
A Descriptive Study To Assess The Knowledge And Attitude On Foot Care Among Patients With Diabetes Mellitus With A View To Develop A Self Instructional Module On Foot Care.

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Abstract:

Objectives: To assess the knowledge and attitude regarding foot care among diabetes mellitus patients. To correlate the knowledge and attitude on foot care among diabetes mellitus patients. **Method :** descriptive design, purposive sampling technique, questionnaire used to assess knowledge and 5 point Likert scale to assess the attitude on foot care activities among patients with diabetes mellitus. **Result:** Findings reveals that out 50 samples, 27 (54%) had moderately adequate on foot care and 33(66%) had neutral attitude regarding attitude on foot care activities. **conclusion** Education about diabetes is more important to improve the knowledge and attitude regarding footcare.

Keywords: Knowledge, Attitude, Foot Care & Diabetes Mellitus

INTRODUCTION

The slogan chosen for the world diabetes day 14 November 2015 was "HEALTHY LIVING AND DIABETES" to highlight the education prevention and knowledge about the warning signs and risks associated with diabetes.

Education is important as diabetes can affect all aspects of life. The disease is lifelong and requires many life style adjustments to be made; diet, exercise and medication all needs to be monitored and altered. In order to make the right decisions about behavior when managing and living with diabetes, sufferers need to be correctly informed about the implications. Poor diabetes education result in more chance of complication and less chance of leading a healthy life. Aims to change education world-wide so that it provides the

information that people need in order to live with the conditions and treat it carefully.

OBJECTIVES:

1. To assess the knowledge regarding foot care among diabetes mellitus patients.
2. To identify the attitude regarding foot care among diabetes mellitus patients.
3. To correlate the knowledge and attitude on foot care among diabetes mellitus patients.
4. To associate the knowledge & attitude of foot care with selected demographic variables

METHODOLOGY

The study was conducted in outpatient department Government Hospital at Virudhunagar. The design used

for this study was descriptive design, population of this study was newly diagnosed diabetes mellitus patients within (6 months), and a purposive sampling technique was used to select the study subject. The sample consisted of 50 people of newly diagnosed diabetes mellitus (past 6 months). The data collection instrument used in this study was a questionnaire to assess knowledge and 5 Point likert scale to assess the attitude on foot care activities among patients with diabetes mellitus. Descriptive and inferential statistics were used to analyse the data and to test hypothesis.

Inclusion criteria.

- Both men & women who are diagnosed to have the history of diabetes mellitus for the past 6months.
- The patient who wereco-operative.
- The patient who understand Tamil (or) English.

Exclusion criteria.

- Patients who were critically ill (or) unconscious.
- Chronic diabetes patients.(more than 2 years).
- The patients who were unable to respond toquestions.

FINDINGS

Distribution of sample based on the level of knowledge on foot care N=50

Level of knowledge	Frequency	Distribution
Adequate knowledge	7	14%
Moderately adequate	27	54%
Inadequate	16	32%

It shows that 7 (14%) of sample had adequate knowledge, 27 (54%) had moderately adequate and 16(32%)had

inadequate knowledge regarding knowledge on footcare.

Distribution of sample based on the level of attitude on foot care N=50

Level of attitude	Frequency	Distribution
Positive attitude	2	4%
Neutral attitude	33	66%
Negative attitude	15	30%

It reveals among 50 samples, 2 (4%) had positive attitude, 33(66%) had neutral attitude and 15(30%) had negative attitude regarding attitude on foot care activities.

Co-relation between knowledge and attitude of sample on foot care activities.

VARIABLES	MEAN	STANDARD DEVIATION	'r' VALUE
Knowledge	17.32	5.0	0.94
Attitude	25.22	3.512	

It shows that the obtained knowledge mean score was 17.32 with the standard deviation 5.0 .The obtained attitude mean score was 25.22 with the standard deviation 3.512. The obtained 'r' value was 0.94 which was highly positive and significant at 0.05 levels. It implied that there was a significant relationship between knowledge and attitude of sample on foot care among diabetes patients.

Level of knowledge and its association with demographic variables.

There was significant association between knowledge and demographic variables such as body built and dietary pattern at which level was significant

There was no significant association between knowledge and demographic variables such as age, gender, religion, marital status, education, health status, occupation, income, and duration of diagnosis, residence, sources of health information, habits, and presence of family history of diabetes mellitus.

Level of attitude and its association with demographic variables.

There was a significant association between health status, residence and sources of health information.

There was no significant association between age, gender, religion, marital status, education, occupation and income, duration of diagnosis, body build, diet habits, and presence of family history of diabetes mellitus.

IMPLICATION OF NURSING PRACTICE

- The result of the study will create awareness and motivate the diabetes mellitus patients.
- It will be useful to formulate a special protocol on foot care activities among the patient with diabetes mellitus which will improve good quality nursing care.
- Nurses in the clinical setting should practice health education as an integral part of the nursing profession.

IMPLICATION FOR NURSING EDUCATION:

- In service education should be provided to nursing personnel at various levels to improve their knowledge on foot care activities to improve the standard of nursing care in diabetes mellitus and its management.
- There should be more emphasis on the nursing curriculum about current concepts and trends regarding foot care activities among the patients with diabetes mellitus.
- The nursing students should be motivated to teach and practice foot care activities guidelines during their clinical postings.

RECOMMENDATIONS:

- The same study can be under taken on a large scale for making a more valid generalization.
- A descriptive study can be conducted on knowledge and practices regarding foot care activities among nurses.
- Quasi experimental study can be conducted with structured instructional module on knowledge and attitude regarding foot care activities of diabetes mellitus patient.

CONCLUSION

Education about diabetes is more important to improve the knowledge and attitude regarding foot care. Findings reveals that out 50 samples , 27 (54%) had moderately adequate on foot care and 33(66%) had neutral attitude regarding attitude on foot care activities.

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