

Knowledge of Foot Care on Diabetic Patients

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Abstract

Diabetes is the third leading cause of death by disease, people with diabetics are prone to foot problem because of the disease can cause damage to the blood vessels and nerve. This in turn may result in decrease ability to sense trauma or pressure on the foot. So it is important to create awareness about foot care among diabetic patients. The present study was to assess the knowledge of foot care among diabetic patients visiting selected government hospitals in Puducherry. The qualitative approach was used for the study. The study reveals that 40 (66.66%) of the subjects are belongs to the moderately adequate knowledge about the diabetic mellitus and also states that the Ages, sex, education, marital status, habits, diet, family history, duration, availability of treatment are non-significant to knowledge on diabetic foot care.

Keywords: Knowledge; Foot care; Diabetic; Selected government hospital.

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Introduction

Non communicable diseases are known as the one of important cause of mortality in the developed country and it is growing rapidly in the developing countries too. One of the major causes in increase of the disease in the world is the prevalence of diabetes mellitus. High blood sugar has numerous symptoms and many people are unaware of its outbreak. Most of the people would realize the outbreak when they experience heart attack, shock, and for diagnosis in the physical examination. Today, in developed countries one

in every adult has Diabetes mellitus. Prevalence of diabetes mellitus in the urban was higher than the rural communities based on the factors such as lifestyle, food, environmental stress. Etc.,

Diabetes mellitus can lead to nerve damage in the feet and legs resulting in the loss of sensation. Any trauma or injury may not be felt and can even lead to serious problems such have ulcerations. Diabetic foot ulcers develop in approximately 15% of people with diabetes. Eighty percent of lower limb amputation in diabetic are preceded by the development of foot ulcer and is estimated than an annual incidence of lower limb ulcerations in patients with diabetes varies from 2.2 to 7.0 globally (WHO).

Statement of the Problem

A study to assess the knowledge of foot care among diabetic patients visiting selected government hospitals of Puducherry.

Objectives

1. To determine the level of knowledge of the diabetic patients on foot care.

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- To associate the level of knowledge with selected demographic variables.

Methodology

The quantitative approach was followed to conduct the study and it is based on the concept of manipulation and control of phenomenon and the verification of results using empirical data gathered through senses. This study uses semi structured questionnaire to collect the data. The research design selected for the study was descriptive study design. A simple random sampling technique was adopted for the study.

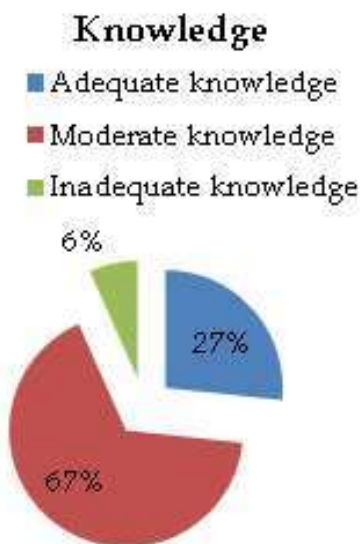


Fig. 1:

Scoring Pattern

0-9-Inadequate knowledge

10-17-Moderate knowledge

18-25-Adequate knowledge

The study shows Majority of samples 40(66.66%) have moderate knowledge, 16(26.66%) have adequate knowledge, 04(6.66%) have inadequate knowledge on diabetic foot care.

Results and Discussion

There were 60 clients with diabetes from selected government hospital were selected for this study and their major finding are discussed as follows:

- Majority of samples 26(43.33%) belongs to 50-70 years of age.

- Regarding sex majority of samples 34(56.66%) were male patients.
- According to educational status, 23(38.33%) falls between primary education to secondary education.
- Regarding occupation majority of samples 20(33.33%) were Heavy workers.
- Regarding monthly income majority of samples 26(43.33%) had family income of Rs.3000-6000 per month.
- According to marital status majority of sample 50(83.33%) were married.
- Regarding the personal habits majority of samples 31(51.66%) have no ill habit.
- Out of 60 samples, majority of samples 43(71.66%) were Non-Vegetarian.
- According to family health history that majority of samples 23 (38.33%) parents have diabetes mellitus.
- According to duration majority of samples 27(45%) have 2 to 5 years of illness.
- Majority of samples 29(48.33%) had Type 1 diabetes mellitus.
- According to place of treatment majority of samples 39(65%) takes treatment at govt. general hospital.

Recommendation

- This study may be replicated on larger samples.
- The study can be done by using experimental designs.
- The same study can be conducted for longer duration.
- The experimental study can be done by pretest and posttest method.

Implication

The nursing implication includes the specific suggestion for Nursing Practice, Nursing education, Nursing administration and Nursing services. Nursing students should be educated thoroughly about diabetes and their causes, prevention and treatment. Demonstration should be done on how to do the foot care diabetic clients to prevent diabetic foot related complications. Administration involves private and government nursing colleges should take initiation to implement various teaching strategies to increase knowledge and awareness

among public regarding the prevention of diabetic and diabetic complications through mass media, video assisted technologies, journals, magazines, etc., Nursing students should know the important of diabetic foot care and complications. Properly doing foot care prevents various complications in diabetic patients and also prevents early death in diabetic patients.

Conclusion

Regarding knowledge 40(66.66%) of the subjects are belongs to the moderately adequate knowledge about the diabetic mellitus. Remaining 16(26.66%) of the clients are having adequate knowledge about diabetic and 04(6.66%) have inadequate knowledge on diabetic foot care. It evident that majority of the diabetic patients had moderately adequate knowledge about the diabetic mellitus. As health personnel, it is our duty to promote and

create awareness to the diabetic patients about the knowledge on foot care to prevent the complications of diabetes mellitus.

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