A Cross Sectional Study of Diabetic Foot in Diabetes Mellitus Patients– Prevalence, Practice of Preventive Measures and Medico-Legal Aspects

Kalpesh Zanzrukiya1, Lavlesh Kumar2, Sheetal Chhaya3

**Introduction and Background:** Diabetes mellitus is a chronic endocrine disorder. Diabetic foot is most common complication observed in patients with diabetes mellitus which may leads to debilitating disability like gangrene, non healing sepsis and amputation. Clinically diabetic
foot occurs due to diabetic neuropathy or ishchemic or combined neuro-ischemic.
**Aim and Objectives:** This study was conducted with aim to evaluate the problem of diabetic foot among type 1 and type 2 diabetic mellitus patients and to increase the awareness regarding practice of proper preventive measures among them. Objectives were to find out prevalence of diabetic foot among type 1 and type 2 diabetes mellitus patients and to evaluate practice of proper preventive measures to prevent diabetic foot among them. Materials And Methods: A cross sectional study conducted among diagnosed patients of type 1 and type 2 diabetes mellitus visiting at Dhiraj Hospital, SBKSMIRC, SVDU, Vadodara between January 2017 to April 2017. Total 98 patients were studied as per inclusion and exclusion criteria. Participants were examined clinically for neuropathy and ischemic features in both
feet for diagnosis of diabetic foot, while questionnaire based interview done for evaluation of practice of preventive measures among them. Data was compiled and statistically analyzed.

**Observations and Results:** Prevalence of diabetic foot was found 32.8% in male and 30% infemale diabetic patients. Prevalence of diabetic foot was 86.4% in type 1 diabetes mellitus patients and 15.8% in type 2 diabetis mellitus patients. 58.6% of patients with diabetic foot were practicing good care and preventive measures while practice of preventive care was found irregular in 41.4% of patients with diabetic foot. Medico-legal examination for disability related to diabetic foot and neuropathy is to be done as per Government of India guidelines under theRights of Persons with Disabilities Act and Rules.
**Conslusion:** Diabetic mellitus is a chronic incurable disorder till date. Common complications of diabetes mellitus like diabetic foot and diabetic foot ulcer needs proper preventive care and management. So that morbidity and disability can be prevented in patients with diabetes
mellitus.

**Keywords:** Diabetic Foot; Diabetes Mellitus; Disability; Preventive Care.

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