



## Addressing psychosocial factors in alcoholic liver disease

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### ABSTRACT

Alcoholic liver disease is liver damage caused by prolonged alcohol consumption. In addition to the symptoms caused by the disease itself, there are associated psychosocial factors during the course of the disease and treatment. The transformations and limitations imposed by the chronic condition, and even the need for liver transplantation, mean that patients have to adapt to a new reality, having to adjust to changes in the various areas of their lives, and the support of the multidisciplinary team is essential. These changes favor the appearance of subjective feelings such as hopelessness, anxiety, sadness, decreased self-esteem, among others.

**Keywords:** Decreased self-esteem, Liver transplant, Anxiety.

### 1 INTRODUCTION

Alcoholic liver disease is the damage to the liver caused by prolonged alcohol consumption. In addition to the symptomatology caused by the disease itself, there are psychosocial factors associated with it during the course of the disease and treatment. The transformations and limitations imposed by the chronic condition and even the need to perform liver transplantation, impose on patients the need to adapt to a new reality, having to adjust to changes in the various fields of their lives, being fundamental the support of the multidisciplinary team. These changes favor the appearance of subjective feelings, such as hopelessness, anxiety, sadness, decreased self-esteem, among others.

According to the World Health Organization, quality of life is "the individual's perception of their insertion in life, in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns" this is often impaired with the disease.

### 2 GOAL

To perform a literature search on the approach of psychosocial factors in alcoholic liver disease.

### 3 METHODOLOGY

This is a literature review, developed with articles published from 2015 to 2023 in the electronic databases: Scientific Electronic Library Online - Scielo and Google Scholar, using the descriptors: psychosocial, alcoholic liver disease, quality of life, multidisciplinary approach and their respective synonyms, in Portuguese and English. Only published articles that dealt with the subject and were available in online form were included. Articles outside the proposed period, which did not deal with the topic, were not available online and repeated articles found in different databases were excluded.



#### **4 DEVELOPMENT**

In this study, it was concluded from the analysis of descriptive and cross-sectional studies with a quantitative approach, that there was an improvement in the quality of life of patients who had their psychosocial factors welcomed by a multidisciplinary team, focusing on the nursing team, providing them with individualized and humanized care, offering support, through which the needs of families and patients can be met. Another fundamental role is in the health education of patients and families, clarifying some bases for self-care and adequate information so that the family can collaborate with their treatment, recovery and reintegrate them into society.

Another point of emphasis is to identify which factors interfere in the quality of life of these people and how they deal with this experience, so we can improve the care that aims to meet these needs in a more objective way.

Because alcoholic liver disease is a disease caused by prolonged ethanol intake, the basic treatment consists of alcohol abstinence, which is a process that is usually difficult to adhere to. Thus, it is of paramount importance the rehabilitation programs and support groups during it.

#### **5 FINAL CONSIDERATIONS**

Patients with alcoholic liver disease lose quality of life and are surrounded by negative psychosocial factors during the course of the disease and its treatment. Thus, a multidisciplinary approach to welcoming this patient is extremely important, resulting in an improvement in quality of life.



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