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## **The quality of life of people with slow-healing wounds is strengthened through the introduction of therapeutic and nursing activities administered in long-term homecare nursing, as based on case studies**

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### **Summary**

The quality of life of people with slow-healing wounds is a multi-faceted concept which focuses on the functioning of patients in many spheres of life.

Two characteristics of patients qualified for long-term homecare nursing are multi-morbidities and senior age. The coexistence of several chronic diseases, including atherosclerosis, is associated with the presence of a number of healing and caring problems, for example, slow-healing wounds. The social security in Poland in the domain of long-term homecare nursing is at a very low level, as reported by the Central Statistical Office in 2015, with only 4 out of 1000 people using long-term nursing care in a home environment.

**Key words:** quality of life of people with multi-morbidities, slow-healing wounds, long-term homecare nurse, senior age.

## **Introduction**

The constitutive significance of nurse's activities that improve the quality of life of people with slow-healing wounds is seen in the realisation of healthcare services.

Patients using long-term nursing homecare are people who require a varied nursing processes and implementation of the treatment processes in accordance with health requirements. The health status of these people requires constant and systematic provision of health services including those which are life-saving.

The long-term homecare nurse aims to improve the quality of life of patients with slow-healing wounds. Each health service activity performed by a nurse, in a manner consistent with procedures and professional ethics, contributes to the improvement of the quality of life of people provided with permanent services.

The state of social security in Poland in the field of long-term homecare nursing is still not sufficient for the needs of people requiring this type of health services. Based on surveys conducted by the Central Statistical Office of Poland in 2015, only 4 out of 1000 people used long-term nursing care in a home environment.

Long-term homecare nursing is a field of health care, which is a specialized form of health care for bedridden and chronically ill patients in need of constant, systematic, increased care and treatment at home. The scope of activities performed by a long-term homecare nurse relates to life-saving and health-saving measures for patients with large health deficits [8,14,16].

The patient's place of residence becomes the workplace of a long-term homecare nurse.

Long-term homecare nursing is free and provided on the basis of reimbursement by the National Health Fund (NFZ).

Long-term care is a health care sector that is being given a lot of attention these days. Caring for a patient with slow-healing wounds is a complicated process and requires extensive medical knowledge. Slow-healing wounds are a big healing and nursing problem for people who suffer from them at home, therefore qualified long-term nursing care comes to the aid. Professional competences and skills of a nurse / long-term homecare nurse improve the quality of life of patients with slow-healing wounds [9,13].

The cross-section of patients covered by long-term nursing care is very diverse. According to the research carried out by the Central Statistical Office in 2016, the largest group among the beneficiaries of health services in long-term homecare were the elderly people aged 70 and over (68% of all patients), mainly with the atherosclerosis. This research result confirms that Polish society is aging and requires professional care in its residential environment by the professional nursing group. A characteristic feature of a patient qualified for long-term homecare is multi-morbidities. The coexistence of several chronic diseases, including atherosclerosis, results in a number of nursing problems, for example, slow-healing wounds [1,2,7,15].

## **Purpose of research**

Presentation of the impact of therapeutic and nursing activities on the significant improvement of the quality of life of people with slow-healing wounds who are in the care of long-term homecare nurse.

## **Material and research methods**

The research method is the analysis of medical records kept by a therapeutic facility, focused on long-term homecare nursing.

The analysis of medical records was carried out as a case study of four patients, for three months at the turn of 2018 and 2019, it covered two months in 2018, November and December, and one month, January, in 2019.

Case studies of four people with slow-healing wounds were used.

Four patients were the subjects of the analysis: 2 women and 2 men aged 70, living in Lublin. Each person lives with the family, maintaining proper relationships. Atherosclerosis was the dominant disease in the patients. All patients were in long-term home nursing care for 6 months. All patients had stabilized vital signs. Patients' wounds were regularly treated with specialist dressings, and anti-bedsores prophylaxis was carried out. All persons covered by the analysis of medical documentation were in logical verbal contact, in a stable emotional mood, were able to maintain the form and content of oral expression at the correct level.

The research method is the WHOQOL-BREF Questionnaire for Assessing the Quality of Life, which consists of five (I, II, III, IV, V) main aspects affecting the self-assessment of the quality of life of patients receiving long-term homecare.

The WHOQOL-BREF questionnaire is a standardized tool containing 26 questions. Patients were asked to answer questions about their physical and psychological well-being, social relations and the community, as well as the individual's general perception of the quality of life in relation to their own health. When completing this questionnaire, patients were asked to pay attention to their expectations, hopes and habits and to what they enjoyed in the last 2 weeks before the study. The patients answered each question in the questionnaire by choosing one of the five possible answers, where answer 1 means very bad / very dissatisfied, and 5 means very good / very happy. The scoring has a positive correlation, where the higher the number of points, the better the quality of life.

