



**Service Priorities and Programmes
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Quality of life and clinical correlates in podiatric patients

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Introduction

Quality of life measure has been widely adopted in health care professions as a measure of changes after treatment. However such measurement is uncommon in hospital based podiatric practise. This valuable tool may provide further information about the patient and facilitate a holistic patient care plan in podiatry.

Objectives

(1)to investigate the effect of foot pathology on various aspects of activities of daily living (ADL); (2)to identify the relationship between functional limitation that is caused by foot pathology and the psychological well-being among the patients.

Methodology

A structured questionnaire was administrated to a group of podiatric patients using convenient sampling method. Questions included the duration and type of foot pathology suffered, how severe the foot problem that affect ADL and the psychological well-being of the patients. Likert scale answers were employed. Verbal consent was obtained from the patient prior completing the questionnaire.

Result

A total of 32 patients of mean age 59.7 years participated the survey. 72% of patients had developed the foot pathology for more than 12 months. Toenail pathology was the most predominant condition followed by diabetic foot related problems. 59.4% of them perceived their feet were poor to very poor when compared to others of the same age group. Foot pain was associated with unable to walk on even surface ($p<0.05$). Poor functional performances on ADL (namely going out, standing, walking on uneven surface and climbing stairs) due to foot problem were all significantly related to poor well being ($p<0.01$). From the regression model, it was found that unable to going out ($\beta=0.368$, $p<0.05$) and difficulties in climbing stairs ($\beta=0.443$, $p<0.01$) due to foot problem was associated with poorer well-being. These two variables add up to explain 51.3% of total variance. Conclusion This investigation has explored the linkage between foot function and quality of life of podiatry patients. One of the role of podiatrist is to restore and enhance the mobility of patients. By including the

well-being measure in podiatric practise may pave a more holistic method to monitor the treatment progress.