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Foot Deformities among patients with Diabetes; Prevalence and Associations, at the National Center for Diabetes, Endocrinology and Genetics in Jordan

Anas N Ababneh<sup>1</sup>, Faris G Bakri<sup>1,2</sup>, Youesf S Khader<sup>3</sup>, Kamel M Ajlouni<sup>1</sup>

<sup>1</sup>National Center National Center for Diabetes, Endocrinology, and Genetics, Amman, Jordan; <sup>2</sup>Department of Medicine, Jordan University Hospital, Amman, Jordan; <sup>3</sup>Jordan University of Science and Technology, Irbid, Jordan

Background and Aims: Foot deformities are common, and well established components of the diabetic foot. This study aims to determine prevalence of foot deformities and the associated factors among diabetic Jordanian patients attending the National Center for Diabetes, Endocrinology, and Genetics (NCDEG). Methods: 1000 diabetic patients - above the age of 20 years - attending NCDEG during the period from October 2008 to January 2009 were selected systematically (every second patients). Clinical pertinent data was collected and both feet were examined for the presence of one or more of the following deformities: prominent metatarsal heads, claw/hammer toe deformity, hallux valgus, limited joint mobility, Charcot neuro-osteoarthropathy, pes cavus and amputations.

Results: Mean age was 58.4 ( $\pm$  11.4) years and the mean duration of diabetes was 9 ( $\pm$ 7.6). The overall prevalence of foot deformities was 65%; prominent metatarsal head was present in 14.2%, claw/hammer toe in 16%, hallux valgus in 17.4%, limited joint mobility in 9.4%, Charcot deformity in 2%, pes cavus in 3.2% and the prevalence of overall amputations was 1.7%. Foot deformities were associated with increasing age and duration of diabetes.

Conclusion: Foot deformities are common in our population. Proper and professional management of these deformities require specialized diabetic orthotic service which is currently not available in Jordan. Such orthotic service would be highly valuable to our patients to prevent further foot complications.