## Results

I. General self-assessment of the quality of life and health of patients provided with long-term home nursing care, which consists of two questions.

1. How satisfied are you with the quality of your life?

Very unsatisfied 1	Unsatisfied 2	Neither satisfied nor unsatisfied 3	Pretty satisfied 4	Completely satisfied 5
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Tab. 1 Points marked by patients in individual months corresponding to their feelings

month, year	Patient No. 1	Patient No. 2	Patient No. 3	Patient No. 4
November 2018	3 - Neither satisfied nor unsatisfied	3 - Neither satisfied nor unsatisfied	2 - Unsatisfied	2 - Unsatisfied
December 2018	3 - Neither satisfied nor unsatisfied	3 - Neither satisfied nor unsatisfied	3 - Neither satisfied nor unsatisfied	4 - Pretty satisfied
January 2019	3 - Neither satisfied nor unsatisfied	4 - Pretty satisfied	4 - Pretty satisfied	4 - Pretty satisfied

Source: own study based on the analysis of documentation kept by a long-term homecare nurse.

Based on the points marked by patients, improvement in self-assessment of the quality of life in satisfaction is seen as almost satisfactory for patients No. 2, No. 3, No. 4 as early as in January 2019. In contrast, for patient No. 1, the satisfaction with the quality of his life for the period of 3 months of performed tests was at the same level, i.e. he is neither satisfied nor dissatisfied.

## 2. How satisfied are you with your health?

Very unsatisfied 1	Unsatisfied 2	Neither satisfied nor unsatisfied 3	Pretty satisfied 4	Completely satisfied 5
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Tab. 2 Points marked by patients in individual months corresponding to their health

month, year	Patient No. 1	Patient No. 2	Patient No. 3	Patient No. 4
November 2018	1- Very unsatisfied	2 - Unsatisfied	2 - Unsatisfied	2 - Unsatisfied
December 2018	1- Very unsatisfied	3 - Neither satisfied nor unsatisfied	3 - Neither satisfied nor unsatisfied	3 - Neither satisfied nor unsatisfied
January 2019	3 - Neither satisfied nor unsatisfied	4 - Pretty satisfied	4 - Pretty satisfied	4 - Pretty satisfied

Source: own study based on the analysis of documentation kept by a long-term homecare nurse.

For patients No. 2, No. 3 and No. 4 we notice greater satisfaction with their health in January 2019 than in December 2018. Patient No. 1 for the two months of November and December 2018 showed dissatisfaction with his health, while in January 2019 his approach to this aspect changed to neutral, i.e. neither satisfied nor unsatisfied.

## II. Self-assessment of emotional and psychological well-being when functioning with multi-morbidities, which contains 7 questions.

The questions below refer to the extent and intensity of feelings in the 2 weeks prior to the questionnaire

### 3. To what extent do you feel that physical pain limits you in doing what you feel like doing?

At all 1	A bit 2	Pretty much 3	Very much 4	Extremely 5
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Tab. 3 Points marked by patients in individual months regarding how much they felt that pain limits them in doing what they feel like doing.

month, year	Patient No. 1	Patient No. 2	Patient No. 3	Patient No. 4
November 2018	4 - Very much	4 - Very much	4 - Very much	3 - Pretty much
December 2018	4 - Very much	4 - Very much	4 - Very much	3 - Pretty much
January 2019	2 - A bit	2 - A bit	2 - A bit	2 - A bit

Source: own study based on the analysis of documentation kept by a long-term home care nurse.

For patients No. 1, No. 2 and No. 3, in November and December 2018, physical pain limited what they wanted to do very much, and for patient No. 4, these restrictions were quite strong. In contrast, as early as January 2019, all the people indicated that they felt just a little bit of restriction caused by physical pain.

4. To what extent does leading a normal life depend on receiving any form of treatment?

At all 1	A bit 2	Pretty much 3	Very much 4	Extremely 5
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Tab. 4 Points marked by patients in individual months regarding the extent in which leading a normal life depends on receiving any form of treatment

month, year	Patient No. 1	Patient No. 2	Patient No. 3	Patient No. 4
November 2018	5 - Extremely	5 - Extremely	5 - Extremely	5 - Extremely
December 2018	5 - Extremely	5 - Extremely	4 - Very much	4 - Very much
January 2019	5 - Extremely	5 - Extremely	4 - Very much	4 - Very much

Source: own study based on the analysis of documentation kept by a long-term home care nurse.

