

Health-related quality of life and wound care practices among patients with chronic wounds in a Southwestern Nigerian Community

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Introduction & Aim: Chronic Wounds (CWs) are a common problem around the world, known to affect quality of life with varying patients' perception among cultures. This study determined the effects of CWs on the health-related quality of life (HRQoL) and identified wound care practices among a select population in southwestern Nigeria.

Methodology: Sixty (60) adult patients >18 years of age with wound duration >3 months were chosen by convenience non-probability sampling at the point of accessing outpatient care. A pretested, semi-structured, interviewer-administered questionnaire and one guided interview were used to collect data; same were coded for confidentiality and input for statistical analysis.

Findings: The average respondent age was 48.3 years (range, 18-80 years). Male to female ratio was 1:1.2, with 71.7% married, 96.7% of the Yoruba ethnic group, and 40% traders by occupation. The average wound duration was 23.2 months (range, 3-240 months). Trauma was the most common etiology of CWs followed by infection. There was no relationship between wound duration and patients' gender. Most patients accessed care from more than one source simultaneously. The presence of CWs adversely affected the quality of life ($R = -.288$; $P = .025$). Many patients had varying degrees of abnormality in their mental health.

Conclusion: CWs are associated with poorer HRQoL, and simultaneous reception of care from multiple sources was common. These suggest a need to pay attention to psychological aspects of patients with CWs.

Recent Publications:

1. Grothier L and Pardoe A (2013) Chronic wounds: management of healing and wellbeing. *British Journal of Nursing* 22(12):S24, S26-S30.
2. Upton D and South F (2011) The psychological consequences of wounds - a vicious circle that should not be overlooked. *Wounds UK* 7(4):136-138.
3. Gouin J P and Kiecolt-Glaser J K (2011) The Impact of psychological stress on wound healing: methods and mechanisms. *Immunology and Allergy Clinic of North America* 31(1):81-93.
4. Adigun I A, Rahman G A, Yusuf I F and Ofoegbu C (2010) The point prevalence and cost of wound management in a Nigerian teaching hospital. *Nigerian Medical Journal* 51(1):23-25.
5. Woo K (2010) Wound-related pain: anxiety, stress and wound healing. *Wounds UK* 6(4):92-98.

Biography

Helen Oladunni Oladele is a Registered Nurse, Registered Midwife, Registered Public Health Nurse, Registered Nurse Educator and an examiner with the Nursing and Midwifery Council of Nigeria. She has completed her graduation from Department of Nursing Science, Obafemi Awolowo University, Ile-Ife. She has completed her Master's degree in Medical/Surgical Nursing specialty. She has clinical nursing work experience in maternity, neonatal and medical pediatrics for over a decade. She has been involved in hospital based nursing education since year 2002 with keen interests in Wound Care, Nursing Process and Standardized Nursing Languages (SNLs). Presently, she is working at the Department of Nursing Education, Obafemi Awolowo University Teaching Hospitals' Complex, Ile-Ife. She is currently pursuing a Doctoral degree in Medical Surgical Nursing, at the prestigious Obafemi Awolowo University, Ile-Ife, Osun state, Nigeria.

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