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Original Article

Sociodemographic and clinical features and quality of life in stomized patients[☆]



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ABSTRACT

Objectives: To identify users with an intestinal ostomy concerning their sociodemographic and clinical characteristics, and to determine the scores for quality of life according to the domains of the questionnaire City of Hope.

Method: This is a household, descriptive, transversal, quantitative-approach survey, accomplished with 30 registered users at the Ostomy Association of the State of Paraíba, Brazil. A specific form for ostomy patients was applied, and data analysis was performed with the use of the software Statistical Package for Social Sciences (SPSS) version 20.0. This study was approved by CAAE No. 17224613.8.0000.5183.

Results: Most participants were over 60 years, were Catholics, with elementary education, an income up to three minimum wages, married or in a stable relationship, with almost all quality of life scores above the midpoint of the range of the variables of the domains surveyed by the questionnaire City of Hope.

Conclusion: The questionnaire led to the conclusion that the respondents with ostomy had a satisfactory quality of life.

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Características sociodemográficas e clínicas e qualidade de vida de pessoas com estomia intestinal

R E S U M O

Palavras-chave:
Qualidade de vida
Estomia
Saúde

Objetivos: Caracterizar os usuários com estomias intestinais quanto aos aspectos sociodemográficos e clínicos e determinar os escores de qualidade de vida segundo domínios do questionário City of Hope.

Método: Trata-se de inquérito domiciliar, descritivo, transversal e de abordagem quantitativa, realizado com 30 usuários cadastrados na Associação de Ostomizados do Estado da Paraíba. Utilizou-se formulário específico para estomizados e a análise dos dados foi realizada com o auxílio do programa *Statistical Package for the Social Science* (SPSS), versão 20.0. A pesquisa foi aprovada com CAAE n. 17224613.8.0000.5183.

Resultados: A maioria tinha mais de 60 anos, católicos, com ensino fundamental, renda de até três salários, casados ou em união estável, com quase todos os escores de qualidade de vida acima do ponto médio da escala para as variáveis dos domínios explorados pelo questionário City of Hope.

Conclusão: O instrumento permitiu inferir que os estomizados pesquisados possuíam qualidade de vida satisfatória.

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Introduction

The making of a stoma indicates the temporary or permanent externalization of a hollow viscus in the body. Depending on the externalized segment, the type of ostomy receives names such as colostomy, ileostomy, and urostomy, among others. This therapeutic procedure is caused by various diseases.^{1,2}

Although official information from the Ministry of Health on the situation of ostomized people in Brazil are non-existent,³ data published by the Brazilian Association of Ostomized People estimate that 33,864 people live with a stoma in our country, with 4,176 living in the Northeast Region, of which 496 are in the state of Paraíba.⁴

The biopsychosocial consequences of an ostomy procedure are associated with the surgical treatment, and influence the lives of these people and of their families. The bowel ostomy has been identified as the main change that could affect interpersonal, social, labor, sex and leisure aspects.^{5,6}

Of all the changes caused by the stoma, the physical changes stand out, not only by affecting the intestinal physiological process, but by its impact on self-image and self-esteem. On the other hand, the presence of a stoma can lead to mental and emotional imbalance, as well as interfering directly in the quality of life. The physical appearance assumes increasingly considerable dimensions when it comes to chronic wounds, given that the skin possesses an essential and almost symbolic characteristic on the lives of each individual, representing a world where body and spirit get together. Thus, the skin configures its self-wellness.⁷

The multiple transformations resulting from the colostomy deeply affect the quality of life of patients undergoing this procedure, which prompted to studies on this subject.⁸⁻¹¹ One can observe that, in order to have a good quality of life, it is critical that people feel satisfied in many ways, including maintaining

their physical integrity, which is broken during the process of making the stoma.¹²

Therefore, the knowledge of social and clinical characteristics and of aspects of quality of life of ostomy people may facilitate the planning of assistance in relief programs, considering the maintenance of a concomitant adjuvant treatment and of demands of other needs arising from the clinical condition of the bowel ostomized patient, which, after the radical change that occurred in their pattern of elimination, must relearn to live with himself and with his/her family, friends and society.

Considering the sensitivity of the subject, we consider that the investment in research seeking further clarification on the issue is highly relevant. Thus, the objectives outlined in this study were: to characterize users with an intestinal ostomy as sociodemographic and clinical characteristics, and to determine the quality of life scores according to the domains covered in the questionnaire City of Hope.

Method

This is household survey, descriptive, cross-sectional and of quantitative approach study. The initial contribution to this study came from the Ostomy Association of the State of Paraíba (AOEPB). AOEPB is considered a referral service for stomized people in that State, being linked to the outpatient department of a teaching hospital in the city of João Pessoa.

After the initial communication with the stomized patients' sector, the selection of people from the registered users' list in that service was started, considering the following inclusion criteria: people with a permanent or temporary colostomy, living in the city of Joao Pessoa or in its metropolitan area, and be of legal age. In the survey, people with urostomy, ileostomy or jejunostomy were not included. 223

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