

# Experience Report on Ochre Dermatitis in a Military Police Officer: Integration of the Nursing Process and Henderson's Theory

Relato de Experiência Sobre Dermatite Ocre Em Policial Militar: Integração da SAE e da Teoria de Henderson

Informe de Experiencia Sobre Dermatitis Ocre en un Policía Militar: Integración Ddel Proceso de Enfermería y la Teoría de Henderson

## RESUMO

**Objetivo:** Relatar a experiência de um estudante de enfermagem do último período durante estágio no atendimento a um policial militar com dermatite ocre, destacando SAE e Teoria de Henderson. **Método:** Relato de experiência realizado no Hospital de Urgência de Teresina (HUT). Alterações cutâneas foram observadas, sem dor ou prurido. Fotografia foi enviada ao orientador especialista, confirmando a suspeita clínica e indicando avaliação médica. **Resultados:** Observou-se descamação e hiperpigmentação nos membros inferiores. A SAE guiou avaliação da pele, prevenção de complicações, educação em saúde e participação do paciente. A Teoria de Henderson auxiliou na identificação das necessidades básicas observadas. **Conclusão:** A atuação sistematizada da enfermagem foi essencial para identificação precoce, orientação adequada e promoção de cuidados preventivos, evidenciando o papel do enfermeiro e estagiário na prática integral.

**DESCRIPTORIOS:** Educação em Enfermagem; Dermatologia; Enfermagem Ocupacional; Policiais.

## ABSTRACT

**Objective:** To report the experience of a final-year nursing student during an internship while providing care to a military police officer with stasis dermatitis, highlighting the use of the Nursing Process (SAE) and Henderson's Theory. **Method:** Experience report conducted at the Hospital de Urgência de Teresina (HUT). Cutaneous changes were observed without pain or pruritus. A photograph was taken and sent to the supervising professor, a specialist in dermatology, who confirmed the initial clinical suspicion and recommended medical evaluation. **Results:** Scaling and hyperpigmentation were observed in the lower limbs. The Nursing Process guided skin assessment, prevention of complications, health education, and patient participation. Henderson's Theory supported the identification of basic human needs related to the case. **Conclusion:** Systematized nursing care was essential for early identification, proper guidance, and preventive care, highlighting the role of nurses and students in comprehensive practice.

**DESCRIPTORS:** Nursing Education; Dermatology; Occupational Nursing; Police Officers.

## RESUMEN

**Objetivo:** Relatar la experiencia de un estudiante de último año de enfermería durante el internado en la atención a un policía militar con dermatitis ocre, destacando SAE y Teoría de Henderson. **Método:** Relato de experiencia realizado en el Hospital de Urgencias de Teresina (HUT). Se observaron alteraciones cutáneas sin dolor ni prurito. Se tomó una fotografía y se envió al profesor orientador, especialista en dermatología, quien confirmó la sospecha clínica inicial e indicó la evaluación médica. **Resultados:** Se observó descamación e hiperpigmentación en los miembros inferiores. El Proceso de Enfermería guió la evaluación de la piel, la prevención de complicaciones, la educación en salud y la participación del paciente. La Teoría de Henderson apoyó la identificación de las necesidades humanas básicas observadas en el caso.

**Conclusión:** La atención sistematizada de enfermería fue esencial para la identificación temprana, orientación adecuada y promoción de cuidados preventivos, destacando el papel del enfermero y del estudiante en la práctica integral.

**DESCRIPTORIOS:** Educación en Enfermería; Dermatología; Enfermería Ocupacional; Policías.

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## INTRODUCTION

Ochre dermatitis is a skin condition usually associated with chronic venous insufficiency, characterized by hyperpigmentation and skin peeling, mainly in the lower limbs. Although it is not among the most serious diseases, it can indicate vascular compromise and progress to complications such as venous ulcers<sup>1</sup>. In clinical nursing practice, early identification of these signs is essential, especially in workers who perform long hours of standing, such as military police officers, who are exposed to occupational risk factors<sup>3</sup>.

