



QUALITY OF LIFE, QUALITY OF CARE, AND PATIENT SAFETY

## **NURSING CARE AT MULTIDISCIPLINARY ATTENTION IN PATIENT WITH CALCINOSIS CUTIS.**

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**Background:** Calcinosis cutis is a condition of the connective tissue characterized by the deposition of calcium salts in the skin or subcutaneous tissue and can be classified as dystrophic, metastatic, idiopathic, iatrogenic and calciphylaxis. In dystrophic calcinosis cutis, levels of calcium and phosphorus in the blood are normal. The damage occurs as a result of changes in collagen, elastin or subcutaneous fat. The various calcifications are made up of hydroxyapatite, amorphous calcium phosphate, forming bone spicules that can affect fascia, muscle and tendons, besides breaking the skin forming ulcerated lesions. The treatment of calcinosis is complex and must be individualized, although there are no controlled research trials for calcinosis therapeutic alternatives. The patient may keep removing the bony spicules through the skin and forming cutaneous ulcerations regularly, for an indefinite period, under the risk of progression to infectious disease. In this context, it is essential the patient and the family receive multidisciplinary orientation on the importance of self-care monitoring related to skin and the recurrent lesions.

**Observation:** The case report presents the nursing interventions given to an 88-year-old female patient diagnosed with diabetes, diffuse dystrophic cutaneous calcinosis in lower limbs with ulcerated lesions and recurrent infectious processes. It presents the specific care in the ulcerated lesions management, as well as preventive measures of injuries, mechanisms to evaluate adhesion to care and the results obtained in monitoring the recurrence of complications.

**Key message:** The experience report highlights the importance of the nursing activity together with multidisciplinary team, related to the care of patients diagnosed with ulcerated calcinosis, promoting the improvement of topical care and educational support to the patient and family, thus contributing to increase patient's safety through the reduction of recurrent complications.

