

P34

Outcome of Diabetic Foot Ulceration at Assiut, Egypt

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Background: Diabetic foot ulceration is a major problem as it can significantly impair the quality of the patient's life. In addition it poses a therapeutic challenge, especially in developing countries where health care resources are limited. **Objective** was to examine the possibility of predicting the outcome of diabetic foot ulceration by using easily assessed clinical and laboratory parameters at baseline. **Methods:** It was a prospective non randomized study, in which 107 diabetic patients with foot ulceration managed and followed for a maximum one year to evaluate potential predictors of ulcer non-healing between March 2009 and March 2012 at Assiut diabetic foot care clinic. Multiple logistic regression analysis was used to identify independent predictors of poor outcome (i.e. non-healing of the foot ulcer). **Results:** 107 patients were studied. 64 (59.9%) were females, the average duration of diabetes was 10.7 ± 8.40 years. The average duration of ulcer healing was 4.55 ± 3.77 months. 29.9% of the patients showed non-healed ulcers after 1 year of follow-up. Independent baseline predictors of non-healing were duration of diabetes > 10 years ($P < 0.0001$), loss of sensation in the foot (loss of both vibration and pressure sense) ($P < 0.01$), colour changes in the foot in the form of cyanosis ($P < 0.01$), HbA1c $> 12\%$ ($P < 0.001$) and Texas classification stage D ($P < 0.01$). **Conclusion:** Both ulcer and patient-related characteristics affected the outcome of diabetic foot ulcers. Therefore, early identification of the high-risk patient and start appropriate treatment is essential to prevent the high rate of amputation.