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Diabetic foot ulcers and Vitamin D status: A literature review

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Approximately 15% of patients with diabetes mellitus (DM) are prone to developing diabetic foot ulcers (DFU) in their lifetime. The term vitamin D status or 25-hydroxyvitamin D (25(OH)D) levels is used interchangeably to represent the status of vitamin D in individuals throughout this article. Evidence suggests a relationship between 25(OH)D levels and DFU. However, very minimal data are available on the association between DFU and vitamin D deficiency. After a careful review of the literature, it was inferred that vitamin D could be associated with DFU and diabetic foot infections. Available evidence on vitamin D and DFU suggests a negative correlation between 25(OH)D levels and the presence of DFU. Evidence also supports a negative relationship between 25(OH)D levels and diabetic foot infections. Further large-scale randomized controlled studies need to be done to confirm the relationship between 25(OH)D levels and DFU including the use of vitamin D in the management of DFU and

diabetic foot infections. Despite the lack of strong evidence to recommending vitamin D in DM and DFU, it is not a bad idea to provide routine vitamin D supplements to patients with DM and DFU for its other benefits.

Speaker Biography

Antony Macido has completed his doctor of nursing practice (DNP) from Maryville University, USA and his MSN with Nurse Practitioner (NP) and Clinical Nurse Specialist (CNS) certification from University of California Los Angeles (UCLA), USA. He has followed the foot-steps of his mother who as a nurse guided him to the profession of healthcare. He is passionate in providing direct care to his patients and works as an NP for the internal medicine department in a busy hospital in Los Angeles. As a beginner he had so far published 2 articles in reputed nursing journals and has been serving as a peer reviewer in popular nursing and other allied health journals.

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