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Reduced well-being index in patients with diabetic foot, especially in those with neuroischaemic ulcer: A pilot study

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Background and aim: Well-being index (WHO-5) may be reduced in patients with diabetes mellitus. The aim of this pilot study was to compare well-being index in patients with neuropathic vs. neuroischaemic diabetic foot ulcer. **Patients and methods:** This study included 39 type 2 diabetic patients presenting with their first foot ulcer. Patients were divided into those with neuropathic ulcer (group A: 19 patients, 10 men, mean age 61.8±6.7 years, mean diabetes duration 7.3±2.4 years) and those with neuroischaemic ulcer (group B: 20 patients, 14 men, mean age 66.9±5.6 years, mean diabetes duration 9.9±2.3 years). Well-being index was assessed by the validated Greek version of the WHO-5 questionnaire. **Results:** Patients in group B exhibited significantly higher age ($p=0.016$) and longer diabetes duration ($p=0.0021$), while HbA_{1c} was comparable between the groups (8.1±1.1% vs. 8.7±0.9%, $p=0.074$). In each group, WHO-5 well-being index was lower than we have previously reported for type 2 diabetic subjects. Patients in group B exhibited significantly lower WHO-5 well-being index in comparison to group A (14.1±1.8 vs. 16±2.6, $p=0.020$). **Conclusions:** These preliminary results suggest that well-being index is reduced in patients with diabetic foot. The reduction is more pronounced in those with neuroischaemic, as compared to those with neuropathic foot ulcer. Awareness of poor well-being may prove useful for the provision of adequate healthcare in patients with diabetic foot.