



A Study to Assess the Knowledge on Diabetic Foot Care among Adults at Selected Community Setting, Chennai.

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ABSTRACT

Diabetic foot disease (DFD) is the most common and the most preventable complication. This study aimed to assess the knowledge on diabetic foot care Objective: To study the assess the knowledge on diabetic foot care, An exploratory survey was conducted and non probability convenient sampling technique was used to select 30 samples. Structured questionnaire was used to collect the data from 30 adults and the data was analyzed using descriptive and inferential statistics. The study findings revealed that 93% of the samples had inadequate knowledge on diabetic foot care ,7% of the samples had moderate knowledge on diabetic foot care. There is a significant association between level of knowledge regarding diabetic foot care with demographic variables such as gender,,religion and type of family at $p<0.5$ level respectively.

Keywords: knowledge, diabetic foot care ,adults etc

INTRODUCTION:

Diabetes mellitus (DM) is a chronically debilitating medical condition that is spreading around the globe. According to the International Diabetes Federation Atlas, the prevalence of diabetes worldwide was predicted to be 9.3% (463 million people) in 2019, 10.2% (578.4 million) by 2030, and 10.9% (700.2 million) by 2045. Furthermore, according to the International Diabetes Federation Atlas, 18.3% of adult Saudis were estimated to have diabetes. It is associated with a higher incidence of disease, mortality, and growing healthcare costs. Diabetes dramatically raises the risk of several chronic conditions, such as heart disease, retinopathy, hypertension, and foot difficulties.

A crippling consequence of diabetes mellitus, diabetic foot disease eventually affects up to 50% of individuals with type 1 and type 2 diabetes. The affected patient's years of life and quality of life are still being significantly reduced as a result of this condition. Moreover, it accounts for at least 12-15% of the total expenses related to diabetes, and as much as 40% in underdeveloped nations. This is mainly explained by the lack of understanding of its underlying mechanisms and available treatment options due to the low level of interest and funding for this complication's global research.

Diabetic foot significantly increases health care expenses, and improper foot care among diabetics is a primary cause of indisposition and early death. Overall, 3.3% of diabetic patients experienced foot problems; these included 2.05% foot ulcers, 0.19% gangrene, and 1.06% amputations. On the other hand, some argue that teaching patients about the complications associated with diabetes and the importance of taking good care of their feet will lower the risk of complications, enhance the quality of life, and ultimately increase the financial burden on both the individual and society at large.

The incidence of diabetic foot ulcers and amputations can be effectively decreased by raising patient awareness, encouraging regular foot care routines, and helping diabetes patients maintain appropriate glycemic control. Many scientific associations and organizations now offer guidelines for appropriate foot care education. Thus, to improve awareness and encourage appropriate practices, the American Diabetic Association advised that all diabetic patients receive education regarding self-foot care. The current study aimed to assess the knowledge on diabetic foot care among adults .

Statement of the problem

A study to assess the knowledge on diabetic foot care among adults at selected community setting, chennai.

Objectives

- To assess the knowledge on diabetic foot care among adults
- To find out the association between the level of knowledge on diabetic foot care among adults with selected demographic variables
- To create awareness on diabetic foot care among adults

Methodology

An exploratory survey was conducted. Thirty samples in the age group of 20 to 55 years of adults, Thoraipakkam, Urban slum Community area, Chennai, were selected as samples, using non probability purposive sampling technique. The tool consisted of demographic variables and a structured questionnaire was used to collect data. Data analysis and interpretation was done using inferential statistics. Informed consent was obtained from the study samples

Result :

The study findings revealed that 93% of the samples had **inadequate** knowledge on diabetic foot care, 7% of the samples had moderate knowledge on diabetic foot care. There is a significant association between level of knowledge regarding diabetic foot care with demographic variables such as gender, religion and type of family at $p < 0.5$ level and the study findings was supported by Dr. Maha Obaid Alharbi et al., 2022 conducted a study on Foot care knowledge, attitude and practices of diabetic patients: A survey in Diabetes health care facility and the study findings show that, Majority 56.5% of patients had good knowledge and 56.9% had good practices regarding diabetic foot care. The mean knowledge score was 4.0 (± 1.86) out of 6. About 39.2% of participants received advice regarding foot care from their physicians. Only 41.5% of the patients examined their feet daily, 41.9% carefully dried between the toes after washing, and 40.8% were walking barefooted at home. About 68.5% of the participants had a history of diabetic foot complications. A significant statistical association was found between the good knowledge and patients' age, educational level, family monthly income, duration of diabetic illness and having prior knowledge regarding foot care (P -value < 0.05) respectively.

