



ANXIETY IN PEOPLE WITH VENOUS ULCER

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Introduction: Chronic venous disease can affect both men and women, it is a common condition, affecting approximately 83% of the world population. Besides the clinical manifestations such as skin damage, this condition can also negatively affect the quality of life of the patients. The recovery process can take a long time, causing both physical and psychological damages. Family relationships, social connections and leisure time are very important to the full rehabilitation of the patients with wounds, and the lack of these activities can lead to a low quality of life, low self-esteem levels, anxiety and depression. Psychobiological and psychosocial needs were identified through the recognition and analysis of the defining characteristics and related factors of the nursing diagnosis of anxiety (66,7) in this population.

Results: The nursing diagnosis of seriousness was present in 66.7% of the total number of respondents. When analyzing the defining characteristics, it was possible to observe that worry, as well as apprehension, were present in 64.8% of the research participants, in addition to preoccupation about changes in life events in 63% of cases, fatigue in 57.4% and nervousness in 50%. The factors that were related to the diagnosis of anxiety were: important change (64.8%) and stressors (40.7%).

Objective: To identify the defining characteristics and factors related to the diagnosis of anxiety in people with venous ulcers.

DIAGNOSIS	ANXIETY	66,7 %
FACTORS RELATED	Important Change	64,8 %
	Stressors	40,7 %
DEFINING CHARACTERISTICS	Apprehension	64,8 %
	Worry	64,8 %
	Preoccupation about changes in life events	63,0 %
	Fatigue	57,4 %
	Nervousness	50,0 %

Source: own elaboration.

Methods: This research was part of a project to identify nursing diagnoses in people with venous ulcers. It is a cross-sectional survey carried out in Parnamirim/Rio Grande do Norte, Brazil, in primary health care. The sample consisted of 54 people with active venous ulcers. Data collection takes place between the months of August and October 2017. The data were collected with instruments (structured form for sociodemographic, health and assistance characterization, the Short Form 36/SF 36 and the Charing Cross Venous Ulcer Questionnaire - CCVUQ), coordinated by clinical judgment, a nursing diagnosis was established, with its own instrument to classify its presence or absence. Descriptive analyzes were performed. The project was approved by the Ethics Committee (nº 65941417.8.0000.5537).

Conclusion: Defining characteristics related to aspects of mental health were identified, such as worry, apprehension and nervousness, in addition to fatigue. The anxiety-related factors were stress and relevant behavior changes. This result points to factors about that nursing can intervene to take care of the person with venous ulcers with anxiety. It is noteworthy that the success of the treatment will depend not only on the use of the necessary medications, but also a broader care that encompasses the physical, physical, spiritual and cultural conditions, with the particularities of each patient.