RISK FACTORS AND CLINICAL FEATURES OF PATIENTS CONSULTED IN DIABETIC FOOT UNIT

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INTRODUCTION: The diabetic foot infection, ulceration, and/or destruction of deep tissues associated with different degrees of neuropathy and peripheral vascular disease is a major global health problem. You need to know the reality of our environment to prevent injuries and reduce amputations.

OBJECTIVE: Describe the prevalence of risk factors for Diabetic Foot, identify the clinical feature of diabetic patients who consulted for foot injury.

MATERIALS AND METHODS: An observational, descriptive, retrospective study. Based on data collection from medical records of 555 patients who consulted for diabetic foot at the Diabetes Center Dr A. Maggio in Malvinas, Argentina, during March 2010 to March 2013. Variables were determined: male sex, HbA1c greater than 7%, year of evolution, NPT, EVP, IRC, TBQ.

RESULTS: 63.7% male sex, HbA1c greater than 7% (IC 55.8-75.2) 66%, 69.18% (IC 58.9-77.8) NPT, EVP 60% (IC 49.6-69.9), over 10 years of evolution 63% (IC 52.7-72.4), 21% (IC 13.47-30.3) IRC, TBQ 23% (IC15.1-32.5), 26% (17.7-35.7) history of injury. Sample characteristics: increased frequency of DM2: 98% (IC 92.9-99.7), mean age 63 years, mean HbA1c 8.22%, ranking Wagner 1 (10% IC 4.8-17.6), 2 (26% IC17.1-35.7) , 3 (48% IC37.8-58.2), 4 (13%IC 7-21.2) , 5 (3% IC 0.6-8.53).

CONCLUSION: The results are consistent with the literature. Knowing the risk factors in our population, to develop educational interventions, therapeutic strategies and thus prevent injury, reduce healthcare costs and improve quality of life.