

A Study to Assess the Effectiveness of Planned Teaching Programme Regarding Knowledge and Practice on Foot Care Among Diabetes Mellitus Client Attending a Selected Diabetic Clinic

Mr. Ramavatar Singh Tyagi*

Nursing Officer, AIMS Patna, Patna, Bihar

Abstract – An Illustrative Report To Evaluate The Knowledge In Regards To And Practice By Walking Care Among Diabetic In A Chose Dibetic Facility. Data Were Assembled through Organized Knowledge Poll. A Semi Exploratory Technique With and Escription of Research Approach, the Scientist Led Study in a Chose Emergency Clinic, Among the 30 Clients. Who Gave Assent For Study And Were Chosen Through Non Likelihood Advantageous Examining Procedure. A self-Controlled Organized Knowledge Poll and Arranged Teaching Project Utilized. The Examiner Presumes that the Knowledge of the Objective Populace Was Fundamentally Improved Subsequent to Getting Data as Arranged Teaching Program on Diabetic Foot Care. The Improvement Was Found in All Subjects Regardless of Their Statistic Qualities.

Keywords: Diabetes Mellitus, Knowledge, Foot Care

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INTRODUCTION

Word Related Mishaps Are Regular In Any Zone Of Work, Including Medical Clinics. Clients In All Human Services Setting Are In Danger For Getting Contamination On Account Of Introduction To Number And Kinds Of Infections. Medicinal Services Laborers Can Shield Themselves From Contact With Irresistible Material Or Presentation To Transferable Ailments By Knowing About The Irresistible Procedure And Fitting Boundary Security. (1)

Diabetes Has Been Known For Quite A Long Time, In Spite Of The Fact That It Has Not Been Completely Comprehended, And The Infection Takes Its Name From The Greek For "Going Through" As A Result Of One Of Its Fundamental Side Effects Unreasonable Pee Creation. During The Fifteenth Century The Word Mellitus Was From The Latin For "Nectar" When It Was Noticed That Numerous Patients With Diabetes Had Significant Levels Of Sugar In Their Blood And Urine.(2)

Diabetes Mellitus (DM) Is The Fourth Driving Reason For Death In Most Created Nations. Diabetes Mellitus Is A Social Occasion Of Metabolic Illnesses Portrayed By Hyperglycemia Coming About On

Account Of Blemishes In Insulin Secretation, Insulin Action Or Both.It Is The Most Widely Recognized Endocrine Issue And Is On Guileful Infection, With The Danger Of Creating It Expanding With Age Type 2 Diabetes Is Developing And Is Most Generally Connected With Grown-Ups Beyond 40 3,4 Years Old (3,4)

Each Fifth Individual Who Experience The Ill Effects Of Diabetes Is The Present Reality Is An Indian As Of Now 25 Million Indians Have Diabetes In India, The Proportion Of The Determined To Have Those Undiscovered Is 1:3.(4)

Quick Urbanization And Industrialization Have Delivered Progression On The Social And Financial Front In Creating Nations, For Example, India Which Have Brought About Sensational Way Of Life Change, Prompting Way Of Life Related Ailment. One Of The Most Well-Known And Destroying Difficulty Of Poor Flow In Diabetes Is The Foot Ulcer. Foot Issues Are Significant Contributory Variables To The High Dismalness And Mortality Saw In Diabetic Patients, And The Financial Effect Of Foot Illness Is Generous. It Is Evaluated That 15% Of Patients With Diabetes Will Build Up A Lower Limit Ulcer Over The Span Of Their Malady. About 25% Of Those Ulcers Don't

React To Standard Injury Care And Would Build Up A Gangrene Finishing With Removal In 85% Of Cases.(4,6)

Fringe Neuropathy And Fringe Vascular Sickness Are The Principle Inclining Danger Factors For Foot Ulceration. An Individual Influenced By Neuropathy May Not Feel The Torment Or Inconvenience That Should Cause To Notice The Issue. Increasingly Over Foot Ulcers Have A Significant Negative Consequences For Personal Satisfaction Because Of Loss Of Portability, Loss Of Work And Decrease Of Social Activities(5)

