

QUALITY OF LIFE AND DEPRESSION OF ELDERLY WITH PRESSURE ULCER

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Introduction: Pressure ulcer (PU) is a usual and serious concern which affects the geriatric population. More than 50% of the patients with PU age 70 years or more and PU are associated with an increase on the geriatric death rate, affects social interaction, decreases life quality, causes discomfort and pain, cause a huge economic impact due to its expensive treatment. Objective: Evaluate the quality of life and depression of elderly with PU, living in community.

Methods: Transversal and analytic study, with 21 elderly with PU and 21 without PU, aging 60 years or more. This study was conducted in Pouso Alegre, Brazil. This research was approved by the research ethics committee of the institution. The Mini Mental State Exam was applied to exclude elderly with cognitive impairment. The Short Form Health Survey (SF-36) was used to evaluate the quality of life and the Geriatric Depression Scale (GDS-15) for depression. Chi Square and Mann Whitney were used for the statistical analysis.

Results: Study group had 36 PU. Sacral region was the most affected (44. 5%) and stage II (50%) was predominant. Patients with PU presented worse quality of life evaluation, lower score in physical functioning, role- physical and emotional, than the control group ($p < 0.0001$), with statistical significance in all items of the SF-36. Seventeen (81%) elderly of the study group presented scores for depression compared to the control group ($p = 0.002$).

Conclusion: Elderly with PU present worse quality of life in all items of the SF-36 and elevated depression rate according to the GDS-15.