

## Assessment of Knowledge and Practice of Diabetic Foot Care Among Diabetic Patients in Private Clinic And Diabetes Centres in Klang Valley and Seremban, Malaysia.

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### ABSTRACT

**Introduction:** Diabetic patients are prone to develop various complications such as Diabetic Foot Ulcer (DFU). With good practice and knowledge among patients, Diabetic Foot Ulcer (DFU) is preventable. Hence, this study aims to assess the knowledge and practice of diabetic foot care among diabetic patients. **Methodology:** In this cross-sectional study, 105 adult patients with diabetes in Private Clinic and Dialysis Centres in Klang Valley and Seremban were give interview-based questionnaires on knowledge and practice of diabetic foot care. The outcome was computed with a frequency table and tested using chi-square test. Data collected were analysed using SPSS (version 23.0). **Results:** Among the participants, 75.2% (79) had good knowledge with 73.3% (77) had good practice of foot care. 51.9% (54) were male and 48.1% (50) were female with majority having secondary education at 78.8% (82) and 60.8% (62) had diabetes for less than 10 years. A significant association was reported between having diabetes for less than 10 years with good knowledge of diabetic foot care (Fisher's Exact Test) ( $p=0.04$ ). While higher BMI was significantly associated with a good level of practice of diabetic foot care ( $p = 0.004$ ). Apart from that, no other significant association was found between other variables with level of knowledge and practice. **Conclusion:** The high level of knowledge and practices of foot care in this study shows that health educational programs give an impact on a patient's behaviour which will ultimately determine their quality of life.

**Keywords:** Diabetic Foot, Knowledge and Practice, Diabetic Foot Care, Diabetes Mellitus, Self-Care.

### INTRODUCTION

American Diabetes Association has defined Diabetes Mellitus as a group of metabolic diseases that is further characterized by hyperglycemia due to defect in insulin function,