

## **ABSTRACT**

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Involvement improving of lower-limb ulcer patients as part of Leg Club

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The purpose of this thesis was to research the experiences of the Leg Club members about activities of the club, the impact on the quality of life and to find out ideas developing the activity. In addition, the study aimed to find out participants activity in Leg Club. The aim was to interview the members of Finland's first Leg Club and let their voice to be heard.

In this qualitative research, theme interviewing was used as the data collection method. Interviews was held in Töölö comprehensive service center's premises of the Leg Club. Total amount of interviewees was six.

The thesis was processed by searching theoretical knowledge of the main issues of the thesis. Knowledge was obtained from diagnostics, care and preventing lower-limb ulcers. Information was also acquired about involvement improving and research methods. The research studies how the members of the Leg Club have experienced receiving service and care, how it has impacted their quality of life, how they would improve Leg Clubs services and how they could be more involved in it.

Results of the research showed that members of the Leg Club were satisfied with the care that they received and appreciated the nurse's professional skills. They also felt that Leg Club is a community where they can get peer support from other members. The Leg Club has made a great impact on the member's quality of life and wellbeing among other things such as decrease of swelling. The members hope for more agencies because of rush at the current agency. They would also like to know how to participate in activities.

Keywords: lower-limb ulcers, prevention, Leg Club, involvement, theme interviewing