ABSTRACT

Diabetes is a global health issue among the adult population with high morbidity and mortality rates. As the case detection rates of diabetes increase in adult Nigerians, managing the attendant (foot) complications has become an important health challenge. Poor practice of foot care and poor glycaemic control is potential risk for Diabetic Foot Ulcer (DFU). Therefore, the aim of this study is to determine the role of foot care education in diabetic foot status and glycaemic control among diabetics attending Family Medicine Practice, Federal Medical Centre, Ido Ekiti.

Interventional study was performed on 154 adult patients (77 in intervention group and 77 in control group) with diabetes who had been on treatment for at least three months. Relevant data were collected using interviewer administered semi-structured questionnaire. ‘‘CARE framework’’ tool was used as a patient education guide only for the intervention group.

The practice of foot care in the intervention group improved to a statistically significant level compared to control group (85.7% vs 23.4%), p < 0.001. There was no statistically significant difference in diabetic foot status between the intervention and the control group after the intervention. However, the glycaemic control was statistically significantly different between the two groups (p < 0.001) post-intervention.

Foot care education is linked to better foot care practice and improved glycaemic control. Family Physicians will do well by giving foot care education to diabetic patients with a view of improving foot care practice and glycaemic control, and reducing burden of foot complications.