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Effect of structured foot health program on plantar soft tissues among type-2 diabetes mellitus: A randomized controlled trial

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Introduction & Aim: Diabetes mellitus is associated with microvascular and macrovascular complications whereas; Peripheral Neuropathy (PN) is thought to be the principal cause of foot complications in Type-2 Diabetes Mellitus (T2DM). Even though several management programs are developed to prevent foot complications, there is no appropriate management available to prevent atrophy of intrinsic foot muscles and plantar tissues, therefore the objective of the present study is to develop a structured foot health program to prevent atrophy of intrinsic foot muscles thereby reduce the foot complications in type-2 diabetes mellitus.

Method: Present study was a randomized controlled trial, 219 subjects were screened and 186 subjects met the inclusion criteria for the study. 140 subjects gave their final consent to participate in the study and randomized to control and experimental group. After complete clinical evaluation experimental group received structured, foot health program along with standard medical care whereas in control group, standard medical care alone was given for the duration of 12 weeks and reassessed at the 12th week using musculoskeletal ultrasound.

Results: It is found a significant increase in thickness of intrinsic foot muscles, plantar skin and fat pad in experimental groups as compared to control group ($p < 0.001$).

Conclusion: Structured foot health program along with standard care can be an important tool of management in disrupting the natural progression of foot complications without any major adverse events in patients with T2DM.

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