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Quality of footwear in persons with diabetes and high risk feet

Pendsey SP, Sharma RR, Pendsey SS, Meshram S

Diabetes Clinic & Research Centre, Nagpur, India

Aim: To study type and quality of footwear worn by persons with diabetes and high risk feet.

Material and Methods: We studied 790 patients with diabetes who were categorized as having high risk feet on the basis of Vibration Perception Threshold (VPT) measured by Biothesiometer. Patients with VPT values above 25 volts were diagnosed to have High Risk Feet. Footwear of these subjects were examined and were graded on the scale of 1 to 5 based on five important characteristics of preventive footwear. The characteristics were soft insole, rigid outsole, heel counter, roomy toe box and soft uppers, each characteristic carried score of 1. Those with score of 3 or less were classified as unsatisfactory and those with score of 4 and above as satisfactory footwear.

Results: Among 790 patients there were 510 males 64.5% and 280 females 35.44% Mean age of patients was 47.78 yrs \pm 15.57 and for males 47.7 yrs \pm 15.82 % and for females 47.92 yrs \pm 15.13 % Mean duration of diabetes was 7.54 yrs \pm 5.49 and for males 7.39 yrs \pm 5.41 and for females 7.82 yrs \pm 5.72

Quality of footwear score among the study population was unsatisfactory in 67.08 % and satisfactory in 32.91%. For males and females it was unsatisfactory in 58.82% and 82.14% and satisfactory in 41.17% and 17.85% respectively.

Conclusion: Proper footwear plays an important role in prevention of high risk feet in diabetics. The present revealed that majority of diabetic patients with high risk feet do not wear appropriate footwear and expose their feet for risk of ulceration.

Foot care education with emphasis on protective footwear is warranted.