

Assessment of Knowledge and Practice of Diabetic Foot Care in Patients with Type 2 Diabetes

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ABSTRACT

BACKGROUND:

Egypt ranks the 8th in the prevalence of diabetes mellitus (DM) worldwide. The social and financial burden of diabetes and its complications represents a major health problem. Every 30 seconds there is a limb lost due to diabetic foot. Diabetic foot and its consequences (ulcers and amputation) could be prevented through good physicians and patients education.

METHODS:

This cross-sectional study was conducted on 100 patients with type 2 diabetes (T2DM) attending diabetes outpatient clinic and diabetic foot clinic in Alexandria main university hospital (AMUH). Patients were subjected to history taking, physical examination and laboratory investigations. Screening for peripheral neuropathy was done using Michigan Neuropathy Screening Instrument (MNSI). A pre tested questionnaire developed by Hasnain et al. was used to assess diabetic foot care knowledge and practice in participants.

RESULTS:

Only 25% and 24% of participants had good diabetic foot care knowledge and practice respectively. There was a highly significant positive correlation between knowledge and practice in studied group ($P < 0.001$). The presence of microvascular complications leads to significantly higher knowledge but not practice. Presence of retinopathy and albuminuria was significantly higher in good compared to poor knowledge patients' subgroups. Neuropathy was significantly higher in patients with satisfactory compared to poor knowledge subgroup.

CONCLUSION:

Diabetic foot care knowledge and practice are poor in our community. Foot care knowledge, unlike practice, is increased with the presence of microvascular complications. Effective educational programs should be performed for patients and physicians to increase both knowledge and practice of diabetic foot care before development of complications.

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