



**Service Priorities and Programmes**  
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**Do patients with diabetes know about their feet? – A survey of diabetes patient under Risk Assessment and Management Program (RAMP)**

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**Introduction**

It has been reported that lifetime risk of a patient with diabetes developing a foot ulcer could be as high as 25% and that every 30 seconds a lower limb is lost as a consequence of diabetes. It is recommended that primary prevention strategies such as screening and patient education should be adopted to minimize the onset and recurrence of diabetic foot disease. A survey is designed to understand patients' perspective on their foot care.

**Objectives**

To understand patient's perspective on their foot care. To review foot pathologies in diabetes patients under primary care

**Methodology**

Two questionnaires were designed by Department of Prosthetic & Orthotic, Queen Mary Hospital. One for diabetic patients to assess their feet condition, self foot assessment and knowledge of foot care. Another for well trained RAMP nurses, who provide comprehensive foot assessment. The questionnaires were filled by patients and nurses on the same day when diabetic patients attended their yearly risk assessment in two RAMP centers of Family medicine and Primary health care department, Hong Kong West Cluster in January 2013.

**Result**

A Total of 106 diabetes patients aged 33-90 (mean age =62) were invited to participate in the survey. 21.7% (n=23) of patients had ever suffered from foot pain and 13.2 % (n= 14) had chronic foot pain (>12 months). Foot deformities were detected in 9.4 % (n=10) of patients including flat foot & high arch. Toe deformities were found in 15.4% (n=16) and most of them were hallux valgus (n=12). 48.1% (n=51) of patients were found with corn and callosity, 35.8% (n=38) had toe nail pathology and 3 patients were found with ulcer or wound. Abnormal monofilament test

was detected in 36.8% (n=39) of patients. 17% (n=18) of patients was not used to wearing socks and 19.8% (n=21) did not know whether their shoes were right or wrong. The consistency between self foot assessment and nurse assessment for foot deformity, toe deformity, corn & callosity, toe nail pathology and ulcer were 73 %, 82 %, 74 %, 73% and 84 % respectively. Discussion: Many patients with diabetes under primary care suffer from various foot pathologies. Severe diabetic foot diseases were uncommon. However, patients' foot care awareness and knowledge were insufficient. It may result in most patients underestimating their risk of complications<sup>4</sup>. If patients are taught, and practice, on proper foot care as well as how to recognize early signs of trouble, many severe foot complications can be avoided.