

Skin diseases and the care of patients with skin diseases as perceived by nurses

Kowalewska B ^{A,B,C,DF}, Krajewska – Kułak E ^{B,E,F}, Cybulski M ^{E,F}.

Department of Integrated Medical Care, Medical University of Białystok, Białystok, Poland

A- Conception and study design; **B** - Collection of data; **C** - Data analysis; **D** - Writing the paper;
E- Review article; **F** - Approval of the final version of the article; **G** - Other (please specify)

ABSTRACT

Introduction Dermatological patients are a distinctive group of patients who experience social stigmatisation, exclusion, and a significant decrease in the quality of life. In the healthcare delivery setting, medical staff (especially nurses) are expected to ensure patients with skin diseases' comfort and bio-psycho-social well-being. Undoubtedly, the realisation of this goal is facilitated by the staff's dermatological knowledge of the causes of the disease and its impact on the patient and their quality of life. The study was based on the opinions of nurses not working in dermatology departments, focusing on their perception of patients with skin problems and selected issues related to their quality of life.

Materials and methods: The study was carried out using an original questionnaire distributed among a total of 197 nurses working in departments other than dermatology. The questionnaire consisted of 7 questions in the general part and 25 questions in the main part.

Results: The nurses surveyed reported that the most common skin disorders encountered in their

professional practice included psoriasis (70.5%), mycosis (47.7%), acne (33.0%), and urticaria (38.1%). The skin lesions were located on the upper limbs (54.8%), lower limbs (46.02%), hands (41.1%), face (37.6%), feet (25.4%), head (25.4%), chest (20.8%), back (19.3%), or the whole body (18.8%). In the view of the nurses, skin disease caused anxiety (26.4%), fatigue (14.2%), frustration (13.2%), irritation (11.2%), resentment (10.7%), and anger (10.1%) in affected patients. According to 61.4% of the nurses surveyed, patients with skin diseases encounter negative attitudes from people around them.

Conclusions: Nearly three-quarters of the nurses surveyed believed that the quality of life of dermatological patients was impaired due to their disease. According to the respondents, the greatest difficulty would be associated with performing their caring, therapeutic, and rehabilitation roles in the treatment of dermatological patients.

Keywords: Nurse, patient, skin diseases, quality of life, knowledge