

Effectiveness of Interventions in Preventing Venous Ulcer Recurrence: Systematic Review

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Introduction

Venous ulcers affect up to 3% of the global population, with a high economic impact and impact on quality of life.^{1,2} This context is exacerbated by their recurrence rates, which reach 70% within 12 months of healing.¹ These cycles of healing and recurrence are not interrupted by recommended self-care activities aimed at their prevention. Their recurrence is associated with the chronicity of their risk factors³; low levels of self-care and self-efficacy and a lack of knowledge about the etiology of venous ulcers.²

Objective

Identify interventions that promote adherence to self-care to prevent the recurrence of venous ulcers.

Methods

A Systematic Literature Review was conducted in August 2022, via EBSCO, in the CHINAL Complete, MEDLINE Complete, Cochrane Database of Systematic Reviews; Scopus and Web of Science databases. Randomized studies or systematic literature reviews were included.

Results

99 studies were identified, including 4 studies that met the respective criteria, 2 RCT and 2 SLR. None of the studies focuses on the effectiveness of all interventions that promote self-care aimed at preventing venous ulcer recurrence as a whole (*main outcome*). The 4 studies included focused on the evaluation of one or more interventions, but in an isolated manner (*secondary outcome*).

When using compression, the highest classes represent lower adherence, but greater effectiveness in preventing recurrence (*secondary outcome*).

The use of educational leaflets influences knowledge about the importance of using limb compression and elevation. The use of video also appears as an educational strategy promoting adherence to self-care.

Conclusion

The lack of knowledge about the effectiveness of programs/interventions that focus on prevention as a whole stands out.

Different educational methodologies appear to be important to increase knowledge about the etiology of recurrence and the implementation of prevention measures.

Keywords

Adherence; Nursing interventions; Recurrence; Selfcare; Venous Ulcer.

References

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