

Diabetes, Hypertension and Metabolic Syndrome

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Risk factors assessment Of diabetic foot at risk using the sixty seconds screening tool

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Background: Foot ulcer is one of the main complications in diabetes mellitus, with a 15% lifetime risk in all diabetic patients. It is a major cause of disability, morbidity and mortality among diabetic patients. The risk factors for developing diabetic foot ulcers are manageable. Therefore, foot assessment and education on foot care is most important in rapidly detecting high-risk diabetic feet and a cost effective way of preventing foot ulcers and amputations.

Objective: Risk factors assessment of diabetic foot at risk using sixty seconds screening tool among diabetic patients attending diabetic clinic of Jimma University Medical Center, Jimma, Ethiopia.

Methods: Institutional based cross-sectional study was conducted at Jimma University Medical Center Diabetes Clinic on 234 participants using the 60 seconds diabetic foot screening tool from March, 2017 to August, 2017. The data was entered into a computer; it was cleaned, and analyzed by SPSS version 21 for windows. Descriptive statistics and numerical summary measures were calculated and tabulated.

Result: The male to female ratio was nearly 1 to 1 (106 to 128). The median age was 50 years and median duration of diabetes mellitus was 9 years. 182 (77.8%) had type 2 diabetes mellitus, whereas; 52(22.2%) had type 1 diabetes mellitus. It was determined that 47(20.1%) of the study population had fissure and 24(10.3%) had a significant neuropathy. Other identified risk factors in this group of investigated diabetic foot were 15 (6.4%) previous ulcer, 6(2.6%) previous amputation, 24(10.3%) positive for monofilament examination and 6 (2.6%) deformity of shape and structure of the foot. Among the participants, only 36 (15.4%) had foot examination in the last 5 years. Overall, there was at least one risk factor for 67(28.6%) patients for the development of diabetic foot ulcer.

Conclusion: A significant number of study participants have at least one risk factor for the development of diabetic foot ulcer. Screening for diabetic foot is paramount in reducing the morbidity and mortality associated with the condition and a very easy practice which will take maximum of 60 seconds per patient. Despite this fact only few of the study participants had foot examination in the last five years. This identifies high-risk patients who require further care. Therefore, efforts should be concentrated on practicing a screening tool, such as the adapted 60-second diabetic foot screen, may help to facilitate a structured protocol for assessing the feet of Patients with diabetes in busy diabetic clinic of JUMC.

Keywords: Diabetic foot ulcer, Jimma University Medical Center, 60-Second diabetic foot screen

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Biography

This is Dr. Abraham Agidew(MD) who has completed my first degree in Doctor of Medicine at the age of 23 years since 2011 from Jimma University Specialized Hospital, school of medicine, and my second degree specialty program in internal medicine in Jimma University specialized Hospital since 2018

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