

Foot Ulcers And Risk Factors Among Diabetic Patients

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Abstract

Introduction: Diabetes Mellitus (DM) is one of the most widespread non communicable diseases across the world. Two types of complications are encountered usually with DM: microvascular and macrovascular.

Material and Method: Hospital based prospective study. 50 patients reporting to the General Surgery dept. within study duration and eligible as per inclusion criteria will be included in the study.

Results: 60.0% patients were having peripheral neuropathy, 64% were having >10 years of diabetes, 46% were having peripheral arterial disease, 40% were having history of prior ulceration, 36% patients were having diabetic Charcot joint & 28% were having uncontrolled hyperglycemia.

Conclusion: Diabetes Mellitus is a lifelong disease and diabetic foot complications can be life threatening, physically incapacitating, costly to treat and result in extensive morbidity.

Keywords : Diabetes, foot ulcers, neuropathy.

Introduction

Diabetes mellitus is as old as mankind and perhaps humans know it from early ages. It is one of the most deeply studied diseases and is still un-understandable

ailment that human deal with. As we are digging deeper into the molecular basis of the disease mind boggling results are coming out. It is not a single disease but a constellation of diseases that it gives birth to i.e. the complications.

Diabetes mellitus is characterized by chronic hyperglycemia and disturbance of carbohydrate, fat & protein metabolism associated with absolute or relative deficiency in insulin secretion and/or insulin action.¹

Diabetes is known for its micro & macro vascular complications like retinopathy, neuropathy, cardiovascular & peripheral vascular disease. One of the most devastating complications of diabetes is 'Diabetic Foot' which is responsible for > 50% non-traumatic major limb amputations.²

The World Health Organization (WHO) defines diabetic foot as the lower limb of a diabetic patient that has the potential risk of pathologic consequences, including infection, ulceration and/ or destruction of deep tissues associated with neurological abnormalities, various degree of peripheral neuropathy, vasculopathy and superimposed infection are mainly responsible foot ulceration. Ulcers which develop are difficult to treat due to poor wound

healing which results from a combination of neuropathy, ischemia and hyperglycemia.

An inciting event such as unnoticed trauma through which micro-organisms gain entry, sluggish leukocyte response and high sugar content leads to destruction of proper host defense mechanisms which spread in subcutaneous and sub facial planes to the deeper tissues. Superficial ulcers are mainly colonized by staphylococcus aureus and/or streptococcus pyogenes while deep infections like osteomyelitis and abscesses result from a combination of aerobic and anaerobic micro-organism (gram positive cocci, gram negative bacilli like Escherichia coli, Proteus and Klebsiella asp. and anaerobes including bacteroids and Peptostreptococci.)^{3,4,5}

Materials & Method

Study design: Hospital based Cross sectional study.

Study duration: Three months

Study place: Dept. of Surgery

Sample size: 50 patients reporting to the Surgery dept. within study duration and eligible as per inclusion criteria

Inclusion Criteria: All patients of Diabetic foot who gave informed verbal consent

Exclusion Criteria: Diabetic foot associated with venous ulcers and lymphedema.

Study Methodology: After obtaining permission of Institutional Ethical Committee and obtaining informed verbal consent from eligible study participants, all details of patients along with relevant investigational details were recorded in questionnaire.

Data analysis: Data thus collected were entered into excel and were then analyzed with help of SPSS software through tables, diagrams and appropriate statistical test wherever required.

Results

Table-1: Distribution of cases according to Age (N=50 cases)

Means age (years)	54.64
SD	19.57

In present study, mean age was 54.64±19.57 Yrs

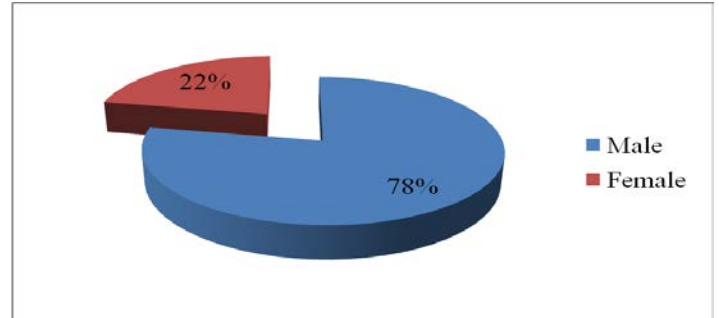


Table-2: Distribution of cases according to risk factors responsible for ulceration:

Risk Factor	No.	(%)
Peripheral neuropathy	30	60.0
Foot Deformity	14	28.0
Diabetic Charcot Joint	18	36.0
Trauma	4	8.0
Improperly fitted shoes	5	10.0
Peripheral Arterial Disease	23	46.0
Callus	8	16.0
H/O Prior Ulceration	20	40.0
Higher Plantar Foot Pressure	9	18.0
Limited joint mobility	16	32.0
Uncontrolled hyperglycemia	14	28.0
Chronic Renal Insufficiency	2	4.0
Diabetes duration (>10 yrs)	32	64.0
Older Age	4	8.0
Poor Foot Hygiene	11	22.0
Poor Vision	6	12.0

Above table shows that 60.0% patients were having peripheral neuropathy, 64% were having >10 years of diabetes, 46% were having peripheral arterial disease, 40% were having history of prior ulceration, 36% patients

were having diabetic Charcot joint & 28% were having uncontrolled hyperglycemia.

Discussion : Wheel Lock ⁶ did a study which revealed that the youngest age with diabetic foot was 32 years and the oldest age was 89 years. In the present study , maximum 52% patients belonged to age group was 51-70 years followed by 13(26%) in 31-50 age group , 3 (6%)cases in 0-30 age group and 8(16%) cases in more than 70 year age group.

When compared with Wheel Lock ⁶ series, there is not much difference in the oldest group but the youngest patient was found to be 16 years younger than the compared study.

Mayfield et al ⁷ did a study on sex wise distribution of diabetic foot which included 32 males and 29 females.

Conclusion: Diabetes Mellitus is a lifelong disease and diabetic foot complications can be life threatening, physically incapacitating, costly to treat and result in extensive morbidity.

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