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Additional information is available at the end of the chapter

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Abstract

Nowadays, the varicose ulcers (VUs) are one of the most worrying leg ulcers and are an important global health problem, with high costs related to the treatment and its complications. Moreover, the quality of life (QOL) of the patient could be affected by pain, sleep disorders, functional impairment, depression, and isolation. The VU patient care is complex, and it is necessary to know the aspects that contribute to the healing process for developing effective strategies. The members of the multidisciplinary health team should identify sociodemographic, clinical, and care aspects that interfere in tissue repair and therefore impacting the QOL. Self-efficacy, adherence to treatment, and self-esteem are other important aspects also related to healing and QOL, with implications for health care and the multidisciplinary team. To sum up, the use of multidisciplinary protocols allows the systematization of care for people with VUs in order to standardize therapeutic interventions with the aim to decrease the healing process time and, as a consequence, to improve the QOL.

Keywords: wound healing, varicose ulcers, quality of life, self-efficacy, self-concept