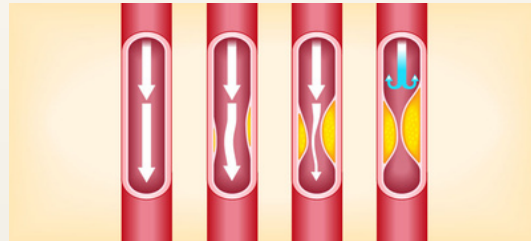


Assessment of health behaviors and quality of life in patients with lower limb arterial occlusion

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Introduction: Atherosclerosis is a disease of civilization. It involves the formation of atherosclerotic plaque on the walls of arteries, narrowing their lumen. Lower limb ischemia is a condition in which insufficient oxygen is supplied to the tissues of the lower limbs as a result of impaired blood flow in the arteries. The main risk factors for the development of chronic lower limb ischemia are the same as for atherosclerosis of other arteries, namely: age, gender, diabetes, hypertension, smoking, lipid metabolism disorders, obesity, genetic factors, low physical activity, poor diet, alcohol consumption, stress, and infections.



Methodology: The aim of this study was to examine selected aspects of health, lifestyle, and quality of life in patients with lower limb arterial occlusion. To achieve the research objectives, a diagnostic survey was conducted using research tools such as the WHOQOL-BREF quality of life questionnaire, Health Behavior Inventory, Fagerström test, and a self-designed questionnaire. The study involved 118 participants, including 71 men and 47 women with lower limb arterial occlusion hospitalized at the Department of General and Transplant Surgery at the Jan Mikulicz Radecki University Clinical Hospital in Wrocław, who were qualified for surgery to restore circulation in the limb.



Conclusions: Among patients with lower limb arterial occlusion, the dominant group is the geriatric population (71–80 years old). The quality of life of patients with lower limb arterial occlusion was moderate, with environmental aspects rated highest and social relationships lowest. Patients with lower limb arterial occlusion show nicotine dependence in both the mental and physical spheres

Keywords: atherosclerosis, lower limb arterial obstruction, quality of life, health behaviours

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