

“ASSESS THE KNOWLEDG AND PRACTICE OF DIABETIC FOOT CARE AMONG TYPE 2 DIABETES MELLITUS PATIENTS “IN SELECTED AREAS AT KELAMBAKKAM, KANCHIPURAM DISTRICT, TAMILNADU, INDIA.

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ABSTRACT

This paper study was conducted to assess the knowledge and practice of diabetic foot care among type 2 diabetes mellitus patients in selected areas at kanchipuram district, Tamilnadu , India Was undertaken with the objectives: To assess the knowledge and practice of diabetic foot care among type 2 diabetic mellitus patients. To assess the association between the diabetic foot care practice with selected demographic variables. Findings revealed that Variables like, age, Source of knowledge about diabetic foot care. And the variables like Gender, education, occupation, Family income, dietary pattern, and previous knowledge of diabetic foot care were found to be non-significant in knowledge of diabetic foot care. There is an association between diabetic foot care practices with selected demographic variables in previous knowledge of diabetic foot care. The number of diabetic foot care knowledge among type 2 diabetes mellitus having adequate knowledge were (36%), moderate knowledge was (38%) and inadequate knowledge was (16%) and diabetic foot care practice among type 2 diabetes mellitus having adequate practicing were (22%) and moderate practicing was (52%) and inadequate practicing was (26%).

Keywords: Diabetic foot care, type 2 diabetes mellitus patients, inferential statistics,

INTRODUCTION

Diabetes mellitus is a major disease that is becoming more prevalent affecting more than 171 million people worldwide. The number of people affected by diabetes mellitus is expected to rise to 366 million by 2030 .demographic transition, combined with urbanization and industrialization, as resulted in drastic changes in lifestyles globally. Consequently, lifestyle related disease like diabetes mellitus have emerged as major public health problem in developing countries. A Rural Indian study sited that the prevalence of diabetic foot ulcer among out patients and in patient diabetics was found to be 10.4% and around 8.7% of people suffered from foot ulcers during first year of onset.

Diabetic foot ulcer was observed among 26% of diabetic patients. More than 2% of community based patients developed new foot ulcer.

According to the 2005 International diabetic federation report 85% of diabetic related lower extremity amputation is preceded by foot ulcer. Foot problems account for up to 15% health care resources in developed countries and 40% in developing countries. Some environmental factors like increasing urbanization, unhygienic conditions, poverty, bare foot gait, low income, and cultural practices have also been said to compound the situation. People with diabetes are prone to develop foot ulcers, amputations and other lower extremities clinical abnormalities if they do not have good knowledge of foot care practices. Good knowledge and practice regarding diabetic foot care will reduce the risk of diabetic foot complications and ultimately amputation. This study is conducted to assess the patient's knowledge and practice of diabetic foot care.

MATERIAL AND METHODS

A descriptive study was conducted in selected areas at kelambakkam, kanchipuram District. sample size was calculated under the kevin M.Sullivan formula, Emory university based on code from john C.Pezzullo. Through review of literature structured questionnaire was prepared and got the content validity from the experts. The questionnaire was divided into two sections. Section-A consists of demographic Variables and Section-B consists of I- Knowledge of foot care and II- Practice on foot care. The questions were assessed according to scoring procedure. As per statistical calculation 50 subjects were selected through Simple

Random Sampling method. This study was approved by the institutional human ethics committee, and informed consent was obtained from the each subjects. The collected data were tabulated and analysed.

KEY SCORING

SCORING FOR ASSESSING THE KNOWLEDGE OF DIABETIC FOOT CARE

S.NO	KNOWLEDGE OF DABETIC FOOT CARE	SCORE
1	Adequate	9-11
2	Moderate	5-8
3	Inadequate	<5

SCORING FOR ASSESSING THE PRACTICE OF DIABETIC FOOT CARE

S.NO	PRACTICE OF DABETIC FOOT CARE	SCORE
1		16-22
2	Moderate	9-15
3	Inadequate	1-8

RESULTS

Results showed that related to demographic variables among 50 samples, figure 1 represents (32%) of the people belong to the age group of 51-60 years in that (56%) of the people are male. Figure 2 shows (48%) of the people had previous knowledge of diabetic foot care and (36%) of the people had heard about diabetic foot care from their relatives.

