

A cross-sectional clinical analysis on diabetic foot ulcer and associated risk management

Mohamed Arsath Shamsudeen, Subash C. B. Gopinath^{1,2,3},
Mohamad Zahin Hafiz Zulkiple

Abstract:

BACKGROUND: Diabetic foot ulcers (DFUs) are a serious complication of diabetes mellitus, leading to significant morbidity and an increased risk of amputation. This study aimed to determine the clinical profile and associated risk factors of DFU patients at a tertiary care center in Chennai, India.

MATERIALS AND METHODS: A cross-sectional study of 189 DFU patients was conducted from September 2018 to August 2019. Data on patient demographics, diabetes history, and risk factors were collected and analyzed.

RESULTS: The mean age of the patients was 62 ± 11 years, with 67.7% being male. Uncontrolled diabetes was observed in 88.9% of patients and 85.2% had peripheral neuropathy. Other significant risk factors included a history of trauma (67.7%), smoking (51.3%), and low socioeconomic status (64%). DFUs were more common in elderly males with uncontrolled diabetes. Peripheral neuropathy, trauma, and smoking were identified as major risk factors.

CONCLUSIONS: Early detection of peripheral neuropathy and patient education on foot care are crucial for prevention.

Keywords:

Diabetic foot ulcers, glycemic control, peripheral neuropathy, socioeconomic status