



Therapeutic potential of papain in chronic wounds

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Chronic wounds are considered a worldwide public health problem due to the numerous losses in the individual's quality of life, leading to social, economic and psychological impacts, and increasing the cost of treatment for the health service. Nurses disinvolve an important role in the management of wound care, from the initial assessment to the development and implementation of viable treatment protocols. In this context, it is essential to investigate efficient and low-cost technologies, but also, which are easily accessible to the population. Papain, which comes from papaya latex (*Carica papaya*), is a proteolytic enzyme that appears as a therapeutic alternative because of its effectiveness as herbal medicine, its low cost and its bacteriostatic, bactericidal, anti-inflammatory and chemical debridement properties. This study aims to describe the therapeutic evidence of the action of papain in the treatment of chronic wounds, of different etiologies; characterize the types of wounds, trace the socio-economic, demographic, and clinical profile of the sample. A descriptive, exploratory study will be developed in a Health Unit in the city of Campos dos Goytacazes / RJ that works to welcome patients with chronic wounds, of different etiologies. Thirty individuals, of both sexes, with chronic wounds, will be selected for treatment with papain gel. The collection of clinical, sociodemographic and economic data for each individual will be carried out and a weekly description of the effects of treatment with papain, in addition to recording specific measures for each wound, to monitor the healing process. The data will be analyzed using SPSS software version 23. The study aims to contribute to improving the quality of life of individuals with chronic wounds, from Campos dos Goytacazes, thus minimizing the social, economic, and psychological impacts. Besides, it seeks to improve the quality of care because of the role of nurses in the evaluation and implementation of effective and low-cost therapeutic alternatives.

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