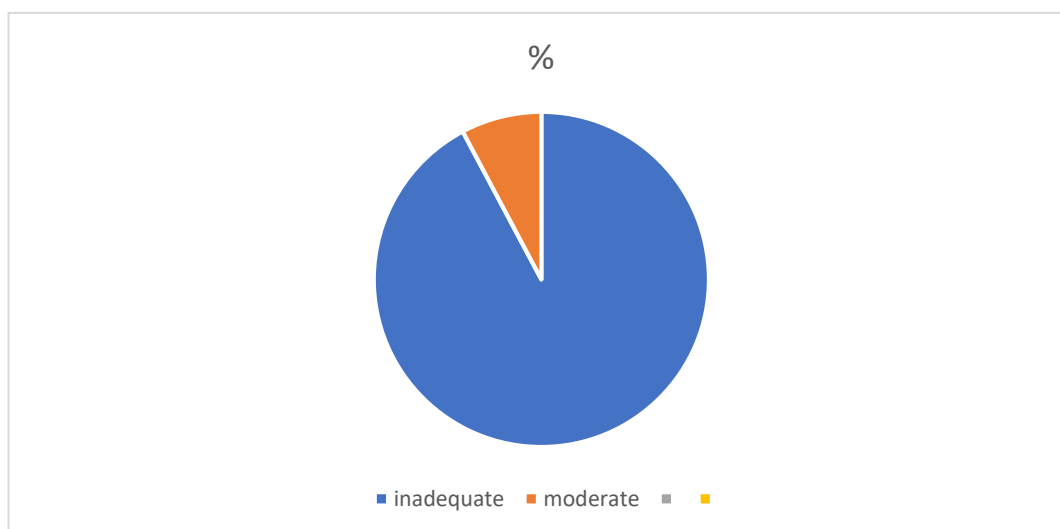


Fig-I Overall frequency and percentage distribution of level of knowledge on diabetic foot care among adults.

NURSING IMPLICATIONS :

- i) Nurses in all setting should provide the basic health education programme on diabetic foot care.
- ii) It helps the health care professionals to gain awareness into the problems faced by adults knowledge regarding disease
- iii) Nursing professionals may arrange regular awareness campaigns in community to spread the awareness regarding diabetic foot care
- iv) Nursing professionals give guidance and counselling on diabetic foot care to adults

NURSING EDUCATION:

- i) For nurse educator, there are abundant opportunities to educate the teachers and general public regarding disease transmission and its prevention.
- ii) This study stresses the need for in-service education for the teachers in order to provide education on diabetic foot care
- iii) The nurse educator should take initiation in conducting community based education programme on diabetic foot care

NURSING ADMINISTRATION:

- i) The nursing administrator may take part in developing protocols, preparing posters and flash cards on hygienic practices in designing the health education programmes and strategies for teachers and students at schools.
- ii) The nursing administrator may arrange awareness programme by nursing professionals who have obtained in-service education especially in the hygiene and infection control at schools.
- iii) The nurse administrators should explore and encourage innovative ideas in the preparation of an appropriate teaching material.
- iv) The nurse administrator should organize sufficient manpower and material for disseminating information regarding hygiene during community visits.
- v) The nurse administrator should take initiation in organizing and conducting classes for teachers on diabetic foot care

NURSING RESEARCH:

- i) This study helps nurse researchers to conduct researches on other aspects of disease transmission.
- ii) Nurses should come forward to take up unsolved questions in the field of hygiene and diabetic foot care to carry out studies and publish them for the benefit of public and nursing fraternity. The public and private agencies should also encourage research in this field through materials and funds.

RECOMMENDATIONS:

On the basis of the findings of the study following recommendations have been made:

- A similar study may be replicated on a large sample to generalize the findings.
- An experimental study may be undertaken with a control group for effective comparison of the result.
- A study may be conducted by including additional demographic variables.
- A comparative study may be conducted between rural and urban settings
- A study may be carried out to evaluate the efficiency of various teaching strategies like pamphlets, leaflets and computer-assisted instruction on diabetic foot care

Ethical considerations

- Ethical committee approval was obtained
- Informed consent was obtained from study participants in language known to them after explaining the purpose of the study.
- Confidentiality was maintained

Conflict of interest: The authors have no conflict of interest

to declare

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CONCLUSION

this research paper emphasizes the critical importance of diabetic foot care among adults to prevent complications and improve quality of life. The findings underscore the significance of regular foot examinations, proper footwear, daily foot inspections, and prompt treatment of any foot issues to reduce the risk of ulcers, infections, and amputations. Additionally, education and awareness campaigns targeting both healthcare providers and individuals with diabetes are essential to promote early intervention and adherence to foot care guidelines. Collaborative efforts between healthcare professionals, patients, and community resources are essential for comprehensive diabetic foot care management. Continued research and implementation of evidence-based practices are necessary to further enhance diabetic foot care strategies and outcomes.

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