

Foot Care for Patients with Diabetes

Diabetes mellitus is a chronic debilitating condition characterized by elevated blood sugar levels and is associated with significant morbidity and mortality and increased health care costs. Diabetic foot ulcers and lower limb amputations are a common, complex, costly, and debilitating complication of diabetes. It is estimated that 15% of patients with diabetes have lower extremity ulcers. The aim of this study was to assess the knowledge and practice for patients with diabetes. Outcome. The majority of respondents are male. The mean age was 39.1 ± 16 . The mean knowledge score was 7.5 ± 2.02 , of which 56.2% and 43.8% had good and poor knowledge of foot care. The average practice score is 25.2 ± 6.466 , of which 53.0% have good practice, the rest 47.0% have poor practice. "Poor communication" is a barrier to foot care. Knowledge and practice on foot care for diabetic patients is low. Poor communication between the patient and nurse/physician, lack of adequate knowledge and inconvenience at work are often barriers

in the country as a whole, the surveyors found that the communities in the study area were barefoot. According to previous studies conducted elsewhere in Ethiopia, foot care verification is a key aspect of diabetes care that is overlooked by most treating physicians.

Sample Size

The study was carried out at the Felege Hiwot Referral Hospital in Bahir Dar, the capital of the Amhara Regional State, 565 km from Addis Ababa in northwestern Ethiopia. It is a tertiary healthcare hospital serving the people of Bahir Dar city and remote areas of northwestern Ethiopia. The total population the hospital serves is approximately 12 million people. Sample size was determined using a single population-proportional sample size estimation method with the assumption that the prevalence of foot care knowledge was 50% to obtain a representative sample size. Maximum, as no similar studies were found in the area with 95% confidence intervals. Finally, we calculated 313 patients using the population adjusted formula [6]. Knowledge test adapted from a previously conducted similar study and education in diabetic foot care recommended by the American College of Foot and Ankle Surgeons. On the other hand, the Diabetic Foot Self Care Practice Questionnaire adopted from the Nottingham Podiatry Function Assessment tool was validated. Responses to the questions were recorded on a scale according to the frequency of the behavior. Pre-test was performed on 10% of the total sample size and adjustments were made based on the outcomes. Although the NAFFC included 29 independent questions, this study used only 16 items. This is because the participants in the study area had different socioeconomic status and the rest of the questions were not suitable to accurately measure the intended behavior and were discarded after the test. On the other hand, the barrier of individual foot care questions is adjusted from previous qualitative and quantitative studies [7-9]. Finally, the entire tool was translated into Amharic for the convenience of study participants and data collectors and re-translated into English by another person to verify equivalence in terms of terms.

Participant Characteristics

As for the frequency of foot washing, almost half of the respondents washed their feet more than once a day, then once a day, accounting for 44.1%. Regarding the habit of drying feet after washing, among the respondents, 59.1% and 69.3% have never had the habit of drying their feet and between the toes. Regarding the use of foot moisturizer, the majority of 72.5% never used the cream and 14.4% used it once a week. The majority of study participants had never used a cream to moisten the space between their toes, but 11.2% used it once a week. Manicures are another form of foot care, with a majority of 66.5% having their nails trimmed about once a month, followed by 21.1% having their nails trimmed less than once a month. The study also showed that the majority of 44.1% wore sandals most of the day and only 14.7% of the participants never wore sandals. On the other hand, 55% of patients do not practice wearing shoes without socks, but there are also patients who regularly wear shoes without socks, accounting for 21.7% of the total number of study participants [10]. In addition, the majority of respondents 75.4% changed their socks less often, that is, less than 4 times a week, followed by 4 to 6 times a week, accounting for 21.4%.

Discussion

Diabetic foot ulcer is one of the chronic complications of diabetes that will lead to disability and death if not treated.

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