

“A Study to Assess the Knowledge Regarding Foot Care Among Patient’s with Diabetes Mellitus in Selected Community Areas of Pune City”

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Abstract:- It is a very common disease, affecting an estimated 150 million people worldwide. It is an endocrine disorder causing various metabolic changes in the body leading to severe complication such as damaged eye, kidney, nerves, heart and blood vessels. If managed properly, it can be well controlled but if not managed daily, in medical emergencies can arise.

- **Problem statement**

“A Descriptive Study to Assess the Knowledge Regarding Foot Care Among Patient’s with Diabetes Mellitus in Selected Community Areas of Pune City”.

- **The objective of the study**

To assess the level of knowledge regarding foot care among patient with diabetes mellitus.

- **Research Methodology:**

- **Research Approach :- Quantitative approach**

- **Research Design :- Non-Experimental Descriptive design**

- **Population:- All diabetic mellitus patients**

- **Sample Size:- 100**

- **Data Collection:- Structured Questionnaire**

- **Setting:- Dhankawadi**

The finding of the study were, 36% patients are having good knowledge, 63% patients are having average knowledge, and 01% patients are having poor knowledge regarding foot care.

Conclusion of the study Maximum patients have average knowledge regarding foot care.

I. INTRODUCTION

Diabetes mellitus as a disorder primary of carbohydrate and secondarily of fat and protein metabolism is due to the failure of the system to burn sugar and dependent on the deficiency or absence of internal secretion of percentage resulting from functional or organic disease of islet cells of langerhans. This definition is valid to this day .

The W.H.O. expert committee on diabetes mellitus in It’s II report has defined diabetes mellitus as a state of chronic

hyperglycemia, which may result from many environment and genetic factors often acting jointly. of late , India has seen a substantial rise in the number of diabetic patients. In the year 1999 India had recorded a staggering 30 million cases, from only 4 million case in 1984.

It has been projected that there would be 80 million of them by 2030. The number of people with diabetes is increasing due to population growth, aging , urbanization, and increasing prevalence of diabetes and the number of people affected by diabetes , now and in the future , is important to allow rational planning and allocation of resources .

Due to the peripheral nerve dysfunction associated with diabetes, patient has a reduced ability to feel pain. This means that minor injuries may remain undiscovered for a long while. People with diabetes are also at risk of developing a diabetic foot ulcer. Research estimates that the lifetime incidence of foot ulcer within the diabetic community is around 15% and may become as high as 25%.

II. NEED OF STUDY

Today people are more busy in their life and not getting time to concentrate on health, diet and regular exercise. Because of that people are having more disease and more prone to different type are disease like Hypertension, Diabetes Mellitus and Heart disease. Diabetes Mellitus is more common disease among the population.

The statistical data shown that year 2000 cases found 171,000,000 to all world and cases are increases day by day.

Good foot care is essential for people with diabetes. It’s not the most glamorous chore, but medical professionals agree it’s for major foot complications, which are often unseen and under- discussed .Those complication can start as small blisters or cuts that are easy to overlook until it’s too late.

Uncontrolled diabetes cause nerve damaged in the extremities. Nerve damaged also leads to poor circulation and makes prone to infection.

III. STATEMENT OF PROBLEM

“A study to assess the knowledge regarding foot care among patient with diabetes mellitus in selected community areas of Pune city”.

IV. OBJECTIVES

- To assess the level of knowledge regarding foot care among patient with diabetes mellitus.

V. METHODOLOGY

Descriptive research was used to assess the knowledge regarding foot care among patient with diabetes mellitus in selected community areas of Pune city”. The target population who fulfills the inclusion criteria are selected for this study, a non- probability purposive Sampling Technique was used to select 100 samples. A 20 questionnaire related to knowledge regarding foot care among patient with diabetes mellitus.

Each corrected answer was given a score of one and wrong answer zero score. The score between poor 0–7, Average 8–15, Good 16–20 and 20 The tool was validated by 5 experts , Valuable suggestions were incorporated and tool was finalized. Permission was obtained from undergraduate research monitoring committee and institute ethical committee.

The reliability of tool was established by conducting a pilot study. The data collection was conducted for one month in selected areas of Pune city. The investigators explained the purpose of the study and then gained their confidence by obtaining a written consent from samples. The data collection was done by questionnaire method a separate questionnaire was used for each patient .Approximately 20 minutes were spent for each sample. Similarly the same data procedure was followed for the entire 100 samples.

VI. MAJOR FINDINGS

n=100

| Sr no. | Knowledge score | Frequency | Percentage |
|--------|-------------------|-----------|------------|
| 1. | Poorknowledge | 01 | 01% |
| 2. | Average knowledge | 63 | 63% |
| 3. | Good knowledge | 36 | 36% |

Table 1. Overall knowledge score

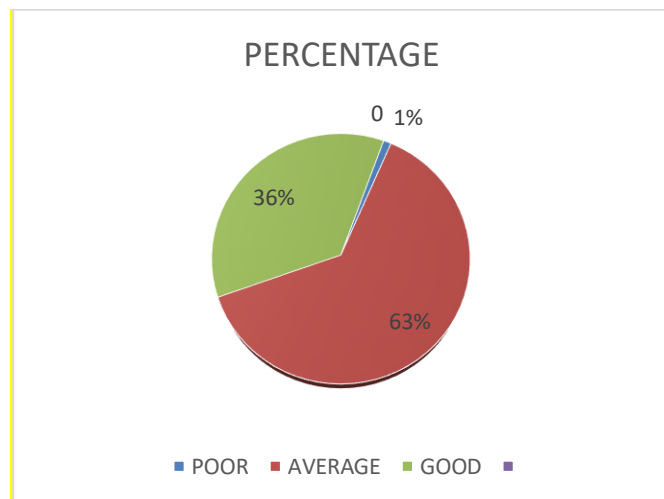


Fig 1:- Distribution of sample according to score.

Table 1. in group majority of (100%)are under 01% diabetic patients have poor knowledge, 63% diabetic patients have average knowledge and 36% diabetic patients have good knowledge regarding foot care.

VII. IMPLICATION

The findings of the study have definite implications in nursing practice, nursing education, nursing administration and nursing research.

VIII. NURSING PRACTICE

Nurse plays an important role in taking care of the patients and their routine in daily basis in hospitals and community settings. In this study, a structured questionnaire on foot care was formulated on the basis of the finding in order to improve the knowledge of foot care and their experience work in various hospitals and community settings. The nurse and student nurses can also develop a clinical teaching program that emphasizes more on demonstration for taking care of foot in diabetic patients as well as healthy individual.

IX. NURSING EDUCATION

Nursing teachers can use the result of the study as an informative illustration for nursing students. For student nurse more emphasis can be given regarding the exercise which prevents the occurrence of diabetic foot.

X. CONCLUSION

The following conclusions can be drawn from the study findings;

Patients have more knowledge regarding foot care.

- Patients have sufficient knowledge about foot care and has observe the knowledge is more important for healthy individual.
- Also regarding knowledge about foot care that occurs in community settings and help to know about preventing measures is to be taken in community.
- From all the data obtained, knowledge regarding foot care among the diabetic patients in average level.

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