

FOOTWEAR HABIT OF NIGERIAN PATIENTS WITH TYPE 2 DIABETES.

I.O. Ameen, J.O. Adeleye

Department of Medicine, University College Hospital, Ibadan, Nigeria

Purpose: The most common acute precipitant of diabetic foot ulcers (DFU) in persons with neuropathic feet is mechanical trauma from ill-fitting shoes and less often from thermal trauma during barefoot walking, a common practice in rural Africa. The objective of this study was to identify role of footwear habit in the aetiology of DFU.

Methods: A hospital-based case control study of 234 patients (Jan 2006 - Aug 2007). Data was generated with a 47-item questionnaire and lower extremity examination for risk factors of DFU, including PN (using UK Neuropathy Screening test), and ill-fitting footwear (incomplete accommodation of feet in the footwear or rumpling of a model of the feet drawn on a cardboard and placed inside the footwear). Data was analysed using SPSS 16.0; statistical significance was set at $P \leq 0.05$.

Results: Mean (SD) age of subjects was 59 (10.3), range 36-80 years. Footwear habit, at time of examination, among cases and control subjects respectively were: slippers (63.2 vs. 81.2%), sandals (8.1 vs.10.3), and shoes (0.9% vs.8.5 %); 28.2% vs. 0% were barefooted. Other findings included: wear and tear on footwear (15.4 vs.12.8%), ill-fitting footwear (23.1 vs.14.5%; $P= 0.003$); and PN (38.5 vs.53.0%; $P=0.026$).

Conclusion

Footwear habit of this patient group is poor with regards to adequacy and suitability. Gaps created by absence of multidisciplinary footcare teams in Nigeria should be addressed to ensure effective and efficient footcare services for patients with DM, including provision of special footwear when needed.