

Knowledge and practice of foot care among Vietnamese patients with type-2 diabetes

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Statement of the Problem: Diabetes is a major chronic disease causing foot ulcers that are a major cause of morbidity. Diabetic foot problems have increased because of sociocultural practices, economic conditions, education levels and health systems in both developing and developed countries. Foot ulceration and amputations cause extensive burdens on individuals, health care systems and societies. In Ho Chi Minh City (HCMC), type-2 diabetes has expanded fast and is increasingly common. Therefore, the aim was to investigate foot care knowledge and practice among Vietnamese patients with type-2 diabetes and also to find out if there was any difference between genders.

Methodology & Theoretical Orientation: A descriptive study using quantitative method was conducted with Orem's self-care theory as theoretical framework. Data were collected at the out-patient clinic of the University Medical Center, HCMC. One hundred patients (100), 32 men and 68 women, with age 32-86 years (mean 57.3 years) participated voluntarily. They answered a questionnaire developed for this study about their knowledge and practice of foot care. The data were analyzed by use of statistics.

Results: The results showed that more than 70% of the patients had good knowledge but variable and often weak practice of foot care. Generally, there was no significant difference between the genders ($p \geq 0.05$). However, more women than men made use of a hot water bottle or heating pad on their feet ($p \leq 0.05$). Also, more men than women used shoes made of leather or canvas with broad round front ($p \leq 0.05$).

Conclusion & Significance: It is concluded that there is need of health care policy that provides diabetes education including complications and foot care practices to patients and their relatives acting as caregivers. This education should be implemented through culturally appropriate training/intervention programs. Support groups should also be developed and implemented. Further research is needed.

Biography

Pranee C Lundberg is an Associate Professor at the Department of Public Health and Caring Sciences, Uppsala University, Sweden. She has her expertise in nursing and health care research by using both qualitative and quantitative methods. She has published research papers more than 40 scientific articles in international scientific journals in areas such as reproductive health, cancer, chronic diseases, occupational health, public health and religion and culture. She has also been Reviewers for several international journals.

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