

ABSTRACT

Background: Patient involvement forms the cornerstones of the management of chronic diseases such as diabetes mellitus. Foot self-care at home including daily foot examination, trimming toenails straight across, and choosing proper foot wear are very essential in prevention of DFU among diabetic patients.

Objective: To evaluate the results of knowledge, attitude, and practice of foot self care among type II diabetes patients attending St. Francis hospital, Nsambya, Kampala.

Methods: The study employed a cross sectional study design and 131 respondents between the ages of 35-84 were interviewed. Respondents who were mentally challenged, those who had other types of diabetes, and those who did not lie in the age range were excluded. Standardized pre-coded and structured questionnaires were used to obtain information from the respondents.

Results: Of the 131 respondents, 33.6% had good knowledge and 12.2% had good practice of foot self care. Majority of patients who had poor practice had poor knowledge of foot self care. With regard to knowledge, 15.2% had poor knowledge of overall diabetes care involving diet, lifestyle changes, and medication. Poor foot practices included not receiving advice from a podiatrist and 5.3% walked bare footed. Not consulting a podiatrist and having poor overall diabetes care were significantly associated with poor knowledge and practice of foot self care.

Conclusion: Knowledge of foot self care is relatively high, however, a large percentage of respondents have never consulted a podiatrist about their foot care. The major hindrance is having limited numbers of podiatrists in the Uganda as a country. The study also highlights the need for continuous educational programme to reduce diabetic foot complications.