

47th Global Nursing & Healthcare Conference

March 01-03, 2018 | London, UK

The nurse's role in the prevention of injuries of diabetic foot

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The feet complications related to diabetes reach more than 1.3 million people worldwide, including diabetic foot, the leading cause of extremity amputation. The aim of this study was to identify the knowledge of patients with diabetes on the prevention and care of diabetic foot, as well as the role of the nurse in the preventive treatment of SPD (Sensory Processing Disorder) lesions. This is a descriptive-exploratory study to investigate the risk of development of diabetic foot related lesions through interview and noninvasive examination of the feet. A total of 65 diabetic patients, aged between 18 and 90 years, of both sexes, regardless of comorbidities, participated. Of the 54 participants aged 48-97, all had some type of nail or foot injury. Regarding self-perception, 30 individuals reported no lesions, but in 13 (43%) some type of lesion was detected by foot examination. Regarding the regularity of foot care, 54 (92%) of the interviewees claimed to perform only hygiene, and of these 39 (72%) presented lesions. Of those who answered for self-examination of the feet, 16 (27%) and only 4 (25%) presented some type of injury. Regarding the difficulties in following the self-care guidelines, eight (17%) indicated foot care and all presented lesions. Through the research results, the need to invest in health education with a focus on self-care is evident.

Biography

Fabiane Rosa Rezende Honda Marui is a Cardiovascular Nurse from the Universidade de São Paulo (USP), Brazil and a University Professor at the Universidade Paulista and Universidade Municipal de São Caetano do Sul (USCS). He completed his Master's Degree in 2011 and studies Doctorate in Cardiology at Universidade Federal de São Paulo.

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