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Characteristics, management and outcome of patients with diabetic foot hospitalized in a tertiary referral hospital

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Background: The aim of this study was to examine the clinical characteristics, the management and outcome of patients who have been admitted to a tertiary referral hospital with diabetic foot. **Methods:** We reviewed retrospectively the medical records of 75 patients admitted in the surgical [43 (57.3%)] and internal medicine [n=32 (42.7%)] wards of our hospital for one year (January 2013 until December 2013) with diabetic foot problems. **Results:** The mean age of the patients was 66.5 ± 15.9 years; 68 (90.7%) had type 2 and 7 (9.3%) had type 1 diabetes; 25 (33.3%) were females and 50 (66.7%) were males. The reasons for hospitalization were severe soft tissue infection [n=58, 77.3%], osteomyelitis [n=3 (4%)] and gangrene [n=14 (18.7%)]. The median (interquartile range) duration of hospital stay was 10.5 (6.0-19.0) days. Revascularization procedures were performed in 23 (30.7%) patients. A total of 60 patients (80%) did not have amputations, 9 (12%) had minor, and 6 (8%) major amputation. 4 patients (5.3%) deceased while 2 (2.6) refused any surgical intervention. Additional therapies like hyperbaric oxygen and VAC therapy or plastic surgery received 10% of the patients. Duration of hospital stay did not differ between men and women ($p=0.75$), between those hospitalized in the internal medicine and surgical wards ($p=0.86$), and among patients who did not underwent amputation and those who had minor or major amputation ($p=0.16$). **Conclusion:** Infections and gangrene are the main reasons for hospitalization in patients with diabetic foot. One fifth of the patients who have to be hospitalized underwent minor or major amputation. Conservative or surgical management is not associated with duration of hospital stay.