

OP-10-PHS

KNOWLEDGE, ATTITUDE, AND THEIR ASSOCIATION WITH PRACTICES, RELATED TO THE PREVENTION OF DIABETIC FOOT AMONG 30-70 YEARS PATIENTS WITH TYPE 2 DIABETES MELLITUS, ATTENDING THE DIABETIC CLINIC AT TEACHING HOSPITAL KALUTARA

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Background: Type 2 diabetes mellitus (T2DM) represents a global crisis that mounts to serious complications such as amputations. However, these complications are largely preventable with appropriate foot care, knowledge, and attitudes. The main objective of the study was to evaluate the level of knowledge, attitudes, and practices (KAP) and to explore the associations between, knowledge and attitudes against practice. Additionally, evaluation of the strength of association between the socio-demographic factors against the KAP variables separately, was an objective.

Method: A descriptive cross-sectional study was conducted at the diabetic clinic of TH Kalutara, Sri Lanka, between May and July 2023, with 430 patients having T2DM within the age range of 30-70. Using systematic sampling the appropriate sample was selected. After providing the information sheet with a verbal apprise, the informed written consent was obtained. Data was obtained using an interviewer-administered questionnaire and was analyzed using IBM SPSS and a scoring system. Cut offs were determined and Pearson chi square was used to calculate the strength of associations.

Results: Of the participants, 61.4% demonstrated 'good knowledge', and 52.1% displayed 'good attitudes' while, 52.1% of the patients practiced unsatisfactory foot care. Statistical analysis revealed statistically significant associations between both variables of knowledge ($p < 0.05$, $X^2 = 12.076$) and attitudes ($p < 0.05$, $X^2 = 8.056$) against practices. Among the socio-demographic factors, age and occupation were significantly associated with attitude ($p < 0.05$), while ethnicity was associated with knowledge ($p < 0.05$) and educational qualifications with all the three variables ($p < 0.05$). Practices were associated with multiple factors.

Conclusion; This study has described that there is a statistically significant association between knowledge and attitudes with practices, whilst underscoring their association to socio-demographic factors of the study and describing in depth about all the parameters.

Key words: Diabetic foot, knowledge, attitudes, practices, Kalutara