Diabetes Cause Huge Status, Expending An Enormous Piece Of The Health Spending Plan Worldwide Because Of Both Direct Cost And Backhanded Expenses. The Bleak Picture Can Be Changed Somewhat If Through Essential Counteractive Action. We Need Viable Training Of The General Diabetic Populace About The Proportions Of Selfcare That Are Fundamental To Accomplish Both Essential And Optional Intercessions. It Is Assessed That Decreases In Removal Rate Somewhere In The Range Of 45 And 85% Can Be Accomplished Through The Reception And Execution Of Efficient Diabetic Foot Care Team.(6,7,8)

Diabetes Bring About Enormous Health Status, Devouring A Huge Piece Of The Health Spending Plan Worldwide Because Of Both Direct Cost And Roundabout Expenses. The Bleak Picture Can Be Changed Somewhat If Through Essential Counteractive Action. We Need Powerful Instruction Of The General Diabetic Populace About The Proportions Of Selfcare That Are Essential To Accomplish Both Essential And Auxiliary Mediations. It Is Assessed That Decreases In Removal Rate Somewhere In The Range Of 45 And 85% Can Be Accomplished Through He Appropriation And Usage Of Efficient Diabetic Foot Care Teams(9,10)

Personal Satisfaction Is Multidimensional Build Comprises An Individual Abstract Impression Of Physical, Passionate Prosperity, Incorporates Both Subjective And Enthusiastic Segments. Personal Satisfaction Is Significant For The Individuals With Diabetes, As The Patients Experience The Ill Effects Of Low Quality Of Life, Frequently Diabetic Patient Take A '...To Damnation With It..!' Demeanor Towards Their Self Care And Does Not Exactly Ought To Be Done To Oversee Diabetes. Low Quality Of Life In Diabetes Prompts Reduced Self Consideration, Poor Glycemic Control, Expanded Hazard For Entanglements And Compounding Of Diabetes. In This Manner, Personal Satisfaction Is Critically Significant, As An Amazing Expectation Of An Individual Ability To Deal With His/Her Sickness Will Help In Keep Up A Long Haul Health And Well Being.(11)

It Is Assessed That In 2011 Around 366 Million People Groups Have Diabetes - 8.3 Level Of The Total Populace .Consistently More Than 1million Individuals Lose Leg As A Result Of This Illness. This Implies Like Clockwork A Lower Appendage Is Lost To Diabetes. Some Place On The Planet. Most By Far Of These Removals Is Gone Before By A Foot Ulcer. The Most Significant Variables Identifying With The Advancement Of These Ulcers Fringe Neuropathy, Foot Distortions, Minor Foot Injury, And Fringe Arterials Ailment. When A Ulcer Has Created Contamination And Cushion Are Significant Causes The Range Of Foot Sores Changes From Area To District Because Of Contrasts In Financial Conditions, Benchmarks Of Foot Care And Nature Of Footwear. That Has Been Determined That In Created Nations, One Of Every Six Individuals With Diabetes Will Have A Ulcer During Their Life Time. In Creating Nations Diabetes Related Foot Issues Are Believed To Be Much Progressively Normal. Diabetic Foot Ulcers And Their Outcomes Don't Just Speak To A Significant Individual Catastrophe For The Individual Experiencing A Ulcer And His/Her Family They Additionally Place An Impressive Budgetary Weight On The Health Care Framework And Society All In All .(12) Ulcers Of The Foot In Diabetes Are The Wellspring Of Significant Enduring And Cost . In Any Event One Quarter Won't Mend And Up To 28 Percent May Bring About Some Type Of Removal. Putting Resources Into Diabetic Foot Care Rule Is In This Way One Of The Most Savvy Types Of Health Care Consumption , Gave The Rule Is Objective Spotlight General Working Social Occasion On The Diabetic Foot. Individuals With Diabetes Who Create Foot Ulcers Are At More Danger Of Kicking The Bucket Rashly Than Those Without The Intricacy , Finds Another Huge Scale Study . The Examination Which Is The Biggest Investigation Of Diabetes Into The Connection Between Foot Ulcer And The Conditions , About 3.7 Million Individuals In UK Have Diabetes , Including An Expected 850,000 Individuals Who Have The Condition Yet Don't Have Any Acquaintance With It. Diabetes Can Harm An Individual Veins And Nerves , Particularly If Their Glucose Is Ineffectively Controlled(13)

