



ADHESION TO TREATMENT AND QUALITY OF LIFE IN PEOPLE WITH VENOUS ULCER

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Introduction: Venous ulcer (VU) is a skin lesion with tissue loss, variable width and depth, usually located in the distal third of the leg. Its cause is associated with Chronic Venous Disorder (CVD) and because of that, the lesions also tend to become chronic or relapse. VU represent 75% of all leg ulcers worldwide, reaching about 80% to 90% and in Brazil this injury is considered the 14th cause of absence from work. Therefore, UV is characterized as an important public health problem, requiring long and complex treatments, with changes in lifestyle. Therapeutic adherence significantly reduces the healing time, reduces the risk of recurrence and significantly contributes to improve the Quality of Life (QoL) of people with UV.

Results: From the correlation between the collected data, it was observed that the domain of adherence to a healthy lifestyle has a weak but significant correlation with the performance of household activities, showing the causality between the change in lifestyle life and its contribution to activities such as cooking, cleaning, shopping and yard care. In addition, adherence to a healthy lifestyle also showed a weak but significant correlation with the aesthetic domain, revealing the influence of lifestyle on feelings regarding the appearance of the ulcer, dressings and clothing choices. However, this domain did not show a significant correlation with social interaction and emotional state. Furthermore, the domains of adherence to compression therapy and adherence to neurovascular surveillance showed no significant correlation with any domain related to QoL.

Objective: To analyze the correlation between adherence to treatment and the QoL of people with VU treated in primary health care, measured by a specific instrument.

Table 1. Correlation between adhesion to treatment and total score and CCVUQ domains.

Methods: This is a field research with application of questionnaire, carried out with 54 people with VU in the family health strategy of the city of Parnamirim in Rio Grande do Norte, from August to October 2017, it was appreciated and approved by the research ethics committee, with Certificate of Presentation for Ethical Review (CAAE) n° 65941417.8.0000.5537. Data collection was performed using the Charing Cross Venous Ulcer Questionnaire (CCVUQ) instrument. The collected data were analyzed using Spearman's correlation and the following classification was adopted as a significance level $p < 0.05$ and as correlation parameters: $r = \text{up to } -0.39$ (weak); $r = -0.40$ to -0.69 (moderate); $r = -0.70$ to -1 (strong).

CCVUQ	Adhesion to treatment					
	Healthy lifestyle		Compressive Therapy		Neurovascular Surveillance	
	R	p-valor	R	p-valor	R	p-valor
Social interaction	,232	,091	-,044	,754	-,023	,867
Household activities	,350	,009	-,079	,569	-,023	,871
Aesthetic	,303	,026	-,072	,603	,069	,621
Emotional state	,156	,261	-,065	,642	-,054	,699
Total	0,343	0,011	-,068	,624	-,043	,760

Spearman's correlation. CCVUQ - Charing Cross Venous Ulcer Questionnaire.

Conclusion: In view of the results found in this study and its analysis, it was evidenced that the domain of healthy lifestyle, regarding adherence to treatment, is related to the performance of domestic activities and has an impact on the aesthetics of the person with VU and consequently on the improvement in the QoL of this population. The other domains of treatment adherence showed no correlation with the improvement in QoL. The results of this study provide clinical evidence that may serve as a basis for decision-making by health professionals regarding the treatment of people with VU in primary health care.