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ANALYSIS OF QUALITY OF LIFE ASSOCIATED WITH DIABETIC NEUROPATHY IN A GROUP OF INDIVIDUALS WITH PAIN IN PRIMARY CARE

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Objective: To analyse the quality of life (QoL) of individuals with diabetic mellitus type 2 (DM2) with neuropathy and pain treated in primary care in Brazil.

Methodology: Transverse cohort study of quantitative approach conducted in two Basic Health Unit (UBS) users of the Unified Health System (SUS) of Brazil. The sample was 251 participants and we adopted instruments: demographic and socioeconomic profile, clinical, pain (Visual Analogue Scale). Diabetic neuropathy was investigated by the protective sensitivity loss (PSP) and by the Leeds Assessment of Neuropathic Symptoms and Signs (LANSS). QoL was evaluated using SF-6D (Short-Form 6 Dimensions-SF-6D).

Results: The majority were 74.5% women, mean age 58.9±10.01 years, 68.5% with DM2 time less than 10 years. The neuropathic assessed by the LANSS was 16.3%, 97.1% had chronic pain, the neuropathic ones reported intense pain M=7.15±2.0 compared to non-neuropathic 6.4±2.3 (p=0.038), 51.2% had alteration in the monofilament test (p=0.001). The most mentioned pain descriptors were burn (p=0.004), tingling (p=0.002), and tuned and/or needling (p=0.003). The overall QoL was SF-6D averaged 0.78 points, patients with neuropathy had a lower score (mean=0.77) (p>0.05). In general, 91.2% of the QoL domain was the most affected among neuropathic patients, followed by mental health and vitality, and the domain less affected was social aspect, however, there was no difference between groups when compared between domains (p>0.05).

Conclusion: QoL was affected in the neuropathic mainly in the domains of QoL pain, mental health and vitality. Most had chronic pain of moderate or severe intensity. Nurses should be attending to DM2 to recognize neuropathy and prevent further QoL promotion.

Biography

Luciano Ramos de Lima has completed his Master in Nursing from Health Sciences and Technologies Program of the University of Brasilia, Brazil. Currently, he conducts research on the subject of Diabetes mellitus, Chronic pain and Quality of life. He has published more than 30 papers in journals nationals and internationals.

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