



QUALITY OF LIFE, QUALITY OF CARE, AND PATIENT SAFETY

ASSESSMENT OF PHYSICAL STRESS IN DERMATOLOGICAL PATIENTS

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INTRODUCTION: Stress is undoubtedly the disease of this century. Considered as an emotional and physical reaction to situations we face in our day to day this can be considered as natural and necessary for our survival.

OBJETIVES: To correlate the dermatological manifestations to situations of physical stress in patients attended in private practice.

MATERIAL AND METHODS: We value the level of physical stress to patients of private consultation with a previous dermatological diagnosis who freely and voluntarily decided to participate in the study. Using Variotac-Convart equipment for stress measurement.

RESULTS: Forty-two patients, with ages ranging from 10 to 71 years old, 21 men (50%), 21 women (21%). Thirty-two (76%) with a single dermatological diagnosis

Six (14.28%) with two dermatological diagnoses, four (9.52%) with three dermatological diagnoses. The most frequent dermatological diagnoses were Alopecia Areata 14 (25%) followed by Eczema 11 (19.64%) Psoriasis 5 (8%) Herpes (5.3%) and Acne 3 (5.3%) Melanoma (3.57%) Vitiligo (3.57%) and Hyperhidrosis 2 (3.57%) Other diagnoses. The level of stress was cataloged as mild (1-3) 13 (30.95%) patients moderate (4-6) 21 (50%) patients and severe (7-9) 8 (19.04%) patients.

CONCLUSIONS: In front of the different daily situations we all have stress. The way we approach it is different, constituting a risk factor and an aggravating factor for dermatological diseases. In the present study, 50% of the patients who had been diagnosed with a dermatological diseases presented moderate stress and 19.04% severe stress. Moderate and severe addition, 69.04%. That means, 1/3 (30.95%) of patients are able to adapt to everyday situations, while the rest (69.04%) does not. It is necessary to make more assessments in this regard and also assess the emotional part of these patients.

