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ASSESSMENT OF ADHERENCE OF FOOT CARE PRACTICES IN DIABETES PATIENTS ATTENDING PRIMARY MEDICAL CARE UNIT IN YATIYANA, MATARA

Amarabandu.H.G.I¹, Hewage. D.C²

1. Allied Health Sciences, Faculty of Medical Sciences, University of Sri Jayewardenepura.
2. Department of Physiology, Faculty of Medical Sciences, University of Sri Jayewardenepura.

Background: Diabetic foot ulcer is one of the most serious complications of Diabetes mellitus. It will lead to recurrent hospital admission, amputation and even death. So adhering to practices on preventive measures by patients is vital for prevention of foot ulcers among diabetic patients. Standard foot care practices consist of four components. They are foot inspection, foot care, proper foot ware and nail care.

Aims: To determine the preventive measures followed by diabetic patients attending the Primary Medical Care Unit in Yatiyana to minimize foot ulcers

Method: A descriptive cross-sectional study was carried out among 330 diabetes patient attending Primary Medical Care Unit, Yatiyana, Matara. The basic socio-demographic and foot care practices were assessed via a pretested interviewer administered questionnaire. Data was analyzed by using SPSS windows version 16.0.

Results: The mean age was 66.45 ± 11.92 with majority being more than 60 years old. Majority of study population (57.3%) were females, married (75.8%) and were unemployed (51.8%), and 62.1% had good glycemic control (FBS of 80-120 mg/dL). However majority of study sample (60.3%) had poor foot care practices, 83.6% washed their feet regularly but only one third of participants (32.1%) washed feet with warm water. About 54.8% did not properly dry and 75.8% did not use moisturizing cream over the foot. About 57.3% did not inspect their feet regularly and 63% were not trim their nails straight across. About 58.5% were not measure their feet size when last they bought footwear and 77.3% did not wear elasticized hosier. However majority of study sample (58.2%) were not walked bare foot regularly.

Conclusions: Adhering to the proper diabetes foot care practices is poor in the study sample. This shows a need for focused educational intervention improving their proper foot care practices among diabetic patients in order to prevent foot complications in them.

Email of the Corresponding Author: iroshaamarabandu90@gmail.com