



# IMPAIRED COMFORT IN PEOPLE WITH VENOUS ULCER

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**Introduction:** The Venous Ulcer manifests itself as a lesion resulting from chronic vascular insufficiency, interfering in the daily life of its bearer, significantly modifying his life habits. Chronic pain and discomfort make walking difficult or even impossible. Therefore, nursing plays an important role in the chronic wound care process and must be aware of the nursing diagnoses (ND) to be chosen. In this perspective, we have in the North American Nursing Diagnosis Association (NANDA), Taxonomy II, assigned in domain 12 (Comfort), the diagnosis of impaired comfort, defined as the "perceived lack of feeling of comfort, relief and transcendence in the physical, psycho-spiritual, environmental, cultural and social dimensions", as fundamental for people with venous ulcers.

**Objective:** To analyze the related factors and defining characteristics of the diagnosis of impaired comfort in people with venous ulcer.

**Methods:** This is a cross-sectional, quantitative study carried out with 54 people with venous ulcers, treated in primary health care in the municipality of Parnamirim/Rio Grande do Norte, Brazil, in the period of August and October 2017. The collection instruments of data used were: a structured form and the Medical Outcomes Study 36 -Item Short Form Health Survey SF36, Charing Cross Venous Ulcer Questionnaire - CCVUQ. Based on clinical reasoning, the presence of the Nursing Diagnosis was identified, with related factors and defining characteristics (NANDA I). It was used own instrument for to classify the presence or absence of the nursing diagnosis. Descriptive statistics were performed, with absolute and relative frequencies. The study was approved by the Research Ethics Committee, CAAE n° 65941417.8.0000.5537.

**Results:** The diagnosis of impaired comfort was present in 98.1% of people with venous ulcers, a quantity that is close to the totality of those surveyed. When analyzing the defining characteristics, those identified were also present in an expressive quantitative of people interviewed. Discomfort with the situation was present in 98.1% of people with venous ulcers, dissatisfaction with the situation in 77.8%, and anxiety (66.7%). As for the factors related to the diagnosis of impaired comfort, the following were found: symptoms related to the disease, in 98.1% of cases and insufficient resources, in 94.4%, drawing attention to the low social level of the sample and to the difficulty in accessing the resources necessary for good clinical evolution.

**Table 1: Results related to the Nursing Diagnosis Impaired Comfort.**

Nursing Diagnosis Impaired Comfort	
Defining characteristics	Percent
Discomfort with the situation	98,1
Dissatisfaction with the situation	77,8
Anxiety	66,7
Related Factors	Percent
Symptoms related to the disease	98,1
Insufficient resources	94,4

**Conclusion:** The study analyzed the diagnosis of impaired comfort in patients with venous ulcers, regarding its related factors and defining characteristics, highlighting the discomfort and discontent with the situation, anxiety, in addition to the lack of resources and other symptoms related to the disease. In this sense, the study made it possible to understand the complaints and challenges faced by people with venous ulcers.