

# Psychological Aspects of Wound Healing

Mohammad Arbabi <sup>1</sup>

*1. Associate Professor of Psychiatry, Tehran University of Medical Sciences. Tehran, Iran*

Corresponding Author: Mohammad Arbabi, E-mail: marbabid@gmail.com

## ABSTRACT

Recently, there has been a substantial increase in the volume of published work regarding the psychosocial issues in wound care, but we are still only scratching the surface of understanding the ways in which psychosocial elements impact healing or affect the ways in which individuals cope with long-term wound related problems.

Several recent studies report that chronic wounds pose a threat to physical functioning and have a negative impact on psychological functioning, and to a lesser degree, on social functioning. 1–6 Major limitations reported in these studies were pain and immobility, followed by sleep disturbance, lack of energy, limitations in work and leisure activities, worries and frustrations, and a lack of self-esteem. Patients have a significantly poorer quality of life compared to healthy people. The specific reasons for the poor levels of health-related quality of life are multi-factorial and include: frequency and regularity of dressing changes, which affect a patient's daily routine; a feeling of continued fatigue due to lack of adequate sleep; restricted mobility; persistent pain; wound infections; and social isolation. The requirements and consequences of having a chronic wound also have an enormous impact on the patient's social life, as well as the lives of their caregivers. The loss of independence associated with functional decline can lead to several, sometimes subtle, changes in overall health and wellbeing. These changes include altered eating habits, depression, social isolation, and a gradual reduction in activity. The presence of these factors, along with immobility, not only influences the occurrence of further wounds but also exacerbates their severity and jeopardises their ability to heal.

Within wound care management we must be careful to ensure that the patient remains the centre of our focus and that all aspects of wound management are considered a package of care that reflects a consideration of the person, as well as the wound