The Foot Issue In Diabetic Is Multifaceted And There Are No Straightforward Arrangements. In Every One Of These Patients The Essential Doctor Or The Network Care Supplier Turns Into The Center Point Of The Administration. It Is Critical To Win The Patients Certainty At The Essential Level. In This Manner A Coordinated Administration Program Is Required In Which Ideal Guideline Of Diabetes And Related Co Horribleness And Normal Correspondence And Guidance Of The Patient And Their Parental Figures Are Dealt With. (14) Berry RM, (2011) Led A Cross Sectional Examination To Evaluate The Degree Of Foot Care Knowledge And Practices Among Diabetic Patients Going To Primary Health Care Centers (Phccs) In Al-Qatif

Territory. Test Was 370 Grown-Up Diabetic Guys And Females Enrolled In The Chose Phccs. (15)

Healthcare Suppliers Have A Key Task To Carry Out In Instructing General Society With Respect To Diabetes, Its Difficulties And The Requirement For Self Foot Care.

Diabetes Has Become A Worldwide Malady And The Rising Extent In India Has Outperformed Every Single Other Nation Of The World. 5% Of Every Diabetic Patient Will Have A Ulcer During Their Life.

MATERIAL AND METHODS

The Investigation Was Directed In Chosen Diabetic Clinic, A Trial, One Group Pretest Posttest Without Control Group Configuration Was Embraced. The Pilot Study Demonstrated That The Structured Device Was Substantial, Practical And Dependable. The Data Was Gathered For The Investigation.

Research Philosophy Includes The Precise Method By The Scientist Which Starts From The Underlying Recognizable Proof Of Program To Its Last Decision.

RESEARCH APPROACH:

Description Of Research Approach.

Research Design: One Group Pre-Test, Post-Test Research Design.

Test And Test Size: The Example Size For The Investigation Is 30 Diabetic Patients.

Who Were Accessible At The Hour Of Data Gathering And Furthermore Who Satisfied The Incorporation Criteria.

Sampling Technique: Convenient Sampling Technique Was Used To Select The Sample.

SAMPLING CRITERIA

Inclusion Criteria

- 1) Diabetic Quiet Who Ready To Take An Interest In The Examination.
- 2) Diabetic Persistent Who Comprehend The Bihari Language

Exclusion Criteria

Those Who Are Not The People Willing To Participate In This Study.

DATA COLLECTION TOOL:

The Investigation Will Be Planned For Evaluating The Knowledge Of 30 Diabetic Patients By Walking

Care. Data Accumulation Technique Incorporates Organized.

Segment 2 (An) And Segment (B) In That Area 2(A) Contained 10 Things And The Segment 2(B) Involved Again 10 Things. These Things With A Most Extreme Score Of 20 Arranged Under Two Expansive Zones And One Score Was Given For Each Right Reaction And Zero For Wrong Reaction.

Table 1: Description of Demographic Data

SR NO	Demographic Variables	Frequency	Percentage (%)
1.	AGE OF DIABETIC PATIENT A) 30-40Years B) 41-50 Years C) 51-61 Years D) 61 Years And Above	0 06 02 01	- 60 20 10
2.	Educational Level A) Sslc B) Hsc C) Graduate D) Post Graduate	09 01 00 00	90 10 - -
3	Gender A) Male B) Female	06 04	60 40
4	Source Of Information On Foot Care A)Yes B)No	7 03	70 30
5	Family Income A) Less Than 5000 Rs B) 5000-10000rs C) 10000-15000rs D) 15000rs And Above	01 07 01 01	10 70 10 10

Table 1 Description of Samples According to Demographic Variables

Table -1 Shows That: Most Of The 60% Diabetic Patient Were Belonged To The Age Group Of 41-51 Yrs And 20% Were 51-60yrs And 10% Were 61yrs And Above Of Age

RESULTS AND DISCUSSION

There Were 60% From Male Patient And 40% From Female Patient.

