

# Treatment Of Diabetic Foot Infections and Its Rate in Karachi: A Survey

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## ABSTRACT

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**Background:** Diabetes mellitus can cause diabetic foot which may lead to ulceration and even amputation if left untreated. Pathogens mostly involved are Streptococci and staphylococci.

**Objective:** A survey based study was carried out including fifteen different hospitals in Karachi. Survey forms were handed over to total 148 patients (some filled themselves, those who were illiterate were helped to fill, with consent), during the period of 15 months i.e. from 15<sup>th</sup> May 2019 to 15<sup>th</sup> August 2020. Age of participants was within the range of 24-72 years.

**Methods:** Questionnaire contained altogether 46 questions covering the age, gender, socio-economic position, signs and symptoms, hygienic conditions attained for and frequency of foot care, type of foot wares, patient's behavior towards the disease, treatment type and age. Response rate was 93.91% (n=139).

**Results:** Reasons for developing diabetic foot was found to be due to ulceration (44%), osteomyelitis (21%), failure in acquiring proper hygienic conditions (17%), wound infections (16%), and miscellaneous (2%). negligence towards treatment and wearing uncomfortable foot ware worsened the conditions of some patients. Hygienic life style and availability of helper or maid played positive role in the cure of the ailment.

**Conclusion:** It has been found that people show reluctance towards utilizing medical care with mild symptoms. Selection of foot ware is also important in such cases. Uncomfortable and tightly fitted shoes must be avoided. Foot care must not be neglected. Above all such patients must focus on controlling their diabetes.