

## OP 6

### Expectations versus reality in chronic venous ulceration; a quality of life assessment study

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**Introduction:** Chronic venous ulceration is a common problem worldwide with a significant effect on Quality of Life (QoL).

**Objectives:** Our objective was to assess Sri Lankan patients' perspective with regard to this scenario.

**Methods:** We involved 141 consenting patients presenting to the OPD, National Hospital with a venous ulcer lasting one month or more. Data was collected using an interviewer administered questionnaire, a clinical interview and a lower limb duplex scan. Short form 36 questionnaire was used for QoL assessment.

**Results:** The majority were elderly (median age 53 years) men (n=9[69.5%]). Fifty four (38.3%) were unemployed at the time of the study and 28 (19.9%) directly attributed the ulcer as the cause for unemployment. Median duration of ulcer was 10[1-360] months and mean Venous Clinical Severity Score (VCSS) was 13.85(4-24). Family history (44[31.2%]), previous limb trauma or non-venous surgery (24[17.0%]), smoking among men (57 [58.2%]) and history of pregnancy among females (34[79.1%]) were identified as risk factors. Role limitation due to physical health (28.4[SD 42.8]) and role emotional problems (40.9 [SD 46.7]) had a mean SF 36 score below 50. Factors such as pain, duration of ulcer, older age and higher BMI significantly affected many domains of QoL (p<0.05). Sixty six (46.8%) patients continue to have ulcers despite having had surgical treatment for varicose veins.

**Conclusions:** Venous ulcers have a considerable impact on the quality of life in Sri Lankan patients with venous ulcer. The need for providing preventive and rapid healing methods together with social support must be emphasized.