

Foot care practice - the key to prevent diabetic foot ulcers in India.

Chellan G¹, Srikumar S, Varma AK, Mangalanandan TS, Sundaram KR, Jayakumar RV, Bal A, Kumar H.

Author information

Abstract

BACKGROUND:

The magnitude of diabetic foot ulcers (DFUs) and the amputation rates due to DFUs remain high even in developing and developed countries. Yet, the influence of knowledge, attitude, and practice (KAP) of diabetic foot care (DFC) on DFU incidence is not studied much.

OBJECTIVE:

To study causal relationship between knowledge, attitude and practice (KAP) on DFC between diabetic patients with and without DFUs; and the risk factors associated with DFUs.

METHODS:

A consecutive of 203 diabetic patients (103 with DFU and 100 without DFU) were included in the study. Their demographic details, medical history, and personal habits were recorded. KAP on DFC was assessed using a questionnaire. Responses were recorded, scored, and analyzed.

RESULTS:

Of the cohort, 67.5% were males, mean age: 59.9 ± 11.4 years. Patients without DFU had good knowledge on DFC compared to those with DFU (86% versus 69.9%) ($p < 0.001$). Incidence of DFU was 9% and 39.8% ($p < 0.001$) among patients who practiced and not practiced DFC respectively. 88% patients with and without DFUs; showed favorable attitude toward adopting DFC. Risk factors - diabetic peripheral neuropathy, peripheral vascular disease, retinopathy, nephropathy, smoking, tobacco chewing and alcohol consumption were significantly ($p < 0.001$) associated with DFUs.

CONCLUSIONS:

An inverse relationship between DFU and foot care knowledge as well as practice was observed. Apart from tight glycemic control, diabetic patients must be educated and motivated on proper foot care practice and life style modifications for preventing DFUs.

Copyright © 2012 Elsevier Ltd. All rights reserved.