Nursing care, when based on the Systematization of Nursing Care (SAE)<sup>2</sup> and theoretical references, such as Virginia Henderson's Theory of Basic Human Needs, allows for a comprehensive approach to the patient, directing care beyond the symptom to include preventive, educational, and rehabilitative dimensions<sup>4</sup>.

## OBJECTIVE

To report the experience of a nursing student in their final semester during a curricular internship, in recognizing signs suggestive of ochre dermatitis in a military police officer being treated at the Teresina Emergency Hospital (HUT), highlighting the application of SAE and the use of Henderson's Theory as a guide for professional practice.

## METHOD

This is an experience report, experienced during a supervised curricular internship at a referral hospital for urgent and emergency care, located in Teresina-PI.

The episode occurred while

treating a military police officer on active duty. Initially, the student observed that the officer had his pant legs rolled up, exposing the distal region of his leg, which allowed him to notice a brownish discoloration associated with skin peeling.

Given this finding, a careful approach was taken, beginning with a clinical investigation through targeted questions about signs and symptoms, with no reports of pain, itching, or discomfort. The situation was documented through photography, with the patient's consent, and the material was forwarded to the internship and Final Course Work advisor, a specialist in dermatology and wounds, who corroborated the initial suspicion and recommended medical referral.

Care was guided by the Systematization of Nursing Care (SAE) and based on Virginia Henderson's Theory of Basic Human Needs, identifying the following affected needs<sup>(2,4,5)</sup>:

1. Skin integrity: attention to skin care and prevention of injuries.
2. Avoid environmental hazards: prevention of vascular complications.
3. Learning: health education and promotion of self-care.

According to these needs, the SAE steps were as follows:

- Assessment: analysis of the police officer's skin appearance, occupational history, and health habits.
- Nursing Diagnosis: risk of impaired skin integrity; lack of knowledge about the condition; mild anxiety related to the suspected diagnosis.
- Planning: guidance on vascular medical evaluation and preventive measures (elevation of limbs, skin hydration, use of

compression stockings, if indicated).

- Implementation: educational interventions and referral for medical consultation.
- Progress: monitoring of adherence to recommendations and clinical progress.

The nursing student, the military police officer receiving care, the supervising professor, and the hospital medical team participated in this experience.

## RESULTS AND DISCUSSION

The experience was of great value for academic training, as it allowed the SAE to be applied in a practical and contextualized manner. The finding of ochre dermatitis in a military police officer highlighted the importance of the nurse's attentive eye for subtle changes that may indicate chronic diseases or vascular complications.

From a theoretical point of view, the experience was interpreted in light of Henderson's Theory, which reinforces comprehensive care and attention to the patient's basic needs, going beyond the main complaint<sup>(5)</sup>. Recent studies reinforce that early detection of vascular changes in workers who remain standing for long periods, such as military police officers, contributes to the prevention of venous ulcers and major complications<sup>3</sup>.

Among the findings, the patient's difficulty in recognizing the severity of the lesion due to the absence of painful symptoms stood out, which requires nursing to play an educational and preventive role. Access to a specialist professor was easy, which enabled early referral and improved outcomes. It is recommended that internships and hospital practices include ac-

tive observation of dermatological changes, especially in vulnerable occupational groups.

## FINAL CONSIDERATIONS

The objective of reporting the experience and highlighting the use of SAE and Henderson's Theory was achieved, demonstrating the contribution of nursing to the early detec-

tion of dermatological changes.

The benefits of this experience include improved health for the military police officers treated, strengthened clinical learning, and the development of students' critical thinking skills. Positive changes were noted in the understanding of the importance of comprehensive care and health education as part of the care process.

As a recommendation, we suggest expanding dermatological screening actions in hospital and occupational environments, as well as training professionals for the early identification of venous diseases. We conclude that systematic practice, combined with the use of nursing theories, strengthens the quality of care and values the role of nurses as health promotion agents.

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