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Effect of diabetic foot ulcer on patient's life style in the Middle East

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Background & Aim: The prevalence of diabetic foot ulcer is high not only in the global perspective but also in regional standpoint specifically in Saudi Arabia. This study aimed to explore and describe the lives of clients with diabetic foot ulcer in the Middle East.

Methodology: This study used the case study research design which explored the lives of clients with Diabetic Foot Ulcers (DFU) in the Middle East. We used semi-structured interviews utilizing a bilingual questionnaire. Participants of this study included 3 males aged between 38 to 60 years old and all are married.

Results: The effects of DFU on participants had varied accordingly. Physical effects such as uncomfortable walking, limited movements and activities, and amputation was observed. Psychological impact to most of the participants was depressed, low self-esteem and upset during the first phase and early diagnosis of diabetes. Financially, all the participants had stated that they are having free treatment access to government hospitals. Better understanding about diabetes and DFU was verbalized due to health education provided to them by the health care workers, which lead to treatment compliance and self-care to prevent complications and recurrence of DFU.

Conclusion: Spirituality, family support and physician consultation plays very strong roles as means of coping and acceptance for any health condition. Only after the development of DFU, the understanding and awareness about the condition arise and learning from experience was very essential.

Implications for Nursing Practice: To have an extensive health education on prevention of DFU, wherein leaflets and brochures must be distributed in all diabetic clinics and centers in Saudi Arabia. There should be a clear demonstration on how to protect the feet and prevent DFU. Emphasis on the patients' compliance on attending the follow up checkups and medication intakes and inform the clients to avail of free treatments for their benefit.

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