



### ALGORITHM FOR MANAGING VENOUS ULCERS IN LOWER LIMBS IN PRIMARY HEALTH CARE.

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**Introduction:** Lower-limb venous ulcers are one of the worst consequences of permanent venous insufficiency. In addition to contributing to a deterioration in quality of life and self-image of the patient, it also incurs high social and health costs. This is why it is necessary to establish a multi-disciplinary and multifactorial approach and get patients involved in their own self-care. It will also be necessary to outline preventive measures either following tissue integrity deterioration or after this has healed.

**Aim:** Development of an algorithm for action by Primary Health Care (PHC) nurses with patients suffering from lower-limb venous ulcers.

**Method:** In order to develop the algorithm, a literature search was carried out for reviews on venous ulcers and clinical practice guides with the intention of obtaining the best scientific evidence possible; it was also based on the assistance context of primary care in our national health system.

**Result:** No algorithms were found in the reference search for action by nurses on venous ulcers in PHC. The decision tree covers: - time of occurrence of leg ulcer, - essential aspects of the subsequent evaluation, - basis for first contact in venous ulcer care, and - criteria to follow whether or not the wound heals.

**Discussion:** We believe that the algorithm is adapted to the specific PHC nursing care characteristics. We think that it complements the clinical practice guide (as a refresher) when used by PHC professionals and also as an educational tool in ongoing training courses.