

**FACTORS RELATED TO DIABETIC FOOT ULCERS SCORES
IN PATIENTS WITH TYPE 2 DIABETES**



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The incidence of type 2 diabetes (T2DM) among Vietnamese adults has been increasing in recent years. Many T2DM patients are at risk of occurring foot complications. Screening for patients' foot and understanding factors related to diabetic foot ulcers would prevent foot ulcerations and amputation. This research aimed to study the relationship among age, duration of DM, HbA1C, comorbidity, self-efficacy, and diabetic foot ulcer scores among patients with T2DM. This descriptive correlational research was conducted among 136 patients with T2DM in the outpatient department, at the Bach Mai Hospital, Hanoi, Vietnam. Data were collected using patients' hospital record and a structured questionnaire. The patients' feet were assessed using 60 second Diabetic Foot Screen. Spearman's rho was employed to test the relationship among all variables. Majority of patients were female (60.3%) with mean age of 65.3 years. The majority had experienced T2DM for more than 10 years, hypertension was the most common comorbidity with 89% (n=121), the mean score of self-efficacy was 54.49 (SD=8.34) while the mean score of diabetic foot ulcer was 6.05 (SD=3.14). Age, duration of T2DM and comorbidity positively correlated with the diabetic foot ulcer scores ($r=0.287$, $p<.01$; $r=0.306$, $p<.01$; $r=0.300$, $p<.01$ respectively) while self-efficacy was negatively correlated with the diabetic foot ulcer scores ($r=-0.415$, $p<.01$). In conclusion, older patients with T2DM had comorbid diseases, long duration of T2DM and low self-efficacy were at risk of having diabetic foot ulcers. They demonstrated poor foot skin integrity and poor behaviors in taking care of their feet. It is recommended that nurses should assess the patients using the 60 second Diabetic Foot Screen, control their comorbidities and promote their self-efficacy. Standard guidelines should be developed and implemented. Further research should be conducted to test the effectiveness of the guidelines.

**KEY WORDS: SELF-EFFICACY/TYPE 2 DIABETES/DIABETIC FOOT
ULCERS/DURATION OF DM/COMORBIDITY.**

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