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Knowledge and practices regarding self-foot care among diabetic patients in Al-Madinah

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This study was planned to assess level of awareness of the risk factors of diabetic foot and to identify parameters influencing their knowledge and practice of foot care among those attending diabetic center in Al- Madinah, KSA. A cross-sectional study was conducted at diabetic center in al-Madinah during January-June, 2012. The total sample size was 226. A validated questionnaire of self-foot care was used to assess patients' behaviors towards their foot care. The knowledge and practice was considered as "good" if score was more than 70% and as "poor" for less than 50%. Data obtained were analyzed using SPSS statistical software version 21 & result was compared between male and female patients and for their duration of diabetes. The mean age was found to be 49.9 years among these diabetic patients. About 84.5% were non smoker, 40% of participants were illiterate while 13.3% had university level education. The mean duration of DM was 10.5 years; 89% of them were diagnosed as type 2 DM. In this study, overall knowledge of self foot care was good that ranges between 60%-90% for all questions except that of inspecting feet and inside of foot wear. On contrary, practices regarding washing regularly, trimming nails and foot size were good with more than 80% but practices were poor regarding inspecting feet regularly and use of elasticated hosiery. The overall percentage of risk factor for developing foot ulcer appeared to be high, as 60.2% of them had symptoms of neuropathy, 46% of retinopathy and 0.9% of vasculopathy. It was found that male patients had better knowledge of foot care as compared to their female counterpart with significant respective. value of 0.028 and 0.000 for washing feet with warm water and inspecting inside their shoes before wearing it. Regarding practices of foot care, male patients showed significantly better practices ($p < 0.05$) for trimming their toe nail, wearing elasticated hosiery and adding irritant to water before feet cleaning. This study revealed that the patients were at high risk of developing foot ulcers. Most of the patients had good knowledge but only half of them had good practices towards self-foot care. It was evident that male patients showed significantly better practices as compared to females.

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Self-Esteem and Locus of Control among group of Adolescents with type- Diabetes Mellitus

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Introduction: Diabetes mellitus is an incurable lifelong disease that is managed with insulin, diet and frequent monitoring of blood glucose which can greatly affect the lives of the adolescent and his family. Studies postulated that there is correlation between psycho-social factors (self-esteem, and locus of control) and glycemic control of type. DM patients at time of diagnosis and at least one year after. Objectives: Our aim of study is to explore the effect of SE and LOC on the glycemic control of adolescence with T1DM. Methods: Our study was conducted on two groups (Group A) newly diagnosed T1DM patients were selected randomly from diabetic clinic between the ages of 10-12 years old, and (Group B) diagnosed with T1DM for one year, after matching with group for sex and age. Results: Comparison between group and group showed statistical significant difference between both groups regarding SE ($p = 0.017^*$). Moreover, regarding group (A) although there was no significant difference between controlled and non-controlled group regarding SE, the LOC (powerful others) domain the mean of controlled group was (8.14. 2.41) versus (6.81. 1.08) among non-controlled group, this difference was statistically significant ($p = 0.035$). In-group B, there was significant difference between mean of SE and LOC domain among the controlled group versus non-controlled group ($p = 0.014, 0.02$) respectively. Conclusions: We conclude that interventions aimed at improving SE and LOC may improve adherence to diabetes regimen. So we recommend that clinicians should attend to SE and LOC in their interventional programs.

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