

## **Effectiveness of foot care education among people with type 2 diabetes in rural Puducherry, India.**

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### **Author information**

### **Abstract**

#### **BACKGROUND:**

The burden of diabetes and its foot complications is increasing in India. Prevention of these complications through foot care education should be explored. The objective of our study was to assess the risk factors of poor diabetic foot care and to find the effectiveness of health education in improving foot care practice among diabetes patients.

#### **MATERIALS AND METHODS:**

A structured pre-tested questionnaire was administered to the outpatients of a rural health center with type 2 diabetes. Awareness regarding diabetes, care of diabetes and foot care practice were assessed and scored. Individual and group health education focusing on foot care was performed. Foot care practice was reassessed after 2 weeks of education.

#### **RESULTS:**

Only 54% were aware that diabetes could lead to reduced foot sensation and foot ulcers. Nearly 53% and 41% of the patients had good diabetes awareness and good diabetes care respectively. Only 22% of the patients had their feet examined by a health worker or doctor. The patients with poor, satisfactory and good practice scores were 44.7%, 35.9% and 19.4% respectively. Low education status, old age and low awareness regarding diabetes were the risk factors for poor practice of foot care. Average score for practice of foot care improved from  $5.90 \pm 1.82$  to  $8.0 \pm 1.30$  after 2 weeks of health education. Practice related to toe space examination, foot inspection and foot wear inspection improved maximally.

#### **CONCLUSION:**

Foot care education for diabetics in a primary care setting improves their foot care practice and is likely to be effective in reducing the burden of diabetic foot ulcer.

#### **KEYWORDS:**

Diabetes; India; diabetic foot ulcer; foot care; health education