In November 2018, all patients believed that leading a normal, everyday life is extremely dependent on the treatment of slow-healing wounds by a long-term care nurse. In December 2018 and January 2019, patients No. 3 and No. 4 believed that leading a normal, everyday life was strongly dependent on the treatment of slow-healing wounds by a nurse. Patients No. 1 and No. 2, in December 2018 and January 2019, did not change their minds about leading a normal daily life dependent on treatment. Based on the table, it is noted that the treatment of slow-healing wounds by a long-term home care nurse has a significant positive impact on patients' daily lives.

5. How much do you enjoy your life?

At all 1	A bit 2	Pretty much 3	Very much 4	Extremely 5
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Tab. 5 Points marked by patients in individual months regarding how much they enjoy life.

month, year	Patient No. 1	Patient No. 2	Patient No. 3	Patient No. 4
November 2018	1 - At all	1 - At all	2 - A bit	2 - A bit
December 2018	2 - A bit	2 - A bit	2 - A bit	2 - A bit
January 2019	2 - A bit	2 - A bit	2 - A bit	2 - A bit

Source: own study based on the analysis of documentation kept by a long-term home care nurse.

Patients No. 1 and 2, in November 2018, did not enjoy life at all. However, in December 2018 and January 2019 all the patients indicated that they are enjoying life a bit. Based on the results obtained, it can be concluded that despite the presence of chronic atherosclerosis and slow-healing wounds, patients can enjoy life. A noticeable increase in the joy of everyday life in people in long-term nursing home care is largely the result of systematic wound care and the administration of specialized care.

6. To what extent do you feel that life has point and meaning?

At all 1	A bit 2	Pretty much 3	Very much 4	Extremely 5
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Tab. 6 Points marked by patients in individual months indicating if their life has point and meaning

month, year	Patient No. 1	Patient No. 2	Patient No. 3	Patient No. 4
November 2018	1 - At all	1 - At all	2 - A bit	2 - A bit
December 2018	2 - A bit	2 - A bit	2 - A bit	2 - A bit
January 2019	2 - A bit	2 - A bit	2 - A bit	2 - A bit

Source: own study based on the analysis of documentation kept by a long-term home care nurse.

In November 2018, patients No. 1 and No. 2 did not feel that their lives made sense. The feelings of these patients improved in December 2018 and January 2019. Patients No. 3 and No. 4 felt a little better each month about their meaning of life.

The analysis of the above-mentioned answers shows that the existence of slow-healing wounds in patients significantly affects their perception of the meaning and importance of life, which is at a low level. In addition, in December 2018 and January 2019 this feeling is unchanged for every patient.

7. How easily can you focus?

At all 1	A bit 2	Pretty easily 3	Easily 4	Extremely easily 5
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Tab. 7 Points marked by patients in individual months indicating how easily they can focus.

month, year	Patient No. 1	Patient No. 2	Patient No. 3	Patient No. 4
November 2018	2 - A bit	2 - A bit	3 - Pretty easily	2 - A bit
December 2018	2 - A bit	2 - A bit	3 - Pretty easily	3 - Pretty easily
January 2019	3 - Pretty easily	3 - Pretty easily	3 - Pretty easily	3 - Pretty easily

Source: own study based on the analysis of documentation kept by a long-term home care nurse.

In November 2018, patient No. 3 was able to focus quite easily, while patients No. 1, No. 2, and No. 4 already had a problem with focus. In January 2019, patients No. 1 and No. 2 noticed an improvement in attention. In patient No. 3, for all 3 months at the turn of 2018 and 2019, the level of focus was unchanged, i.e. he could focus his attention quite easily. Based on the table, it can be seen that none of the patients had problems with focusing attention.

8. Do you feel safe in everyday life?

At all 1	A bit 2	Pretty safe 3	Very safe 4	Extremely 5
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Tab. 8 Points marked by patients in individual months indicating if they feel safe in everyday life.

month, year	Patient No. 1	Patient No. 2	Patient No. 3	Patient No. 4
November 2018	1 - At all	2 - A bit	2 - A bit	2 - A bit
December 2018	2 - A bit	3 - Pretty safe	4 - Very safe	4 - Very safe
January 2019	3 - Pretty safe	2 - A bit	3 - Pretty safe	2 - A bit

Source: own study based on the analysis of documentation kept by a long-term home care nurse.

Patient No. 1, in November 2018, did not feel safe in everyday life, a noticeable change took place from month to month where in January 2019 the patient felt pretty safe. In contrast, patients No. 3 and No. 4, in December 2018, experienced a significant improvement in the sense of security compared to the month of November of the same year. Patients No. 2, No. 3 and No. 4 noted that their sense of security in January 2019 decreased compared to December 2018. On the basis of the table, it is noted that the sense of security in patients varies and does not remain constant in an individual patient. A sense of security is a condition of good quality of life and a generator of faith in a better life. The purpose of a long-term home care nurse is to strengthen the sense of security of people in this type of care, but it should be emphasized here that sometimes it is a very difficult task to achieve.

