

Assess the effectiveness of structured teaching programme in terms of knowledge regarding diabetic foot care among diabetic patients in selected hospital, Indore

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Abstract

Diabetes mellitus is a global emergency, some 415 million people worldwide, are estimated to have diabetes. People with diabetes are at higher risk of developing a number of disabling and life threatening health problems. A quantitative study was conducted to assess the effectiveness of structured teaching programme in terms of knowledge regarding diabetic foot care among diabetic patients. To evaluate the effectiveness of structured teaching programme, a pre experimental, one group pre-test post-test research design was carried out on 30 diabetic patients of Bombay Hospital, Indore. Self-administered close ended questionnaire were used to assess the knowledge regarding diabetic foot care before and after administering structured teaching programme. The results showed that there was significant difference between pre-test and post-test knowledge score, as calculated t value 8.89 revealed $p < 0.05$.

Keywords: Structured teaching programme, diabetic foot care, diabetic foot care, knowledge

1. Introduction

Diabetes Mellitus is one of the largest global health emergencies of the 21st century. Each year more and more people live with this condition, which can result in life-changing complications. In addition to the 415 million adults who are estimated to currently have Diabetes, there are 318 million adults with impaired glucose tolerance, which puts them at high risk of developing the disease in the future. Patients with Diabetes Mellitus are at higher risk of developing a number of disabling and life threatening health problems than people without Diabetes. Consistently high blood glucose levels can lead to serious diseases affecting the heart and blood vessels, eyes, kidneys and nerves. People with Diabetes are also at increased risk of developing infections. In almost all high income countries, Diabetes is a leading cause of cardiovascular disease, blindness and lower-limb amputation. As well as nerve damage, people with diabetes can experience problems with poor circulation to the feet, as a result of damage to blood vessels. These problems increase the risk of ulceration, infection and amputation. People with diabetes face a risk of amputation that may be more than 25 times greater than that in people without diabetes. With good management however, a large proportion of amputations can be avoided. Even when a person undergoes amputation, the remaining leg and the person's life – can be saved by good follow-up care. In view of these risks, it is important that people with diabetes examine their feet regularly. Proper foot care can reduce the chances of diabetic foot and lower limb amputation.

2. Objectives of the study

1. To assess the pre-interventional knowledge of diabetic patients regarding diabetic foot care.
2. To assess the post-interventional knowledge of diabetic patients regarding diabetic foot care.

3. To analyze the significant difference between pre-test and post-test knowledge regarding diabetic foot care among diabetic patient.

3. Research Hypotheses

H₁ - The mean post-interventional knowledge score is significantly higher than the mean pre-interventional knowledge score regarding diabetic foot care among diabetic patients at 0.05 level of significance.

4. Methodology

A quantitative evaluative research approach with pre-experimental one group pre-test post-test research design was used in the study, 30 diabetic patients attending OPD of Bombay Hospital, Indore were selected by using non-probability purposive sampling technique who were suffering with Type 2 Diabetes Mellitus, who were 40 years of age and above, and able to read and write Hindi language. Data was collected by using self-administered close ended questionnaire regarding diabetic foot care before and after administering structured teaching programme on diabetic foot care and analyzed through paired t test.

5. Results

The findings of study showed in pre-test 11 (36.7%) diabetic patient had below average knowledge, 15 (50%) diabetic patient had average knowledge and only 4 (13.3%) was good knowledge regarding diabetic foot care, whereas post-test score showed that 25 (83.4%) diabetic patient had good knowledge after administration of structured teaching programme and only 1 (3.3%) had poor knowledge regarding diabetic foot care. Data revealed that the mean post-test score (23.6) was higher than the mean pre-test score (14.2). Calculated t value 8.89 revealed $p < 0.05$ that indicates the research hypothesis is accepted.

6. Conclusion

Diabetic patient are at risk of develop macro vascular complication especially diabetic foot that lead to lower limb amputation. If regular follow up for the foot care is adopted by the diabetic patients that can be helpful to reduce the risk of foot ulcers. The structure teaching programme was found effective to increase the knowledge of diabetic patients regarding diabetic foot care among diabetic patients.

7. Reference

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