



ASSESS THE EFFECTIVENESS OF IEC PACKAGE ON LEVEL OF KNOWLEDGE REGARDING SELF CARE MANAGEMENT ON PREVENTION OF DIABETIC FOOT ULCER AMONG DIABETIC CLIENT

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ABSTRACT A study was conducted to assess the effectiveness of IEC package on level of knowledge regarding self care management on prevention of diabetic foot ulcer among diabetic client at selected area, krishnagiri. A experimental research design was adopted and the samples were selected using convenient sampling techniques. Structured questioner was given related to knowledge. In experimental group pre test adequate knowledge (15%), moderate knowledge (20%) and inadequate knowledge (65%). In post test adequate knowledge (45%), moderate knowledge (45%) and inadequate knowledge (10%).

KEYWORDS : knowledge, diabetes Mellitus, IEC package.

INTRODUCTION

Diabetic is a serious chronic disease that needs attention. Approximately 15% of all people with diabetes will be affected by a foot ulcer during their life time. Five-year recurrence rates of foot ulcers are 70% up to 85% of all amputation in relation to people with diabetes are preceded by a foot ulcer people with diabetes one limb amputation have a 50% risk of developing a serious lesion in the limb within 2 years. People with diabetes have a 50% mortality rate in the 5 years following the initial amputation. Diabetic foot ulcer can largely be prevented by taking good care of your feet. Checking your feet regularly, keeping your skin and toe nails in good condition and ensuring that you wear properly fitted shoes can help you too.

NEED FOR THE STUDY:

American Diabetes Associations states that risk identification is one of the diabetic foot ulcer in people with diabetic clients. The early recognition and management of the risk factors for ulcers and amputation can prevent, delay the onset of these adverse outcomes. Patient with diabetes and high foot conditions should be educated regarding their risk factors and selfcare management can be prevented by a health teaching for the patients.

Peter B conducted a study to assess the influence of patients knowledge on prevention of diabetic foot ulcers among patients in selected community area. A study results showed that the patients who had higher knowledge on prevention of diabetic foot ulcer had a less incidences of diabetic ulcer than the patients those who had lesser knowledge.

OBJECTIVES

- To assess the pre interventional level of knowledge regarding self care management on prevention of diabetic foot ulcer among foot ulcer among diabetic clients in experimental and control group.
- To assess the post interventional level of knowledge regarding self care management on prevention of diabetic foot ulcer among diabetic clients in experimental and control group.
- To compare pre interventional level of knowledge regarding self care management on prevention of diabetic foot ulcer among diabetic clients in experimental and control group.
- To compare post interventional level of knowledge regarding self care management on prevention of diabetic foot ulcer among diabetic clients in experimental and control group.
- To associate the selected demographic variables with mean difference in the level of knowledge on prevention of diabetic clients in experimental group.
- To associate the selected demographic variables with mean difference in the level of knowledge on prevention of diabetic clients in control group.

HYPOTHESIS:

- NH1- There will be a significant difference between pretest and post test level of knowledge for diabetic clients in experimental group.
- NH1- There will be a significant difference between pretest and post test level of knowledge for diabetic clients in control group.

METHODOLOGY

RESEARCH APPROACH: A experimental research approach was adopted.

POPULATION & SETTING: Diabetic client, kurubarapalli, krishnagiri
SAMPLE AND SAMPLING TECHNIQUES: 40 diabetic clients was selected using simple random sampling techniques.

CRITERIA FOR SELECTION

INCLUSION CRITERIA:

- Diabetic clients who are willing tom participates.
- Diabetic clients who were following examination of foot daily.

EXCLUSION CRITERIA:

- Diabetic clients who were not present period of data collection.

RESEARCH TOOL

Section-A: Demographic variables

Section-B: structured questionnaire tool.

SCORE INTERPRETATION:

The maximum score sample would get on knowledge would be 0 and 20

KNOWLEDGE:

The structured self administrated multiple-choice question consists of 18 items in this correct answer.

0-32% - Inadequate knowledge

33-64%- Moderate adequate knowledge

65-100%- Adequate knowledge

RELIABILITY OF THE TOOL:

The reliability of the tool was assessed by split half method and 'r' value was 0.96.

FINDING OF THE STUDY

The post test mean score of diabetic clients in experimental group was 6.05 with SD 5.513 and the pre test mean score of diabetic clients in the control group was 5.35 with SD 5.25. The calculated unpaired 't' value pf t= 8.04 was found t be statistically significant which indicates that there was difference in the pretest level of knowledge diabetic clients between the group.

NH1- There will be significant difference between pretest and post test level of knowledge for diabetic clients in experimental group at p< 0.05 level in experimental group per test adequate knowledge (15%), moderate knowledge (20%) and inadequate knowledge (65%). Post adequate knowledge (45%), inadequate knowledge (10%). hence the null hypothesis was accepted.

NH2- There will be significant difference between pre test and post test level of knowledge for diabetic clients in control group at p< 0.05 level. Control group pre test adequate knowledge (25%), moderately knowledge (20%) and inadequate Knowledge (55%). Post test adequate knowledge (40%), moderate knowledge (20%) and inadequate knowledge knowledge (15%). Hence the null hypothesis was accepted.

CONCLUSION:

The self care management and prevention of diabetic foot ulcer care provided to the diabetics with diabetic foot ulcer in experimental group a significant improvement in the post test level of clients than the clients in control group who were taking regular self care management. Hence self-care management can be used as a safe and effective foot care management for diabetic clients.

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