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The living experience of Iranian patients with Ankylosing Spondylitis: A qualitative study**Sara Shahba**

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Aim: Various studies suggests that Ankylosing Spondylitis as a chronic condition along with multidimensional disabilities can have impacts on some aspects of patients' life. Despite the conducted quantitative surveys, only few qualitative studies have thus far been conducted on this issue. The present paper aims at gaining insight into the life experience of individuals with AS.

Method: A qualitative content analysis was conducted through semi-structured interviews with 28 individuals (3 females and 25 males with an average age of 38.5) and diagnosed with AS, to gain insight into their experiences. The interviews were transcribed as sub-themes and then were analyzed thematically.

Result: Three key themes were identified by the analysis: 'Always with pain' depicting an inevitable outcome of the condition as pain, a correlation between pain and tension and ups and downs of pain associated with the hope for a relieving solution; 'the perceived limitation' was identified as the second theme describing movement restrictions, fear of society and the obstacles and unstable job; 'fearing the unknown future' which many patients described as the uncertain view of future, family's concerns and the responsibility of patients towards their family.

Conclusion: Our research in line with other qualitative studies showed that this condition places a heavy and intolerable burden on patients and their family. It seems that the experiences of people living with AS can be useful and supporting in order to ease the challenges imposed by this condition.

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Awareness and practice of diabetic foot care among diabetic patients attending to family medicine department in PMMH**Nasser Alamri, Moneer Alamri, *Tareq Alrefeidi, Hussam Alqahtani and Abdullah Alsabaani**

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Aim: The current research aimed at identifying deficits at diabetic patients practice and awareness regarding their foot care.

Methodology: A descriptive cross-sectional survey design was conducted including 207 diabetic patients attended the PMMH during the period between November 2016 and April 2017 in PMMH, Taif, Saudi Arabia. A direct interview questionnaire was used for data collection and then data was analyzed using SPSS version 22.

Result: The study was conducted on 207 diabetic patients who completed the questionnaire with age ranged from 20-75 years and 57.5% were females. All the included patients complained of one or more-foot problems such as feeling of heaviness, tightness pain or numbness. Generally, 30% of the patients did healthy practices and 19.8% of the patients had satisfactory level of awareness regarding their foot care. Patients who have no familiar couple (unmarried) were more aware and recorded better practice than others.

Conclusion & Recommendations: The current survey covers that despite the variety at duration of diabetes among the studied patients as more than half of the patients with diabetes for more than 10 years and all of them have one or more-foot problems, but they recorded very poor practice and awareness regarding foot care. Health education sessions and posters and may be educational videos are required to improve patients practice and awareness.

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