

Diabetic foot project: 6 months results!

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Introduction

Diabetes Mellitus type 2 (DM2) is associated with multiple complications due to insufficient peripheral vascularization, such as the diabetic foot, which compromise the productivity, quality of life and survival of people affected by this condition.

In Portugal, every year, a few hundred people are hospitalized with the diagnosis of diabetic foot and many of these cases result in lower limb amputations. In addition to the suffering that this entails, there is a great deal of investment in the prophylactic and therapeutic effort fighting against this disease. A more active approach to prevention and referral is therefore of crucial importance^{1,2,3}.

Objectives

To show preliminary project results on the prevalence of neuropathic and vascular disorders in DM2 patients as compared to those without DM2.

Methods

The Diabetic Foot Appointment was applied to 68 patients with CKD, which were divided in two groups: an experimental group consisting of 27 patients with DM2 and a control group composed of 41 patients without DM2.

Results

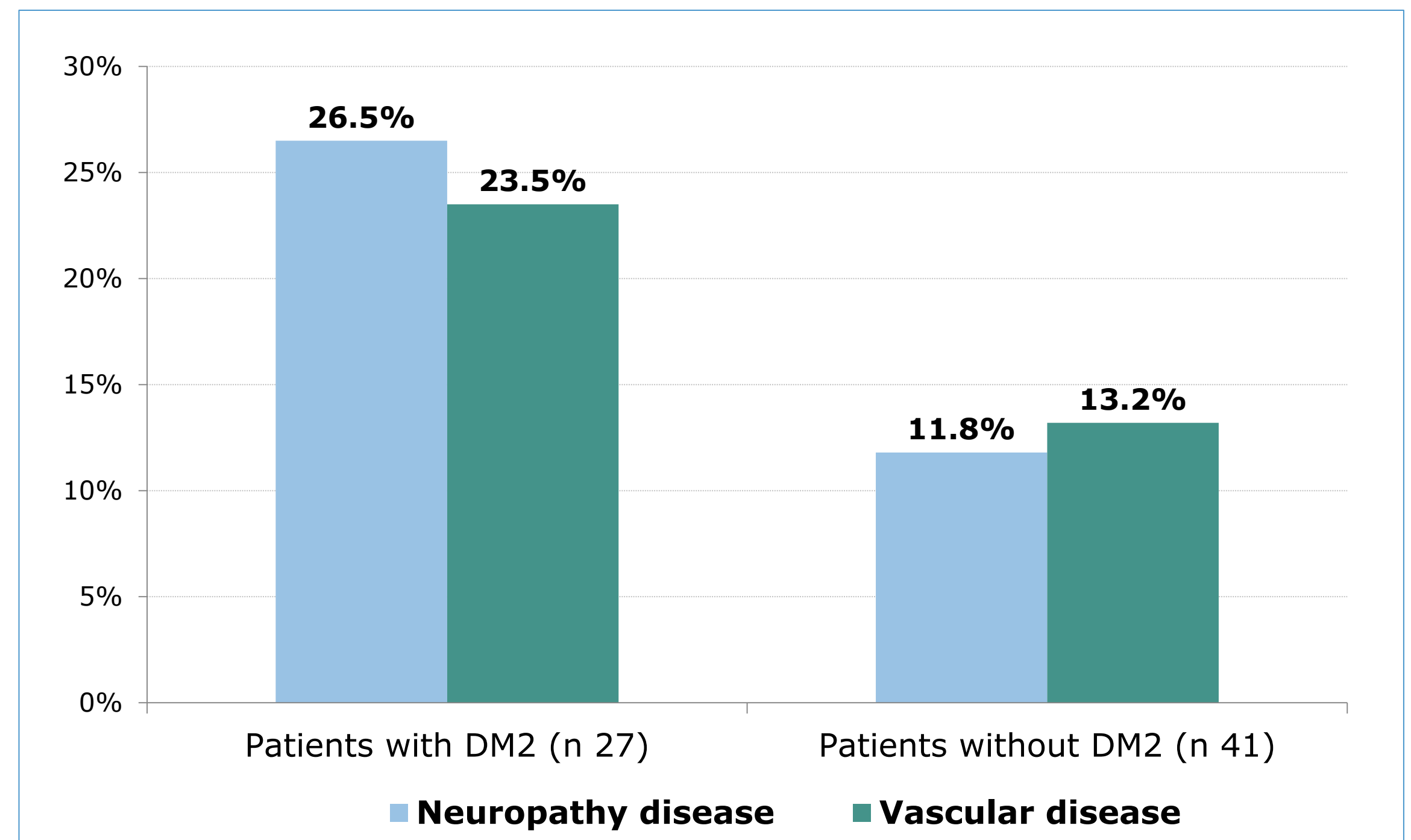
It was found that the number of patients with neuropathic and vascular disorders is higher in DM2 patients than in those without DM2 (Graph 1): 18 (26.5%) versus 8 (11.8%) and 16 (23.5%) versus 9 (13.2%), respectively. Out of the 27 evaluated DM2 patients (Graph 2), 21 (77.8%) were assigned a high risk classification (with neuropathy or peripheral arterial disease or ulceration or previous amputation), 5 (18.5%) were assigned a medium risk classification (with neuropathy) and 1 (3.7%) was assigned a low risk rating (without neuropathy), which are higher than the control group (77.8% versus 24.4%; 18.5% versus 26.8%; 3.7% versus 48.8%, respectively).

