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Determining Knowledge and Practice of Self-Foot Care and Adherence of Patient on Self-Foot Assessment among Patients with Diabetes Mellitus

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Abstract

Introduction: Diabetes neuropathy has been rated the third most common diabetes complication and diabetes foot ulcer which is the result of diabetic neuropathy commonly happens thus, patients with diabetes mellitus need to understand and practice self-foot care and possess excellent technique on foot self-assessment. Objective: This study aimed to determine the knowledge and practice of self-foot care and the technique of self-foot assessment among patients with diabetes mellitus. Methods: A quantitative, cross-sectional study was conducted at the diabetes clinic of two primary care centres in Kuantan Pahang. The study was conducted in May 2022 with 130 participants recruited in this study through the purposive sampling method. The data was collected using self-administered questionnaires and an audit checklist. Results: out of 130 participants, 89.2% had good knowledge, 62.3% had good practice with self-foot care and 43.8% performed good techniques on self-foot assessment. There is a significant association between knowledge and practice of self-foot care, and between practice of self-foot care and technique of self-foot assessment with a p-value of 0.001. Conclusion: It was found that knowledge, practice and techniques of foot self-assessment are significantly associated. However, the knowledge and practice of self-foot care do not determine the patient's ability to perform the self-foot assessment. The findings would assist in the development of a health education package for preventing foot ulcers among patients with diabetes in Malaysia. © The Author(s) 2023.

Author Keywords

Adherence; Diabetes Mellitus; Diabetic Foot; Knowledge; Nursing; Practice; Self-Care; Self-FootAssessment

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