead into account the management of care with a focus on quality of life. (COSTA et al; 2011)

**Results:** The Physical Health dimension of the quality of life instrument showed a weak correlation ( $r = -0.30$ ), but significant with the self-esteem of people with venous ulcers ( $p = 0.028$ ). The mental health dimension of this same instrument, the SF-36, showed a moderate ( $r = -0.49$ ) and a significant ( $p < 0.001$ ) correlation with the self-esteem of the respondents. Finally, the total score for measuring quality of life was also correlated with self-esteem, with a statistical difference ( $p = 0.006$ ) and strength considered weak.

**Objective:** to analyze the correlation between self-esteem and quality of life in people with venous ulcers.

**Methods:** This is a survey conducted in Primary Health Care in the city of Parnamirim, Rio Grande do Norte, Brazil, using the Short-Form-36 and the Rosenberg Self-esteem Scale, intended for people with venous ulcers ( $n = 54$ ). Spearman's correlation was used and the significance level adopted was  $p\text{-value} < 0.05$  and as correlation parameters:  $r =$  up to 0.39 (weak);  $r = 0.40$  to 0.69 (moderate);  $r = 0.70$  to 1 (strong). Participants signed the Informed Consent Form and the research was approved by the ethics committee ( $n^{\circ} 65941417.8.0000.5537$ ).

**Conclusion:** The quality of life of people with venous ulcers, both in its physical and mental dimensions and its total score, were significantly correlated, with weak to moderate strength, with the self-esteem of people with venous lesions. This result points to the need to implement effective actions that seek to ensure an improvement in the quality of life of people with venous ulcers. In this sense, professionals must intervene in physical and mental health, in search of better self-esteem for this public.

**Table 1: Spearman Correlation**

Total Self-esteem				
	SF Physical Health Dimension	SF Mental Health Dimension	SF total	Self-esteem total
<b>Correlation Coefficient</b>	-,299*	-,486**	-,371**	1,000
<b>Sig. (2-tailed)</b>	,028	,000	,006	.
<b>N</b>	54	54	54	54

\*\* . Correlation is significant at the 0.01 level (2-tailed).  
 \* . Correlation is significant at the 0.05 level (2-tailed).