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Is the religious practice of ablution a factor influential on diabetic foot development?

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Background: It is not known whether ablution, a religious practice has any influence on individuals' diabetic foot development.

Purpose: The purpose of the study was to evaluate the influence of the religious practice of ablution and socio-demographic and disease-related features on diabetic foot development using secondary data analysis.

Method: The study was conducted in cross-sectional design with secondary data analysis. The research sample included a total of 323 type-2 diabetes patients receiving treatment between October 2015 and July 2016. The research data were collected with a descriptive information form covering the socio-demographic and disease-related information about the diabetes individuals. For the analysis of the data stepwise logistic regression analysis were used.

Findings: The logistic regression analysis results demonstrated that diabetes individuals who regularly performed ablution were 3.61 times more likely to suffer from diabetic foot when compared to those who did not. In addition, the type-2 diabetes patients who perceived their health to be good and moderate were 48.8 times more likely to suffer from diabetic foot development than those who perceived their health to be poor. Also, the patients who suffered from diabetes for 10 years or less were 7.09 times more likely to have diabetic foot when compared to those suffering from diabetes for more than 10 years. Lastly, it was seen that all the variables found significant in the model explained 64.3% of the total variance.

Conclusion: Self-perception of illness, year of diabetes and the religious/cultural practice of ablution were found to be important risk factors for diabetic foot development. Diabetes nurses should certainly consider whether patients taking diabetes training perform ablution or not. In order to prevent diabetic foot development for diabetes individuals performing ablution, diabetes nurses are supposed to emphasize the importance of drying feet after performing ablution during diabetes training.

Biography

Hamdiye Arda Surucu has completed her PhD education in Internal Medicine Nursing at Dokuz Eylul University, Turkey. She has two Master degrees (Internal Medicine Nursing and Public Health). She has worked in the diabetes education center as Diabetes Nurse for 10 years.

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