These difficulties arise from the type of diseases in those affected or from the fact that they had been waiting for too long to receive long-term home care.

9. How healthy do you think the area where you live is?

At all 1	A bit healthy 2	Pretty healthy 3	Very healthy 4	Extremely healthy 5
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Tab. 9 Points marked by patients in individual months indicating if they feel the area where they live is healthy.

month, year	Patient No. 1	Patient No. 2	Patient No. 3	Patient No. 4
November 2018	3 - Pretty healthy	3 - Pretty healthy	3 - Pretty healthy	3 - Pretty healthy
December 2018	3 - Pretty healthy	3 - Pretty healthy	3 - Pretty healthy	3 - Pretty healthy
January 2019	3 - Pretty healthy	3 - Pretty healthy	3 - Pretty healthy	3 - Pretty healthy

Source: own study based on the analysis of documentation kept by a long-term home care nurse.

Based on the results of the table, it is noted that all patients estimate that they live in pretty healthy area, which is very important for people who suffer from many diseases and who, therefore, need peace and quiet, as well as conditions for safe life and treatment.

III. Self-assessment of the situation the patients are in and the possibilities that the patients have in terms of physical health, self-perception and social opportunities.

The following questions relate to the extent to which they felt and were able to do things in the last 2 weeks.

10. Do you have enough strength - "energy" to lead a normal life?

None 1	A bit 2	Satisfactory 3	Very satisfactory 4	Extremely satisfactory 5
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Tab. 10 Points marked by patients in individual months regarding if they have enough strength - "energy" to lead a normal life.

month, year	Patient No. 1	Patient No. 2	Patient No. 3	Patient No. 4
November 2018	1 - None	1 - None	1 - None	1 - None
December 2018	1 - None	1 - None	1 - None	1 - None
January 2019	1 - None	1 - None	1 - None	2 - A bit

Source: own study based on the analysis of documentation kept by a long-term home care nurse.

Analyzing the results of patient responses, it is found that each patient did not have enough strength to lead a normal life. Only patient No. 4 showed a small amount of "energy" needed to lead a normal life in January 2019. The table is dominated by answers at the level of one point. This shows that the presence of many diseases and especially slow-healing wounds in respondents negatively affects having the strength to lead a normal life.

11. How able are you to accept your appearance?

At all 1	A bit 2	Pretty much 3	For the most part 4	Completely 5
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Tab. 11 Points marked by patients in individual months indicating if they are able to accept their appearance.

month, year	Patient No. 1	Patient No. 2	Patient No. 3	Patient No. 4
November 2018	1 - At all	2 - A bit	2 - A bit	3 - Pretty much
December 2018	2 - A bit	2 - A bit	2 - A bit	2 - A bit
January 2019	1 - At all	2 - A bit	1 - At all	3 - Pretty much

Source: own study based on the analysis of documentation kept by a long-term home care nurse.

Patient No. 2 had an unchanging approach in terms of accepting his appearance. He accepted his appearance changed by disease and age at a "a bit" level. Patient No. 1, in November 2018 and January 2019, was not able to accept his appearance. Patient No. 3, in November 2018 and December of the same year, somewhat accepted his appearance, while in January 2019 he did not accept his appearance at all. In patient No. 4, the feelings regarding the acceptance of



his appearance were at the same level in November 2018 and January 2019, i.e. medium, while in December 2018 he accepted his appearance at "a bit".

People who are ill for a long time, with wounds, feel low acceptance of their appearance. These situations often lead to social withdrawal. A long-term home care nurse systematically administering health services 4 times a week for a few months and longer is able to improve the self-acceptance of the person that she or he looks after.

12. Do you have enough money to meet your needs?

At all 1	Little 2	A bit 3	For the most part 4	Completely 5
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Tab. 12 Points marked by patients in individual months indicating if they have enough money to meet their needs.

month, year	Patient No. 1	Patient No. 2	Patient No. 3	Patient No. 4
November 2018	3 - A bit	2 - Little	3 - A bit	3 - A bit
December 2018	3 - A bit	2 - Little	3 - A bit	3 - A bit
January 2019	3 - A bit	2 - Little	3 - A bit	3 - A bit

Source: own study based on the analysis of documentation kept by a long-term home care nurse.