Larger Part Of The 90% Patient Are SSLC And 10% Quiet 10% HSC

The 70% Patient Idea About Diabetic Foot Care And The 30% Patient Not Contemplating Diabetic Foot Care There Were 70% Patient Having Month To Month Family Compensation Rs.5000-10000rs,10%Having Were Under 5000rs Per Month,10% 10000-15000rs Consistently, And 10% Having 15000rs Or More.Table 2: Assessment Of The Viability Of Arranged Teaching On Knowledge In Regards To Foot Care Among Diabetic Clients Among Diabetic Customer.

QUESTION NO	PRE-TEST	PRE-TEST%	POST-TEST	POST-TEST%	DIFFERENCE	DIFFERENCE
1	7	23%	14	46%	7	23%
2	7	23%	15	50%	8	26%
3	8	26%	13	43%	5	16%
4	9	30%	14	46%	5	16%
5	9	30%	14	46%	5	16%
6	7	23%	17	56%	10	33%
7	8	26%	15	50%	7	23%
8	7	23%	16	53%	9	30%
9	7	23%	15	50%	8	26%
10	9	30%	16	53%	7	23%
11	9	30%	17	56%	8	26%
12	7	23%	17	56%	10	33%
13	7	23%	16	53%	9	30%
14	8	26%	13	43%	5	16%
15	9	30%	14	46%	5	16%
16	9	30%	17	56%	8	26%
17	9	30%	14	46%	5	16%
18	7	23%	16	53%	9	30%
19	7	23%	16	53%	9	30%
20	8	26%	13	43%	5	16%
21	7	23%	16	53%	9	30%
22	10	33%	18	60%	8	26%
23	7	23%	15	50%	8	26%
24	7	23%	16	53%	9	30%
25	9	30%	18	60%	9	30%
26	6	20%	17	56%	11	36%
27	6	20%	17	56%	11	36%
28	8	26%	15	50%	7	23%
29	8	26%	16	53%	8	26%
30	10	33%	19	63%	9	30%

This Section Deals With The Assessment Of Knowledge Regarding Foot Care Among Diabetic Client. It Deals With The *Structured Questionnaire Based On Knowledge Attitude And Skill*. The Table Shows Level Of The Qutionas Replied By The Sambles In Pre-Test And Post – Test, And Their Disparities

Comparison of Mean Score of Pre-Test and Post-Test

	Pre-Test	Post-Test
Mean	7.86	15.7
SD	1.8753	1.8753
T	23.07	23.07
P Value	P<0.001	P<0.001

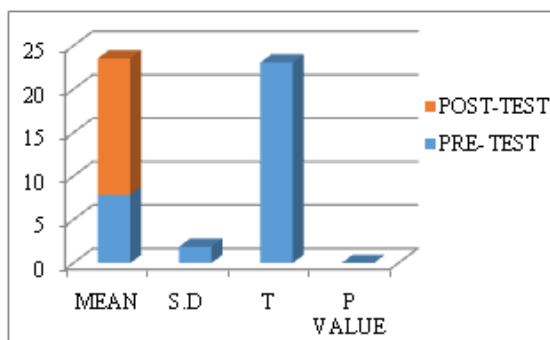


Fig 1 Graphical Representation of Pre and Post Test

CONCLUSION

Diabetes Is An 'Ice Berg Disease. Although It Increases In Both The Prevalence And Incidence Of Non-Insulin Dependent Diabetes Occurred Globally, They Have Been Especially Dramatic In Societies In Newly Industrialized Countries And In Developing Countries. Health Education Is An Important Aspect

To Prevent Thev Disease And Promote The Health Of The Individual And Society. Awareness Can Be Given Through Diabetic Camps Along With Implications To The Diabetic Clients.

After The Point By Point Examination, This Investigation Prompts The Accompanying Determination, There Was A Noteworthy Increment In The Knowledge Of Subjects After The Giving Arranged Teaching Program. To Discover The Viability Of Arranged Teaching Programme the T-Test Was Applied And „T“ Worth Was Determined The Mean Post Test Score Were Fundamentally Higher Than Their Mean Pre Test Score As Confirm From Organized Knowledge Test „P“>0.001 Level Of Essentialness. The Mean Level Of Pre Test Was 7.86 And The Mean Level Of Post Test Was 15.7.

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Corresponding Author

Mr. Ramavatar Singh Tyagi*

Nursing Officer, AIMS Patna, Patna, Bihar