Effect of Diabetic Education and Foot Care Practices on Lower Extremity Amputation Rate

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ABSTRACT

The importance of diabetes foot care education recognized as an effective tool for the reduction of ulceration and amputation should not be under-estimated. Foot ulcers are among the most widely and recognized problem of diabetes with predominance of 4-10%. The aim is to draw attention towards diabetes foot care education and discuss the impact of knowledge and self-care practice regarding foot complication outcomes and amputation rate. We included 180 diabetic patients having foot complications and had previous knowledge regarding foot care practice. A structured questionnaire adapted from the Summary of Diabetic Self Care activity was already entered in a computerized based health management system composed of different sections. A total of 180 patients with a mean age of 49.28 ± 13.29 years and duration of diabetes of 8.26 ± 7.42 years were studied. Comparing the 100 patients (51% male vs. 49% female) follow the foot care education and practice it with 80 non follower’s patients (61.3% male vs. 38.8% female). The male are predominance over the female in the non-follower group. The significant impact was found from foot care education (71.0% in Group A and 56.3% in Group B, P< 0.005) completely recovered from their foot problem. The number of patients under the treatment in follower group is less in number compare to non- follower group. Our study concluded that correlation analysis between foot self-care behaviors and improvement of foot complication that
lead to amputation demonstrates a positive correlation between the two variables; the better the patient follow and practice foot care knowledge, the better the outcome of foot complication.

**Keywords:** Diabetic foot, foot ulcer, self-care practice, Peripheral neuropathy, amputation