The amount of money that can meet the needs of patients No. 1, No. 3 and No. 4 is at an average level for three individual months. Patient No. 2 in each of the three months specified by the table indicates that he has little money to meet his needs. The results obtained from the analysis of medical records show that bedridden patients with slow-healing wounds have increased expectations for the need for money.

13. To what extent is the information you need for everyday life available to you?

At all 1	Little 2	Average 3	For the most part 4	Completely 5
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Tab. 13 Points marked by patients in individual months indicating if the information they need for everyday life is available to them .

month, year	Patient No. 1	Patient No. 2	Patient No. 3	Patient No. 4
November 2018	4 - For the most part	3 - Average	4 - For the most part	4 - For the most part
December 2018	4 - For the most part	3 - Average	4 - For the most part	4 - For the most part
January 20119	4 - For the most part	4 - For the most part	4 - For the most part	4 - For the most part

Source: own study based on the analysis of documentation kept by a long-term home care nurse.

On the basis of the table, it is noted that most of the patients had the information they needed for everyday life. This is important because patients did not feel excluded, and they were able to talk about everyday life issues with other family members or a long-term homecare nurse.

14. To what extent do you have the opportunity to spend your free time as you would like to?

At all 1	Little 2	Average 3	Almost enough 4	Completely enough 5
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Tab. 14 Points marked by patients in individual months indicating if they have the opportunity to spend your free time as you would like to

month, year	Patient No. 1	Patient No. 2	Patient No. 3	Patient No. 4
November 2018	2 - Little	1 - At all	2 - Little	2 - Little
December 2018	3 - Average	2 - Little	3 - Average	3 - Average
January 2019	3 - Average	2 - Little	3 - Average	3 - Average

Source: own study based on the analysis of documentation kept by a long-term home care nurse.

Compared to the months of November 2018 and December of the same year, each of the patients increased their leisure time opportunities. In January 2019 it was the same as in December 2018 for 3 of the analyzed patients. The opportunity to spend free time is very important for patients who are constantly in the home environment, most often in their beds. The analysis shows that patients No. 1, No. 3, No. 4 were able to spend their free time on an average level in the month of January 2019, which meant a significant improvement in their opportunities in relation to the month of November 2018. Patient No. 2 had little opportunity to spend the free time as they wished in January 2019, but the tendency improved compared to November 2018, where she could not enjoy her free time at all.

15. To what extent can you move?

Really badly 1	Badly 2	Neither badly nor well 3	Well 4	Really well 5
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Tab. 15 Points marked by patients in individual months indicating the extent to which they can move

month, year	Patient No. 1	Patient No. 2	Patient No. 3	Patient No. 4
November 2018	2 - Badly	1 - Really badly	2 - Badly	2 - Badly
December 2018	2 - Badly	2 - Badly	2 - Badly	3 - Neither badly nor well
January 2019	3 - Neither badly nor well	3 - Neither badly nor well	3 - Neither badly nor well	3 - Neither badly nor well

Source: own study based on the analysis of documentation kept by a long-term home care nurse.

In November 2018, patients No. 1, No. 3 and No. 4 reported that their movement was bad, and in the case of patient No. 2 - very bad. In December 2018, the level of mobility in patient No. 2 changed to bad, while in patients No. 1 and 3 did not change, compared to November of the same year. Patient No. 4 reported that the mobility was neither bad nor good in December 2018 and January 2019. Patients 1, 2 and 3 evaluated their movement similarly in January 2019.

Winter months are quite troublesome for the people who are bedridden and suffer from slow-healing wounds due to the low temperatures outside.

IV. Self-assessment of the current situation in relation to expectations towards oneself, loved ones and health services.

The following questions relate to how satisfied and happy the patients felt in relation to different spheres of life in the 2 weeks prior to the questionnaire.

16. How satisfied are you with your sleep?

Really unsatisfied 1	Unsatisfied 2	Neither satisfied nor unsatisfied 3	Satisfied 4	Really satisfied 5
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Tab. 16 Points marked by patients in individual months indicating how satisfied they are with their sleep.

month, year	Patient No. 1	Patient No. 2	Patient No. 3	Patient No. 4
November 2018	3 - Neither satisfied nor unsatisfied	3 - Neither satisfied nor unsatisfied	3 - Neither satisfied nor unsatisfied	3 - Neither satisfied nor unsatisfied
December 2018	3 - Neither satisfied nor unsatisfied	4 - Satisfied	4 - Satisfied	4 - Satisfied
January 2019	4 - Satisfied	4 - Satisfied	4 - Satisfied	4 - Satisfied

Source: own study based on the analysis of documentation kept by a long-term home care nurse.

