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Behcet's disease and nursing care

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Behcet's Disease (BD) is a chronic, relapsing, systemic vasculitis of unknown aetiology with clinical features of mucocutaneous lesions, ocular, vascular, articular, gastrointestinal, urogenital, pulmonary and neurologic involvement. In BD, symptoms are varied and all these symptoms negatively affect the biopsychological and social life of the patients and reduce their quality of life. In a study by Canbolat et al. (2010), it was determined that, of the patients, 75.5% had pain, 31.9% had sleep problems and 23.4% suffered from fatigue. While bodily pains affected the daily lives of 59.6% of the patients, fatigue affected the daily lives of 69.1% of them. In a study conducted by Karlıdag et al. (2001) it was determined that patients with Behcet's disease experienced fear, sadness, anxiety, hopelessness and ambiguity (74.9%), that they often used active relaxation strategy (36.1%), distraction strategy (25%) and avoidance strategy in order to cope with the disease and that those who had difficulty in coping suffered psychiatric symptoms. Nursing care is for these people who need a qualified nursing care team available to them 24 hours a day. That might include people who need intensive rehabilitative care, for example, people who need oral care, people with physical disabilities and people with long-term conditions. Nursing care is based on the use of personalized care plans. Individual nursing care plan is important for these patients.

Biography

Filiz Ozel has completed her Undergraduate study in the Nursing Section of Uludag University School of Health (2004-2007). After obtaining her undergraduate degree, she has worked as a Clinic Nurse (2007-2009). She has initiated her Postgraduate study in the Department of Internal Diseases Nursing, Ege University Health Sciences Institute. She has completed her Doctorate education from the Department of Internal Diseases Nursing, Ege University School of Nursing. She has then worked as an Observer in the Behcet's Syndrome Center at New York Langone Medical Center Seligman Center For Advanced Therapeutics. She took part in a number of national and international congresses and courses during her postgraduate and doctorate education. She is currently working in the Department of Internal Diseases Nursing, Ege University Nursing Faculty as a Research Assistant.

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