

INFLUENCE OF SOCIO-DEMOGRAPHIC FACTORS ON SELF- FOOT CARE PRACTICES AMONG THE PATIENTS WITH TYPE 2 DIABETIC MELLITUS ATTENDING MEDICAL CLINIC, TEACHING HOSPITAL, JAFFNA

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Diabetic foot ulcer is one of the serious complications of diabetes mellitus that causes lower extremity amputation in most of the patients. Most of these Diabetes related foot problems are avoidable with proper foot care. A cross sectional descriptive study was conducted at medical clinic, teaching hospital, Jaffna in July-August 2015. The aim of the study was to describe the practice on self-foot care and to identify the influence of socio demographic factors on it in patients with type 2 diabetes mellitus. Total of 264 diabetic patients were recruited by systematic random sampling technique and interviewer administered questionnaire was administered. Chi-squared test was used to assess the influence of socio demographic factors and p-value less than 0.05 was considered as statistically significant. The mean age of the participant was 61.5 years (SD±8.8). Only 16.7% participants had good practice, and among them 42.8% had satisfactory and 40.5% had poor practice of self-foot care. Educational status (p <0.001) and monthly income positively influenced

practice of self-foot care (p<0.001). Statistical significance (p) of associations between practice of self-foot care and other socio demographic variables were: age -0.459, sex -0.150, marital status - 0.363, religion -0.880 and occupation -0.215. Of the participants 22.7% inspected their feet every day and 6.4% never inspected their feet. Few participants have the habit of observing the foot for the presence of dryness (12.1%), sweating (12.1%) blisters (12.1%) redness (13.3%) and minor trauma or cut injury (13.3%) every day. Nearly 43.2% of the participants were always selecting soft and non-irritating footwear and 24.2% of them inspected interior of footwear for foreign objects before wearing. Of the participants 15.9% always walked around outside the home without footwear and 71.2% never used a mirror to inspect the foot. The study shows that patients with type 2 diabetes are not practicing proper self-foot care.

Keywords: Self-foot care, Type 2 diabetes mellitus, Jaffna