In November 2018, all patients showed a neutral attitude to sleep satisfaction. In December 2018, No. 1 was the only patient with this answer, while the other patients were satisfied with their sleep. In January 2019, each patient was happy with their sleep, unlike the month of November the previous year. Based on the table, it is noted that the level of patient satisfaction with sleep tends to increase.

17. How satisfied are you with your ability to lead a normal everyday life?

Really unsatisfied 1	Unsatisfied 2	Neither satisfied nor unsatisfied 3	Satisfied 4	Really satisfied 5
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Tab. 17 Points marked by patients in individual months indicating how satisfied they are with their ability to lead a normal life.

month, year	Patient No. 1	Patient No. 2	Patient No. 3	Patient No. 4
November 2018	1 - Really unsatisfied	2 - Unsatisfied	2 - Unsatisfied	2 - Unsatisfied
December 2018	2 - Unsatisfied	3 - Neither satisfied nor unsatisfied	3 - Neither satisfied nor unsatisfied	3 - Neither satisfied nor unsatisfied
January 2019	4 - Satisfied	3 - Neither satisfied nor	3 - Neither satisfied nor	3 - Neither satisfied nor

		unsatisfied	unsatisfied	unsatisfied
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Source: own study based on the analysis of documentation kept by a long-term home care nurse.

Based on the analysis of the results of the above table, a dominant sense of neutral feeling associated with the satisfaction with the ability to lead a normal, everyday life by patients is noted. In November 2018, patients No. 2, No. 3 and No. 4 were dissatisfied with this sphere of life, while patient No. 1 was very dissatisfied. In January 2019, each patient had a neutral attitude regarding satisfaction with leading a normal, everyday life, even patient No. 1, who in December 2018, remained dissatisfied with the possibility of leading a normal life.

18. How satisfied are you with your ability to work ( paid or non-paid, running a house)

Really unsatisfied 1	Unsatisfied 2	Neither satisfied nor unsatisfied 3	Satisfied 4	Really satisfied 5
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Patients in long-term nursing care are not able to work at all. Each patient requires constant care and is not able to work in the functional field.

19. How satisfied are you with yourself?

Really unsatisfied 1	Unsatisfied 2	Neither satisfied nor unsatisfied 3	Satisfied 4	Really satisfied 5
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Tab. 19 Points marked by patients in individual months indicating how satisfied they are with themselves.

month, year	Patient No. 1	Patient No. 2	Patient No. 3	Patient No. 4
November 2018	1 - Really unsatisfied	3 - Neither satisfied nor unsatisfied	3 - Neither satisfied nor unsatisfied	3 - Neither satisfied nor unsatisfied
December 2018	2 - Unsatisfied	3 - Neither satisfied nor unsatisfied	3 - Neither satisfied nor unsatisfied	3 - Neither satisfied nor unsatisfied
January 2019	3 - Neither satisfied nor unsatisfied	3 - Neither satisfied nor unsatisfied	4 - Satisfied	3 - Neither satisfied nor unsatisfied

Source: own study based on the analysis of documentation kept by a long-term home care nurse.

Based on the analysis of the table, it is noted that patients mostly have an indifferent feeling towards self-satisfaction. In November 2018, patient No. 1 was very dissatisfied with himself. Patients No. 2 and No. 4 had a sense of satisfaction with life for the three months of analysis of medical records. Only patient No.3, in the month of January 2019, was satisfied with himself.

20. How satisfied are you with your personal relationships?

Really unsatisfied 1	Unsatisfied 2	Neither satisfied nor unsatisfied 3	Satisfied 4	Really satisfied 5
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Tab. 20 Points marked by patients in individual months indicating how satisfied they are with their personal relationships.

month, year	Patient No. 1	Patient No. 2	Patient No. 3	Patient No. 4
November 2018	2 - Unsatisfied	2 - Unsatisfied	3 - Neither satisfied nor unsatisfied	3 - Neither satisfied nor unsatisfied
December 2018	3 - Neither satisfied nor unsatisfied	3 - Neither satisfied nor unsatisfied	3 - Neither satisfied nor unsatisfied	3 - Neither satisfied nor unsatisfied
January 2019	4 - Satisfied	3 - Neither satisfied nor unsatisfied	4 - Satisfied	3 - Neither satisfied nor unsatisfied

Source: own study based on the analysis of documentation kept by a long-term homecare nurse.

In November 2018, patients No. 1 and No. 2 were dissatisfied with their personal relationships, while patients No. 3 and No. 4 had neutral feelings in this regard. In December 2018, each patient noted an indifferent attitude regarding satisfaction with personal relationships. Patients No. 1 and No. 3, in January 2019, showed satisfaction in this sphere of life, while patients No. 2 and No. 4 still maintained indifferent feelings.

