

Self-Care Assessment in Diabetic Foot Ulcer

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Abstract

Diabetic foot ulcers (DFUs) are a common complication of diabetes mellitus, leading to significant morbidity and mortality. This study aims to evaluate the effectiveness of a self-care assessment program in improving patient outcomes and reducing the risk of DFU progression. The program includes patient education, regular foot examinations, and prompt treatment of foot problems. Results show that the self-care assessment program significantly reduced the incidence of DFU progression and improved patient self-management skills.

Keywords: Diabetes mellitus; Diabetic foot ulcer; Self-care assessment; Patient education; Foot examination; Treatment outcomes.

Introduction

Diabetic foot ulcers (DFUs) are a serious complication of diabetes mellitus, characterized by tissue damage and ulceration on the feet. The prevalence of DFUs is increasing globally, with a significant impact on patient quality of life and healthcare costs. Early identification and management of DFUs are crucial to prevent complications such as infection, amputation, and hospitalization. This study focuses on the role of self-care assessment in the management of DFUs. Self-care assessment involves regular foot examinations and prompt treatment of foot problems, which can help identify and address issues before they progress to ulcers. The goal of this study is to evaluate the effectiveness of a self-care assessment program in improving patient outcomes and reducing the risk of DFU progression. The program includes patient education, regular foot examinations, and prompt treatment of foot problems. Results show that the self-care assessment program significantly reduced the incidence of DFU progression and improved patient self-management skills.

Description

The study was conducted in a tertiary care hospital. The participants were patients with a confirmed diagnosis of diabetes mellitus and a history of DFUs. The self-care assessment program was implemented over a 12-month period. The program included patient education, regular foot examinations, and prompt treatment of foot problems. The effectiveness of the program was evaluated using a series of outcome measures, including the incidence of DFU progression, patient self-management skills, and healthcare costs. Results show that the self-care assessment program significantly reduced the incidence of DFU progression and improved patient self-management skills. The program was well-tolerated and had a low cost. These findings suggest that self-care assessment is a valuable tool in the management of DFUs.

1. Introduction

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