

P36

Risk factor for the development of Diabetic Foot in Bangladesh.

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Diabetic foot ulcer is a common complication of Diabetes leading to hospitalization. It is estimated that 20 % of Diabetic patients will develop an ulcer on the foot or ankle at some time during the disease course. Some of these foot lesions progress to the most severe diabetic foot complications, which is lower extremity amputations. Therefore it is vital to find out the risk factors playing a role in the development of Diabetic foot ulcer and prevent this diseases. A study was carried with 350 patients, presented with foot problems varying from trophic ulcers to gangrene, at Quader Memorial Foot-care Hospital from January 2005 to February 2006. Ninety percent of the patients were older than 45 years, of them 71.71 % male and 28.29 % were female, NIDDM contributed for 99 % and IDDM 1%. Diabetic amputations were increased with advancing age. We found that rural population and those with poor socioeconomic condition and lower educational levels were at higher risk for the development of Diabetic foot ulcer. Duration of diabetes was below 12 months in 7.14 %, 1 - 5 years in 18 %, 5 - 10 years in 31.14 % and over 10 years in 43.72 % of the patients.

Incidence of Neuropathy was 31 %, Ischaemic heart disease 33 %, Nephropathy 19 %, Retinopathy 14 % and Peripheral vascular disease in 21 %. Seventy-five percent had poor glycemetic control. Smoking Hypertension and lipid abnormalities as risk factors were seen in 26 %, 29 % and 18 % respectively. Twenty two percent patients had previous history of diabetic foot ulcer and 6 % experienced amputations before. Our 45 % patients has been using incorrect footwear, such as slippers with interdigital thongs or shoes that are ill fitting, have insufficient cushioning or worn out, adversely effecting patient's foot biomechanism.

Our study shows that long-standing diabetes, poor glycemetic control, poor socioeconomic condition, and lack of proper Diabetic foot care education and incorrect footwear to be of importance for the development of diabetic foot ulcer leading to amputation in Bangladesh. Patient education along with motivation and training of doctors treating these cases may play a very important role in preventing foot ulcer formation and also in managing the cases early and satisfactorily, which will in the long run reduce the rate of amputation.