

THE IMPACT OF COMPRESSION THERAPY ON THE QUALITY OF LIFE IN PATIENTS WITH CHRONIC LEG ULCER

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Aim: To evaluate the quality of life in patients with venous ulcer, under compression therapy in primary health care set, as well as the relation of this with socio-demographics variables.

Method: Application of a questionnaire about the impact of compression therapy and the Cardiff Wound Impact Schedule, in 62 patients under compression therapy.

Inclusion criteria: Patients with venous leg ulcer at least with 6 weeks of evolution and compression therapy.

Results: From the 62 patients study, 75% got scores under 9 on PUSH scale, that means that ¾ of the patients have the ulcers healed or nearly the healing.

The results of the impact of compression therapy show that before therapy, the median age of the ulcers was 2, 5 years. 34% of the patients present ulcers with a medium time of evolution of 8 years. The healing rate of the patients under compression therapy at 12 weeks was 81%.

About the frequency of treatments in the Health Centre to do the wound care: before therapy 71% of the patients use to go 3 times per week; after compression 77% went 2 times per week. On the results of the Cardiff wound Impact Schedule, on his sub-scales – Well-Being, Social Life, Physical Symptoms and Daily Living – we see a good internal consistency with the instrument. All the sub-scales show high medium values. The Physical Symptoms, Social Life and Daily Living present moderated positive correlations with the general perception of QoL of the patient. Yet we see a positive correlation between the general scales of QoL and satisfaction of QoL.

Conclusion/Discussion: Compression therapy has a real impact on the patient's life. This impact is in first place the faster healing of the ulcer, witch influences directly the frequency of also the positive impact seen on Well –Being, Physical Symptoms and Social Life associated to the compression therapy.

We think that it will be important to do systematic evaluations of these items before the beginning of therapy, at the healing moment and some time after.