In assessing the knowledge on diabetic foot care among type 2 diabetes mellitus (figure 1(36%) of people having adequate knowledge, (38%) of the people having moderate knowledge and (16%) of the people having inadequate knowledge in diabetic foot care and in assessing the practice on diabetic foot care among type 2 diabetes mellitus (figure 4) 22% of people having adequate practicing, (52%) of the people having moderate practicing and (26%) of the people having inadequate practicing in diabetic foot care.

FIGURE 1: PERCENTAGE DISTRIBUTION OF AGE IN YEARS

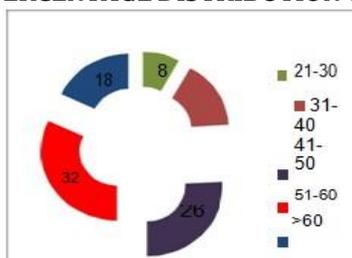


FIGURE 2: PERCENTAGE DISTRIBUTION OF PREVIOUS KNOWLEDGE OF DIABETIC FOOT CARE

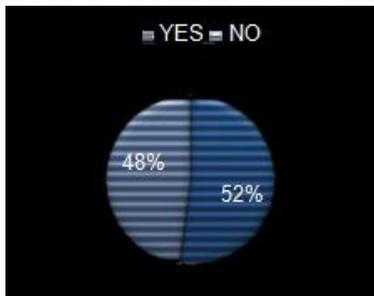


FIGURE 3: KNOWLEDGE ON DIABETIC FOOT CARE AMONG TYPE 2 DIABETES MELLITUS

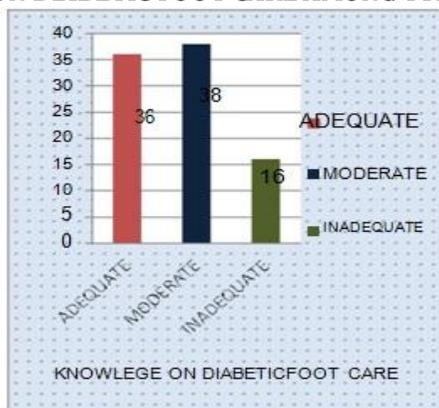
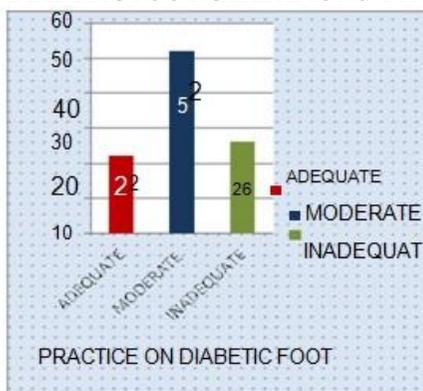


FIGURE 4: PRACTICE ON DIABETIC FOOT CARE AMONG TYPE 2 DIABETES MELLITUS



DISCUSSION

This study was conducted to assess the knowledge and practice of diabetic foot care practices. The objectives of the study were to assess the knowledge and practice of diabetic foot care and there by associated the diabetic foot care practice with the selected demographic variables. The findings were discussed as follow The majority (36%) of people having adequate knowledge, (38%) of the people having moderate knowledge and (16%) of the people having inadequate knowledge in diabetic foot care and (22%) of people having adequate practicing, (52%) of the people having moderate practicing and (26%) of the people having inadequate practicing in diabetic foot care.

There is significance between knowledge and practice of diabetic foot care with selected demographic variables like age, source of knowledge in diabetic foot care and previous knowledge of diabetic foot care.

CONCLUSION

The study aimed to assess the knowledge and practice of diabetic foot care among type 2 diabetes mellitus patients. The results shows that there is having significant association between knowledge of diabetic foot care with selected demographic variables like age and source of knowledge in diabetic foot care and also there is a significant association between diabetic foot care practices with previous knowledge of diabetic foot care .Therefore, investigators concluded that the assessment of knowledge and practices

regarding diabetic foot care among type 2 diabetes mellitus patients in poonjeri village is inadequate. The nurses should take up key role in educating the people regarding the diabetic foot care practices which could decrease the morbidity and mortality rate and cost for their disease management.

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