

## **Influence of socio-demographic factors and habit of self-foot care on the diabetic foot ulcer among diabetic foot ulcer patients in all general surgical wards of Teaching Hospital Jaffna**

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**Background:** Diabetic 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 associated with several factors such as socio demographic factors, habitual factors and habit of self-foot care. The objective of this study was to describe the influence of selected socio-demographic factors, habitual factors and habit of self foot care on the diabetic foot ulcer among diabetic foot ulcer patients in all general surgical wards of the Teaching Hospital of Jaffna.

**Methodology:** Descriptive cross sectional Hospital based study was carried out among 188 diabetic foot ulcer patients who were admitted in all general surgical wards of the Teaching Hospital of Jaffna from November 2017 to January 2018. Diabetic foot ulcer patients with critically ill disease and who are unable to communicate were excluded in this study. Socio-demographic factors, habitual factors and self foot care practice were assessed by using interviewer administered questionnaires.

**Results:** Among 188 patients 59% were male. One hundred nineteen patients (63.3%) were in the range of 60-75 years old. In this study 53.3 % patients were studied less than grade 5, 42% was more than Rs. 15, 000 as total monthly income. In this study 78.7% was observed their sole in their usual practice. About eighty percentages washed their foot daily, but practice of dry well between the toes after washing the foot was 37.2%. Most of them (93.1%) didn't wear the special foot wear. Hundred and eight (57.4%) participants never drink alcohol. Eighty (42.6%) participants drank alcohol. Among the drinkers, around 80% drank alcohol more than 10 years. Hundred and one (53.7%) participants never smoke. Eighty seven (46.3%) participants smoked. Among 87 smokers 78.17% were smoked more than 10 years.

**Conclusion:** In this study age above 60 years, male sex, low level of education and poor self foot care practices and smoking and drinking alcohol more than 10 years were identified as risk factors on diabetic foot ulcer patients.

**Keywords:** Diabetic foot, risk-factors, surgery, Jaffna, Hospital