

"HEALTHY SKIN" PROGRAM FOR FAMILY CAREGIVERS OF PEOPLE WITH CHRONIC DISEASE



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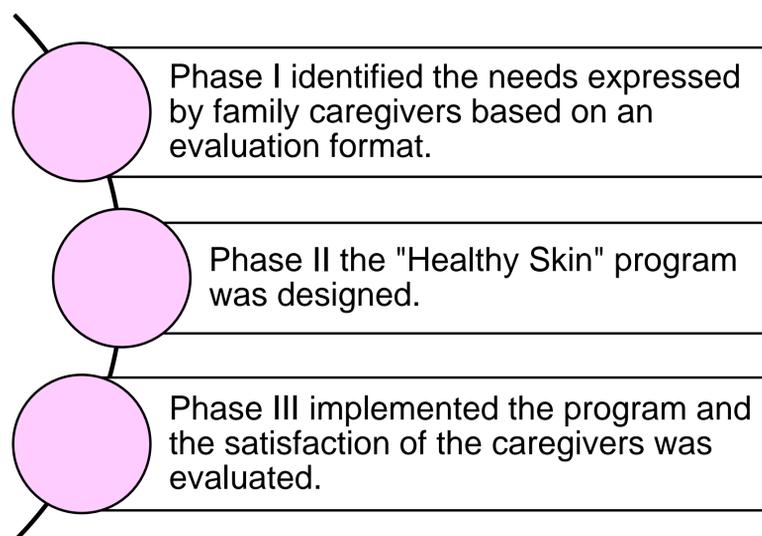
INTRODUCTION

The experience of a chronic illness situation for families is related to socioeconomic, emotional and spiritual factors that together have a great impact on the lives of the people involved (Ortiz et al., 2006). This is the reason why an increase in the volume of people offering care, formal or informal.

The appearance of pressure ulcers is considered one of the complications commonly presented by people with chronic diseases. In addition to this, there is inexperience or lack of knowledge of Family Caregivers, which favors the appearance of these ulcers (Carbajal, 2015). These lesions represent a serious health problem, so a key element in the prevention of pressure ulcers includes two health managers: the nursing professional and family caregivers (López and Martínez, 2011).

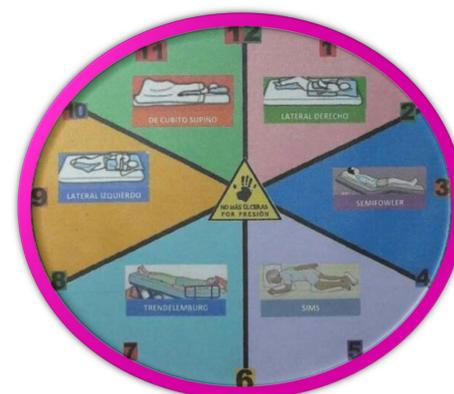
The objective of this work was design and implement a "Healthy Skin" program aimed at caregivers that contributes to the knowledge of the instrumental support in the skin care, to promote a better care of the chronic patients in their home, Of the ulcers By pressure.

METHODS



RESULTS

The implementation of the program was carried out in the period from October to November 2017, in an Hospitalization service in the city of Barranquilla / Colombia. Forty caregivers participated, mostly women, married or in a free union, home occupation, from low socio-economic strata. The implementation of the "Healthy Skin" program had an effect on the knowledge and skill of the care



Keywords: Caregivers, Colombia and Pressure ulcers.

CONCLUSIONS

It is very important that family caregivers are aware of all the actions that can prevent the occurrence of pressure ulcers to maintain the integrity of the skin of people with chronic diseases. In addition, it reduces the economic costs in the inputs and materials to treat them.

It is suggested to create registration tools that allow the evaluation of family caregivers as a problem of attention, in which socioeconomic aspects and attention skills are included.

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