21. How satisfied are you with your sex life?

Really unsatisfied 1	Unsatisfied 2	Neither satisfied nor unsatisfied 3	Satisfied 4	Really satisfied 5
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No response in selected months. It is very rare for people of geriatric age to talk about sexual topics, unfortunately in our society it is still a taboo topic for the people of this age group.

22. How satisfied are you with the support you get from friends.

Really unsatisfied 1	Unsatisfied 2	Neither satisfied nor unsatisfied 3	Satisfied 4	Really satisfied 5
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Tab. 22 Points marked by patients in individual months indicating how satisfied they are with the support you get from friends.

month, year	Patient No. 1	Patient No. 2	Patient No. 3	Patient No. 4
November 2018	4 - Satisfied	4 - Satisfied	4 - Satisfied	4 - Satisfied
December 2018	4 - Satisfied	4 - Satisfied	4 - Satisfied	4 - Satisfied
January 2019	4 - Satisfied	4 - Satisfied	5 - Really satisfied	5 - Really satisfied

Source: own study based on the analysis of documentation kept by a long-term home care nurse.

Based on the results of the table, it is noted that all patients are satisfied with the support received from loved ones. It is important that patients are not alone in their illness and disability. The concern of the family makes patients feel needed and safe. Patients No. 3 and No. 4 were very pleased with the support they received from their loved ones.

23. How satisfied are you with the conditions in which you live?

Really unsatisfied 1	Unsatisfied 2	Neither satisfied nor unsatisfied 3	Satisfied 4	Really satisfied 5
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Tab. 23 Points marked by patients in individual months indicating how satisfied they are with the conditions in which they live.

month, year	Patient No. 1	Patient No. 2	Patient No. 3	Patient No. 4
November 2018	4 - Satisfied	4 - Satisfied	4 - Satisfied	4 - Satisfied
December 2018	4 - Satisfied	4 - Satisfied	4 - Satisfied	4 - Satisfied
January 2019	4 - Satisfied	4 - Satisfied	4 - Satisfied	4 - Satisfied

Source: own study based on the analysis of documentation kept by a long-term home care nurse.

Each of the patients in the selected three months at the turn of 2018 and 2019 was satisfied with the conditions in which they lived. This is vital and important for patients in long-term home care. Living conditions have a decisive impact on the quality of life for people with slow-healing wounds.

24. How satisfied are you with the availability of medical care?

Really unsatisfied 1	Unsatisfied 2	Neither satisfied nor unsatisfied 3	Satisfied 4	Really satisfied 5
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Tab. 24 Points marked by patients in individual months indicating how satisfied they are with the quality and accessibility of medical care.

month, year	Patient No. 1	Patient No. 2	Patient No. 3	Patient No. 4
November 2018	5 - Really satisfied	5 - Really satisfied	5 - Really satisfied	5 - Really satisfied
December 2018	5 - Really satisfied	5 - Really satisfied	5 - Really satisfied	5 - Really satisfied
January 2019	5 - Really satisfied	5 - Really satisfied	5 - Really satisfied	5 - Really satisfied

Source: own study based on the analysis of documentation kept by a long-term homecare nurse.

Based on the analysis of the answers given, it is noted that the patients were very satisfied with the availability and quality of medical care, which is crucial for patients with severe, chronic diseases and slow-healing wounds. Constant and professional care and treatment administered by long-term home care nurses provides these patients with the highest level of health services received in the home environment, where they feel safe and comfortable.

#### 25. How satisfied are you with your mobility?

Really unsatisfied 1	Unsatisfied 2	Neither satisfied nor unsatisfied 3	Satisfied 4	Really satisfied 5
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Tab. 25 Points marked by patients in individual months indicating how satisfied they are with the mobility.

month, year	Patient No. 1	Patient No. 2	Patient No. 3	Patient No. 4
November 2018	4 - Satisfied	4 - Satisfied	4 - Satisfied	4 - Satisfied
December 2018	4 - Satisfied	4 - Satisfied	5 - Really satisfied	5 - Really satisfied
January 2019	5 - Really satisfied	4 - Satisfied	5 - Really satisfied	5 - Really satisfied

Source: own study based on the analysis of documentation kept by a long-term home care nurse.

Each patient was happy with their mobility. Patients No. 1, No. 3 and No. 4, in the month of January 2019, were very satisfied in terms of mobility, compared to November 2018, when they were only satisfied. For patient No. 2, the level of satisfaction with the mobility was unchanged for three months.

#### V. Self-assessment of your emotions.

The question below relates to how often you felt the below mentioned emotions in the last 2 weeks.

