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## Quality of life and self-care management of foot care behavior among Thai people with diabetes type-2

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Diabetes mellitus type-2 is a chronic disease which causes high blood glucose levels. It impacts on quality of life by limiting a person's energy to carry out physical and other activities. Despite this impact, the quality of life among people with diabetes mellitus type-2 has not been studied extensively in specific ethnic groups. This study aimed to describe the quality of life and self-care management behavior relating to foot care among Thai adults with and without Diabetic Foot Ulcers (DFUs). A total of 502 participants with and without DFUs completed the survey in 2016. There was a statistically significant difference between people with DFUs and without DFUs ( $P < 0.05$ ) on all six subscales of the Diabetes-39 survey. The overall quality of life and overall severity for patients with DFUs and without DFUs was  $61.18 \pm 18.74$  and  $28.45 \pm 20.56$  respectively. Furthermore, 51.2% of the surveyed population lacked knowledge on basic foot care, including how to use a mirror to check the undersides of their feet. In addition, 48.8% of participants did not have a mirror for this purpose. DFUs are a significant complication of diabetes mellitus type-2 and it is important that all people with diabetes have the knowledge they require to prevent this complication. This study contributes to knowledge about foot care practices and assists the healthcare professional to develop an educational program for people with diabetes mellitus type-2. This study also contributes knowledge about diabetes complications and how healthcare professionals can promote a better quality of life for people with diabetes.

## Biography

Saneh Khunkaew is a Lecturer at Boromarajonani College of Nursing Uttaradit, Thailand. He has completed his Master's degree from Malardalen University, Sweden. He is an expert on diabetic foot care. His passion is to develop the quality of life and patient outcome among people with diabetes type-2 and its complications.

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