

## **[P08] UNDERUSE OF ORTHOPEDIC SHOES IN CHARCOT PATIENTS: ANALYZE OF THE ROUTINE CLINICAL PRACTICE**

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**Aim:** The foot ulcer is known to be one of the most frequent complications of non-active Charcot foot (CA). We aimed to answer the questions: 1) is there an influence of wearing/non-wearing of orthopedic shoes on the development of foot ulcers in long-term follow-up? 2) Why the patient does not wear orthopedic shoes? 3) Is there a difference between CA and non-CA patients in their attitude towards wearing of orthopedic shoes?

**Method:** 98 patients with CA (males/females: 40/58; type 1/2: 64/34) were followed for 36 months (8-108 months). Age: 54,2±10,8yrs, duration of diabetes 24,4±13,5 yrs. Frequency of ulcers, amputations and new CA were checked. Patients were asked: "Do you need in orthopedic shoes?", "Why don't you wear your orthopedic shoes?" and "How often do you wear your orthopedic shoes?" Their answers were compared with 123 non-CA patients with high risk of ulcer.

**Results/Discussion:** 46,2% of patients developed 112 foot ulcers. 7 ulcers led to amputation (2 – above the foot, 5 – toes). CA of contralateral foot developed in 2 patients and 2 patients died. 16,7% of pairs of shoes was custom made and others were off-the shelf. The frequency of ulcers and all foot-related events slightly differenced in the group used orthopedic shoes and in non-users: 43,2% and 59,6% (ns). Among users 23% wear orthopedic shoes indoors and outdoors; 64% - only outdoors, 11% - only during winter and 2% - indoors. Causes of non-wearing of orthopedic footwear were: difference between foot and shoe shapes (56%), previous experience of injury with orthopedic shoes (11%), aesthetics problems (11%), living in-door only (5%) and other causes - 17%. Proportion of patients wearing the orthopedic shoes and main causes of refusal in CA and in non-CA patients were nearly the same. 52,7% of CA patients answered that they actually need in orthopedic shoes and 47,3% did not think so; in non-CA patients these answers were 80% and 20%, respectively. In fact 27% of CA patients used orthopedic shoes whereas in non-CA patients 54% used them.

**Conclusion:** CA patients are characterized with high probability of foot-relation outcomes. Their compliance of wearing orthopedic shoes is extremely low. Patients with CA are less compliant compared with patients without CA. The most important cause of underuse of orthopedic shoes irrespective to presence of CA is lack of custom-molded shoes. The stimulation of the production of custom shoes and psychological support appears to be the key points to increase compliance of the use of orthopedic shoes.