

**FOOT CARE FOR PATIENTS WITH TYPE 2 DIABETES:
EVIDENCE - BASED NURSING**



MD. ABDUR RAHIM

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MD. ABDUR RAHIM 5538727 NSAN / M

M. N. S. (ADULT NURSING)

THEMATIC PAPER ADVISORY COMMITTEE: ORAPAN THOSINGHA,
D.N.S., WIMOLRAT PUWARAWUTTIPANIT, Ph.D.**ABSTRACT**

In the last decades, diabetic foot ulcers have become dramatically increased global medical issue. The increase in foot ulcers has created devastating complications among patients with type 2 diabetes.

The aim of this study was to summarize the collection of current evidence based from guidelines for foot care among patients with type 2 diabetes. This author used a PICO (Population Intervention Comparison Outcome) framework as a guideline for this study. The collection of guideline used was published on different English databases and websites found in the Mahidol University library system. The author searched PubMed, CINAHL, ScienceDirect, and www.guideline.gov website for available guidelines between the years 2004 to 2014.

A total 33 guidelines were retrieved but only 12 guidelines relevant to the objective of this study were selected. These included 4 international guidelines, 7 national guidelines, and 1 consensus statement. All guidelines were appraised by using AGREE II instrument. The results from guidelines synthesis revealed that the main activities for foot care were 1) assessment of feet including inspection and examination of the feet, 2) assessment of risk and the classifying into different categories, 3) providing patients and family members with information about foot care, appropriate footwear and nail care, 4) advise patients about blood glucose control, and 5) refer patients to multidisciplinary healthcare team if there was any risk for serious wound infection and peripheral arterial disease (PAD).

The author suggests that recommendations on foot care should be used to develop foot care guidelines for patients with type 2 diabetes in a clinical setting in Bangladesh. Strategies to make the implementation of this guideline possible should be taken into consideration. Distribution of foot care guideline for patients with type 2 diabetes among nurses and other related health care personnel is also suggested.

**KEY WORDS: TYPE 2 DIABETES/DIABETIC FOOT ULCERS/
FOOT CARE/EVIDENCE BASED NURSING**

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