



When prophylaxis fails – interdisciplinarity in the treatment of diabetic foot

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Abstract:

One of the most burdensome complications of diabetes is diabetic foot. Published data show that the problem of diabetic foot affects 6 – 10% diabetic patients. The consequence of diabetic foot and remittent infections of ulcers may be an amputation of limbs leading to disability and deterioration of patient’s mental state. In cases when prophylaxis fails, radical actions connected with local therapy, systemic therapy and educational measures need to be taken. The implementation of good health practices linked with both the necessity of changing patient’s lifestyle and the implementation of effective prophylactic and medicinal methods requires multispeciality approach. Aim

Presentation of beneficial health practices in prophylaxis and treatment of diabetic foot connected with the local procedure and the modification of lifestyle. Material and methods: The study included patients receiving outpatient treatment. The thesis has shown the complexity of diabetic foot problem and the negative effects connected with patient’s inability to adapt to conditions conducive to diabetic foot. Results: It has been observed that in the case of patients with diabetic foot syndrome, the implementation of actions connected with local treatment and interactive education may lead to the improvement of general health status and healing of diabetic foot. Conclusions

When prophylaxis fails and diabetic foot syndrome appears it can be concluded that the implementation of treatment focused on local procedure with ulcers and interactive education can bring desirable results. A beneficial effect of education, which is noticeable for a patient, fosters the strengthening of trust in medical staff, which leads to patient’s acceptance of the rules of local procedure.

Biography:

Izabela Kuberka is a Ph.D. candidate and an assistant at the Department of Nervous System Diseases at Medical University in Wroclaw, Poland. Furthermore, she owns a



company called ‘Wound Care’ that helps to treat wounds. She specialize in surgical and epidemiological nursing. Actively participate in national and international conferences related to, for instance, wound care (i.e. EWMA). As a member of the Board, engage in the activities of the Polish Society of Angiological Nursing. Moreover, she have an active membership at the Polish Society of Wounds Treatment (PTLR).

Recent Publications:

1. The quality of life of patients who suffer from rheumatoid arthritis in reference to their physical fitness and mental state]. Prajs K. Ann Acad Med Stetin. 2007;53(2):72-82. PMID: 18557380 Polish.
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3. Health-related quality of life in Moroccan patients with rheumatoid arthritis. Ibn Yacoub Y, Amine B, Laatiris A, Hajjaj-Hassouni N. Clin Rheumatol. 2012 Oct;31(10):1471-7. doi: 10.1007/s10067-012-2037-x. Epub 2012 Aug 18. PMID: 22903698
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