

Prevalence of disease related factors among diabetic foot ulcer patients in surgical wards, Teaching Hospital, Jaffna.

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Background: Diabetes mellitus is a metabolic disorder which is characterized by multiple long term complications that affect almost every system in the body. Foot ulcers are one of the main complications of diabetes mellitus. It is associated with several factors such as duration of diabetes, co morbidities, neuropathy and peripheral vasculopathy. This study aimed to describe the prevalence of disease related factors on diabetic foot ulcer patients in all general surgical wards of Teaching Hospital, Jaffna.

Methodology: Descriptive cross sectional hospital based study was carried out among 188 diabetic foot ulcer patients who were admitted to all general surgical wards of Teaching Hospital, Jaffna from November 2017 to January 2018. Data collection instruments were interview administered questionnaire and data extraction form. Data were analyzed with statistical package for social sciences (SPSS) version 21 table and diagrams were used for data presentation. The results were plotted graphically and as tabulations.

Results: Among 188 patients, 68 (36.2%) patients have diabetic mellitus for more than 15 years, 44 (23.4%) patients have for 11-15 years, 32 (17%) patients have for 6-10 years and 44 (23.4%) patients have for less than 5 years. In this study 142 (75.5%) patients had poor control, 45 (23.9%) patients had moderate control and 1 (5%) patients had good control. The mean BMI was 23.2 kg/m². Majority of the patients 131 (69.7%) used oral anti diabetic drugs, 52 (27.7%) patients used insulin and 5 (2.7%) patients used diet control only. Around 105 (55.9%) patients didn't have hypertension and 115 (61.2%) patients didn't have dyslipidemia. Among 188 patients, 151 (80.3%) patients didn't have any deformity and others had one of nail in rolling, hammer toe, charcot foot and plantar warts. Among 148 (78.7%) patients didn't have muscle wasting 87 (46.3%) patients had absence of vibration on their medial malleolus and few had top of tibia and big toe. Sixty (31.9%) patients had no pain sensation, 137 (72.9%) patients had normal ankle reflex and 131 (69.7%) patients had peripheral pulse.

Conclusion: In this study duration of diabetes, uncontrolled diabetes mellitus on admission, type of treatment for diabetes, and BMI were identified as major risk factors. Vasculopathy and peripheral neuropathy also were significant

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