

Foot Care Knowledge and Practice Among Diabetic Patients in Egypt

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Background

Diabetic foot is one of the most common, severe, and costly complications of diabetes, up to 85% of amputations are preventable.

Aim

To assess knowledge and practice regarding foot care among patients with diabetes.

Methods

An analytic cross-sectional study was conducted using a structured interview with 188 diabetic patients by a convenient sample from outpatient clinics at Suez General Hospital in March 2024. Scores for knowledge and practice >70% were interpreted as good, Scores of 50 to 70% were considered satisfactory, and Scores < 50% were interpreted as poor.

Results

The study showed that (52.1%) of participants have good knowledge and only

(4.3%) had a good practice. There was a statistically significant relationship between good knowledge and regular follow-up, complications and foot examinations at home. There was a statistically significant relationship between good practice and females, marriage, urban residency, higher level of education, foot examination at home, previous exposure to health education and foot examination.

There was a significant moderate positive correlation between knowledge and practice scores ($P = 0.000$, $r = 0.471$).

Conclusion

Diabetic patients have inadequate knowledge and poor practice regarding foot care, an educational program is crucial for preventing complications.

Keywords

Diabetic foot; Foot care; knowledge; Practice