26. How often have you experienced negative states such as sadness, dementia, anxiety and depression?

Never 1	Rarely 2	Quite often 3	Very often 4	Always 5
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Tab. 26 Points marked by patients in individual months indicating how often they have experienced sadness, dementia, anxiety and depression.

month, year	Patient No. 1	Patient No. 2	Patient No. 3	Patient No. 4
November 2018	3 - Quite often	4 - Very often	3 - Quite often	4 - Very often
December 2018	3 - Quite often	4 - Very often	3 - Quite often	4 - Very often
January 2019	2 - Rarely	3 - Quite often	2 - Rarely	3 - Quite often

Source: own study based on the analysis of documentation kept by a long-term homecare nurse.

In November 2018, patients No. 1 and No. 3 quite often experienced unpleasant emotional states, while it happened very often to patients No. 2 and No. 4. The same situation was observed in December of the same year. In January 2019, patient No. 1 and No. 3 rarely felt negative states such as sadness, dementia, anxiety, depression, but patients No. 2 and No. 4 experienced them quite often.

## Discussion

The research conducted by Elżbieta Stasiak on a group of 150 people from the Śląskie Voivodeship and the same number of respondents from the Lubelskie Voivodeship in the period from September 2005 to January 2006 using the WHOQOL-BREF questionnaire showed that the quality of life in both studied groups definitely improved when they were in long-term homecare.

Over half of the respondents from the Lubelskie Voivodeship (55.17%) pointed to pressure sores as the reason for using specialized dressings. Less than 20% of patients responded that lower limb trophic ulcers are, next to pressure ulcers, a reason for continuous treatment of chronic wounds [3].

Comprehensive care administered by a long-term homecare nurse through the proper use of specialist dressings and proper skin care of the wound area affects the patient's quality of life in his home environment. The use of a specialist dressings, appropriate for the wound, helps to minimize the pain and does not limit the patient's movement [2,4,5]. The increased activity of the patient gives them a sense of security and reduces discomfort.

Patients with atherosclerosis in long-term nursing care are also often struggling with the problem of slow-healing wounds. The age and general health of patients interferes with the wound healing process. The specification of each of the aforementioned slow-healing wounds includes atherosclerosis as a risk factor, which indicates the large extent of this disease. Patients with atherosclerosis should not only be wary of arterial ulceration, but also of pressure sores or diabetic foot. Although the occurrence of venous ulcers is caused by chronic venous insufficiency, the presence of atherosclerosis increases the risk of this occurrence [4,10].

Specialized health services provided in the home environment by certified nurses allow the patients to maintain the best possible state of health and the level of functioning. Health



problems of patients in by long-term nursing care are primarily a consequence of multiple morbidities. Currently, people often suffer from many diseases at the same time.

Bedridden and chronically ill people often have trophic ulcers in the lower leg, pressure sores, urinary and stool incontinence, and difficulty in moving independently [12].

Professional competences and qualifications allow long-term homecare nurses to take and implement independent preventive or life-saving actions when caring for the seriously ill staying at home.

The appearance of possibly fatal pressure sores is an important problem occurring in bedridden and chronically ill patients.

From the whole range of health services provided by a long-term home care nurse, there is a distinction between continuous treatment and administering medication to people in serious health conditions. Administration of drugs is done strictly at the request of a physician in either the oral form, as an inhalation, injection or drip infusions and concurrently with the introduction of nutritional therapy, helps prevent the loss of health and life [6,11,12].

Specialized feeding known as the enteral nutrition, which is prescribed by a doctor, is an activity performed by a long-term homecare nurse in a situation where there is a lack of swallowing reflex or cachexia. Feeding a patient through a tube at home is one of the health and life saving activities. Constant, systematic and professional skin care for patients in severe health conditions is implemented through a physical examination carried out by a nurse. Activities carried out in this way constitute a life and health saving service for people in long-term nursing care [6].

Constant and regular monitoring and analysis of vital signs in the house environment, such as blood pressure, heart rate, glycemia, edema, contractures, in people who are in serious health conditions and who are struggling with many diseases, allows for early diagnosis of the current state of health. This is important because, based on the results of basic life parameters, a nurse can implement actions that save the patient's health and life at home [17].

## Conclusions

1. People with slow-healing wounds in long-term nursing homecare require the time and systematic work of the nurse administering proper treatment and care, so that their lives improve in terms of quality.
2. The work of a long-term homecare nurse is difficult and responsible, but at the same time it provides a permanent and strong foundation for better functioning of people with slow-healing wounds.
3. All the patients who were analyzed felt an improvement in their daily quality of life after the nurse began long-term home care.
4. Health services provided by a long-term homecare nurse are life and health saving services and, at the same time, they reduce overall costs in health care.

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