

## A cross-sectional study investigating the prevalence and risk factors of foot ulceration in people with diabetes or leprosy in Nepal

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### Abstract

Neuropathy secondary to diabetes or leprosy can lead to foot ulceration. This is associated with reduced health-related quality of life and socio-economic output and depression. Foot ulceration precedes 80% of diabetes-related amputations and tends to be higher in low socio-economic groups (Acker *et al.*, 2014; Bissierix *et al.*, 2011). In south Asia, foot ulcers are expensive to treat, and out-of-pocket by the individual and family remains the main financial mechanisms for the management of foot ulceration in Nepal, commonly leading to catastrophic expenditure and selling of assets to fund medical treatment at all income levels. The quantitative study was underpinned by a prospective cross-sectional design with the post-positivism approach. A convenience sample of 182 patients (89 diabetic and 91 leprotic) with or without foot ulcers and 25 healthy controls without relevant pathologies were recruited over 4 months from six hospitals located in rural and urban locations of Nepal. Differences in the risk factors contributing to foot ulceration in diabetes and leprosy were observed.

Plymouth to complete his MClInRes in 2018. Gautam then started his PhD under the supervision of Prof Jon Marsden in 2019. Because studies are limited in this area in South Asia and do not provide a comprehensive overview of the factors such as demographics, cultural and environmental and socio-economic differences that may contribute to the development of foot ulceration. Therefore, the present study aimed to contribute to a deeper understanding of the causation of foot ulcer in the Nepalese population by assessing possible risk factors.



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### Biography:

Aban Gautam is a general practitioner born and based in Nepal. Having obtained his bachelor's degree in medicine and surgery in 2016, he moved to the University of