

A Study To Assess The Knowledge Regarding Foot Care Among Diabetic Patients Attending OPD'S At Selected Hospitals of Lucknow

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Abstract - In most developed countries, diabetes is now thought to be in excess of 200 million. This figure is predicted to reach 333 million by 2025 as a consequence of stress, sedentary lifestyle, and changing dietary patterns. Diabetes is the global epidemic of the 21st century and is now the fourth leading cause of death. QHO estimates that every fifth diabetic is an Indian. At present, there is no cure. This global epidemic will affect everyone, everywhere. Diabetes mellitus is a non-communicable disease with multi-organ involvement. It was known even in the ancient world as a disease that produces honey taste. Diabetes is a serious chronic disease that needs attention. The research approach used in this study was Quantitative, and the research design was a Non-experimental descriptive research design. The study was conducted in the OPD's of Ram Manohar Lohia Hospital Lucknow. Sixty of the patients with DM type-II from the 40-60 age group were selected as samples for the study. Data regarding the knowledge of the patient was collected by administering the structured questionnaire. A tool was developed to assess the knowledge of patient-related to diabetes, diabetic foot, and diabetic foot care. The population comprised of 60 diabetic patients of some hospitals at Lucknow. A purposive sampling technique is used to select the samples. The tool for data collection was in the form of multiple-choice questions. The findings of the questionnaire were according to the knowledge in which majority (41) 68.33% had good knowledge and (18) 3% patients had average knowledge, and only (1) 1.66% having poor knowledge.

Keywords - Diabetes, Foot ulcer, foot care.

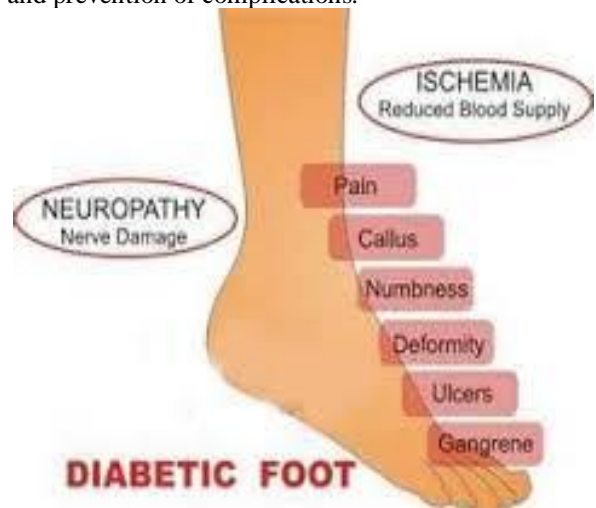
I. INTRODUCTION

Currently, there are an estimated 366 million people affected with diabetes mellitus globally.¹ India is estimated to have 61.3 million diabetics, which is projected to cross 100 million by the year 2030.¹ Along with the rising prevalence of diabetes, an increase in its complications is expected. Diabetes, along with its complications, is expected to result in increased morbidity, mortality, and health expenditure due to the requirement of specialized care.² Furthermore,

amputations due to diabetic foot ulcers are characterized by loss of productivity, which adds to the economic burden of diabetes. The prevalence of diabetic foot ulcers among outpatient and inpatient diabetics in a rural Indian study was found to be 10.4%.³ Diabetic foot ulcer is becoming a major concern of diabetic patients and those who treat them from quality of life, social and economical standpoint. According to the 2005 international diabetic federation report, 85% of diabetes-related lower extremity amputations are preceded by a foot ulcer. In developed countries, one in every six people with diabetes will have an ulcer during their lifetime, and even worst in developing countries. Foot problems account for up to 15% of healthcare resources in developed countries and 40% in developing countries.⁴

II. NEED FOR THE STUDY

A diabetic foot ulcer is a result of microvascular and neuropathic complications in diabetics. Studies such as the United Kingdom Prospective Diabetes Study have shown that proper control of blood glucose through diet, exercise, and medications prevents the development of microvascular complications.⁵ Furthermore, the practice of diabetic foot care, including daily foot examination and use of appropriate footwear, is considered important in its early detection and prevention of complications.



III. STATEMENT OF THE PROBLEM

A study to assess the knowledge regarding foot care among diabetic patients attending OPD'S at selected hospitals of Lucknow.

IV. OBJECTIVES

The objectives of the study are to-

- To assess the knowledge regarding foot care among diabetic patients attending OPD's.
- To associate the knowledge score of diabetic patients with their selected demographic variables.

V. HYPOTHESES

- H 1: There is a significant reduction in diabetic foot complications among
- a diabetic patient who is having knowledge regarding diabetic foot care
- H 2: There is a significant association between knowledge and demographic variables.

VI. RESEARCH METHODOLOGY

A quantitative research design was used. Subjects were patients, who are having diabetes mellitus for 5-10 years, & tools are prepared in the form of a questionnaire & samples were collected from Dr.Ram Manohar Lohia Hospital Lucknow. The study was conducted in the OPD's of Ram Manohar Lohia Hospital Lucknow. Sixty of the patients with DM from 40-60 age groups were selected as samples for the study. Data regarding the knowledge of the patient was collected by administering the questionnaire.

VII. ANALYSIS AND INTERPRETATION

The patients belongs to 40-45 years are 26.6% (16), 45-50 years are 18.30% (II), 50-55 years are 28% (15), 55-60 years 30% (18). 23.33% (14) were from rural, and 76.66% (46) were from urban areas. The patients were having primary education 46.66% (28), middle education 23.33% (14), secondary education 18.33% (11), higher education 11.66% (07) 5% (03) patients were labour, 23.33% (14) housewife, 50% (30) office worker, 21.66%(13) were having own business. 66.66% were having 5-10 years of illness, and 33.33% were having problems from more than 10 years.

The findings of the questionnaire were according to the knowledge in which majority (41) 68.33% were having good knowledge and (18) 33% patients having average

knowledge, and only (1) 1.66% having poor knowledge. On the basis of the data, we categorize the patients according to their knowledge.

VIII. CONCLUSION

Diabetes is associated with complications such as cardiovascular disease, neuropathy, retinopathy, and nephropathy. A study to detect the prevalence of diabetic neuropathy showed that 30.6% of diagnosed patients with diabetes had neuropathy, and 10.2% suffered from the diabetic foot. The diabetic foot should be managed by a multidisciplinary team in any part of the world, the success of good patient education and self-care to minimize amputation has been established. In this regard, the non-experimental study was conducted on the patients with type II diabetes mellitus who were attending the OPD's of some hospitals of Lucknow city. The age criteria for patients were between 40-60 years, including both sexes, i.e., male and female. 60 samples were collected for study. It was a set of questionnaires in which 30 questions were prepared to assess the knowledge of patients regarding diabetic foot care. The study reveals the findings of the questionnaire was according to the knowledge in which majority (41) 68.33% were having good knowledge and (18) 33% patients having average knowledge and only (1) 1.66% having poor knowledge.

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