Conclusion

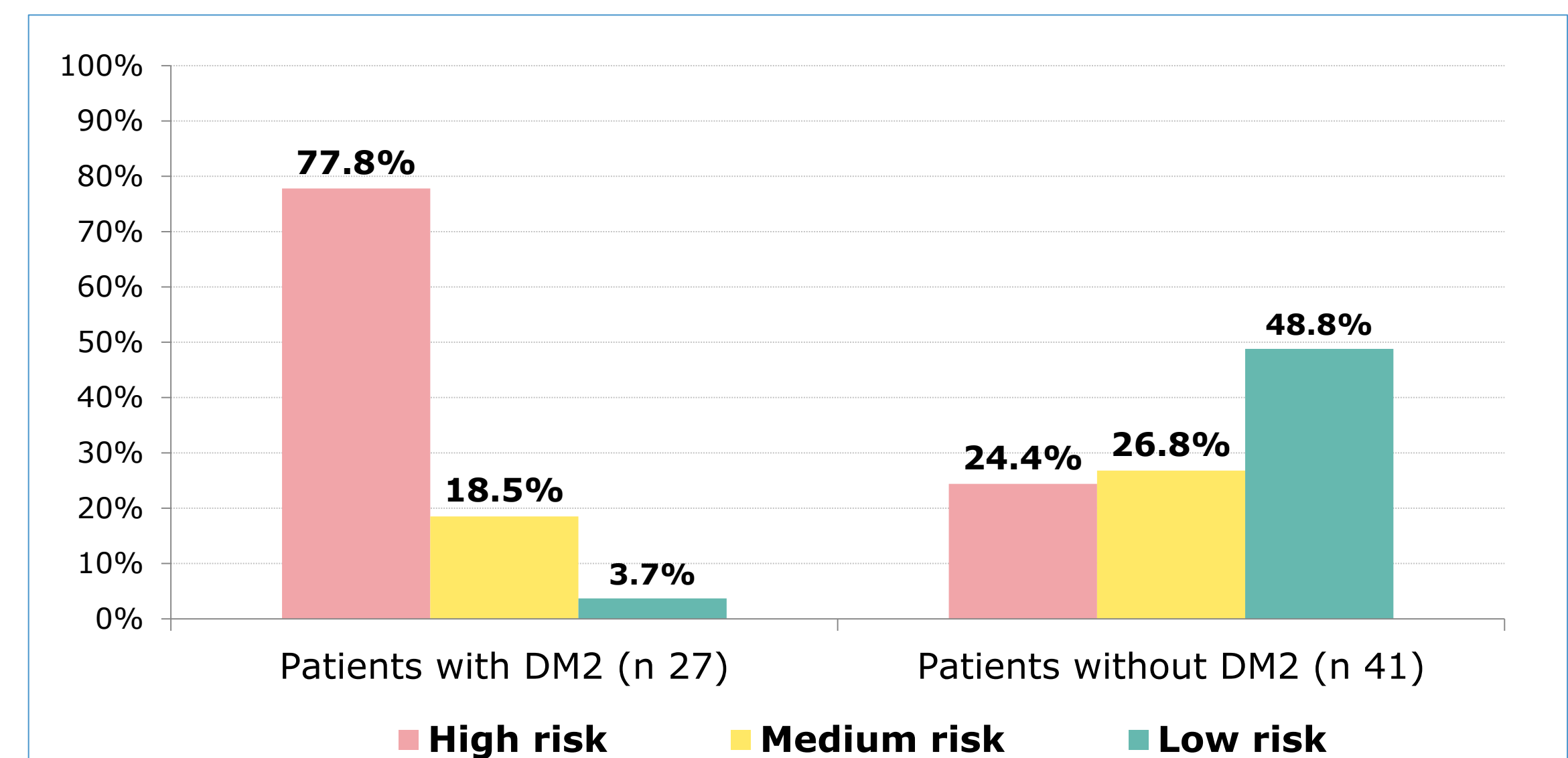
The results obtained in these first 6 months and the identification of situations that require specialized referral justifies the continuity of this project with all the improvements that we are raising along the way.

References

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Graph 1: Patients with neuropathy and vascular disease



Graph 2: Risk Category