ASSESSMENT OF KNOWLEDGE AND EFFECTIVENESS OF COUNSELING ON FOOT CARE FOR DIABETIC FOOT ULCER PATIENTS IN HOSPITAL TUANKU AMPUAN NAJIH, KUALA PILAH

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INTRODUCTION: Diabetic foot ulcer (DFU) is one of the serious complications of Diabetes Mellitus (DM). Promoting foot care awareness and improving foot care practice are the most effective strategies in minimizing diabetes complication. Hence, it is important to increase the knowledge and practice of self-care among diabetes patients.

OBJECTIVES: This study focused on the assessment of the knowledge of foot care among diabetic foot ulcer patient and effectiveness of foot care counseling conducted by pharmacist.

METHOD: Sixty six subjects from diabetic foot ulcer clinic were recruited into a prospective observational study. Subjects were given a pre test which consists of 16 closed end questions to assess the baseline knowledge on awareness and foot care practice. After completion of the test, an effective counseling session was conducted. During the follow up, subjects were asked to complete the post test to evaluate the effectiveness of the counseling session.

RESULTS & DISCUSSION: One third of the patients scored below fifty percent of the total score of the pre test with the mean marks of 8.97. Following the effective counseling session, mean marks of the subjects 14.93. No significant relationship between the age, gender and race with the knowledge level on foot care. Lack of knowledge on foot care among diabetic patients may be due to poor communication between the doctors and lacking of counseling by the doctors and nurses as results of busy clinic schedule. It has been proven that counseling and education to patients on foot care shows a great improvement in foot care knowledge.

CONCLUSION: Well structured patient counseling gives a significant impact on the improvement of knowledge among diabetic foot ulcer patients (DFU).

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