

# Diabetes Mellitus Patients on Chronic Care Follow-Up in Southern Hospitals about Diabetic Foot Ulcer Management and Related Factors

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## Abstract

history. Therefore, diabetic foot care education should be offered by healthcare professionals to prevent additional

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## Introduction

Diabetes mellitus (DM) is a broad category of metabolic illnesses brought on by elevated blood glucose levels. It can result from total or almost total insulin shortage, insulin resistance, or impaired insulin secretion, and is categorised as either Type-one or Type-two diabetes. DM is one of the four priority non-communicable diseases (NCDs) that the World Health Organization has identified for prevention and control [1]. The number of persons with diabetes globally was anticipated to reach 500 million in 2019 and to increase to 693 million by 2045. With an estimated 28 million cases by 2030 and 41.6 million by 2045, type 2 diabetes will be the major public health issue in Africa. The leading factor in early mortality and disability has been found to be diabetes. Significant long-term vascular and non-vascular consequences are linked to persistent hyperglycemia in diabetes. Microvascular (retinopathy, neuropathy, and nephropathy) and macrovascular problems are further separated into the vascular complications of diabetes mellitus [2].

The term diabetic foot ulcer (DFU) refers to a full-thickness wound in a diabetic patient's deep vascular and collagenous inner layer of skin below the ankle. Peripheral vascular diseases that reduce blood supply to tissue and may cause infection and gangrene, raising the risk of amputation, and peripheral neuropathy, which results in a loss of sensation in the feet, are two causes of diabetic foot problems [3]. The two main factors that contribute to morbidity and mortality in diabetic individuals are foot ulceration and supervening infection. One of the most expensive diabetes consequences to treat is diabetic foot issues, which are common in diabetic individuals. To speed up the healing of the diabetic foot ulcer, many treatment protocols have been used, including vascular intervention, anti-infection therapy, surgery, and postoperative wound care. Despite these, the reported healing rates for diabetic foot ulcers across many series were subpar. Foot ulcers are one of the most dreaded and prevalent diabetic complications in low- and middle-income nations [4]. According to estimates, 15% of all persons in Ethiopia have diabetes foot, which are the primary

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