

Republic of Iraq Ministry of Higher Education and Scientific Research Al-Zahrawi University College

Evaluation diabetic patient knowledge and attitudes regarding diabetic food care

A Thesis

Submitted to the Department of Clinical Pharmacy of Al-Zahrawi University College of Pharmacy

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INTRODUCTION

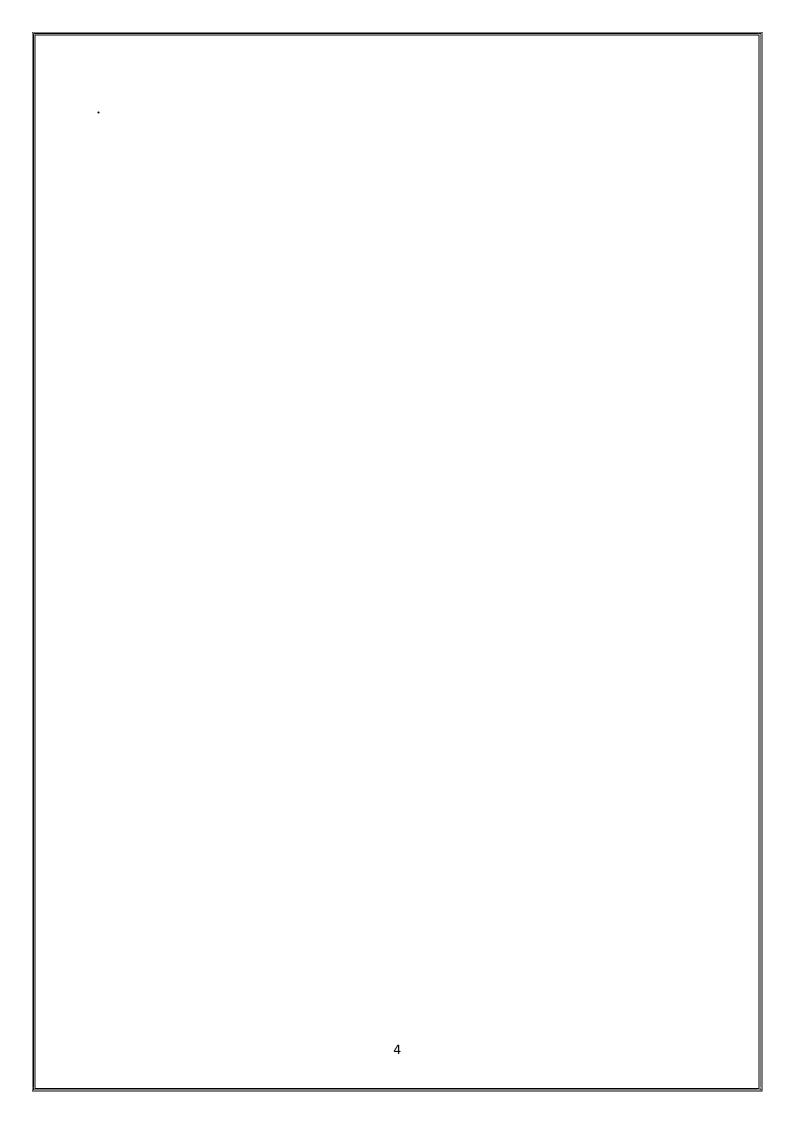
Among the complications of diabetes, those that occur in the foot are considered the most preventable. The annual incidence of new foot ulcer in patients with diabetes is 2.2%, with incidence increasing to 5.8% in three years(i), (ii)The lifetime incidence of developing a foot ulcer is estimated to be as high as 25%.[iii],[iv] Poor knowledge and poor foot care practices were identified as important risk factors for foot problems in diabetes.[v] Hence, in order to minimize, if not totally prevent, foot complications, it is important that appropriate and timely foot self-care be emphasized to patients with [diabetes.[vi],[vii],[viii]]

A previous study showed that patients with diabetes often neglect foot self-care practices. The same study concluded that foot self-care practices appear underutilized as a primary complication prevention measure. Instead, patients only adopt foot care practices once complications have already occurred. Facilitators of foot self-care practices, such as patient education, appear to be [reserved for individuals who have already developed foot complications.[9]

Prior to instructing proper self-care techniques to a patient, it is essential for the health care professional to understand the extent of the said patient's knowledge and practice. The authors found, during the conduct of this study, that administration of standardized written questionnaires was helpful in establishing a patient's baseline knowledge on self-care. By establishing the baseline knowledge level of the subject patients, healthcare providers may be able to determine the gaps in their knowledge and practice on foot self-care and provide

feedback. Diabetes education will then be more effective in the prevention of .foot complications through proper foot care

Based on extensive literature search by the authors, there is no locally conducted study that has investigated the knowledge and foot self-care practices carried out by patients. This study aimed to determine the knowledge and practice of foot care among Iraq with diabetes in our institution using knowledge questionnaires (Appendices 1 and [ix] The factors that affect the level of knowledge and practice of foot self-care. The results of this study ca2).[x],n provide information to clinicians and healthcare providers on proper foot care. Health care professionals and educators may use the results of this study in the formulation of modules for diabetes-related education



aim of study this study aim at evaluation diabetic patient knowledge and attitudes regarding diabetic food care

patient and method

fifty diabetic patients attending Imam Hassan Al-Mujtaba Center for Diabetes and Endocrinology were asked to fill the below question form starting from /

الملحق ١. استبيان حول المعرفة بالعناية بالقدم

| • | هل تفحص قدميك؟ | أكثر من مر | رة في اليوم (٣) مرة و | ة في اليوم (٢) | ٦-٢ مرات في الأسبوع (١ |) مرة واحدة في الأسبوع أو أقل |
|-----|--|-------------|-----------------------|-----------------------------|------------------------|-------------------------------|
| Į. | هل تتفحص حذائك قبل ارتدائه؟ | غالبا (٣) | في بعض الأحيان (٢) | نادرا (۱) | أبدا (٠) | |
| | هل تتفحص حذانك عند خلعه؟ | غالبا (٣) | في بعض الأحيان (٢) | نادرا (۱) | أبدا (٠) | |
| | هل تغسل قدميك؟ | أكثر من مر | ة في اليوم (٣) مرة | دة في اليوم (٢) | معظم ايام الأسبوع (١) | بضعة أيام في الأسبوع (٠) |
| | هل تتحقق من جفاف قدميك بعد الغسيل | غالبا (٣) | في بعض الأحيان (٢) | نادرا (۱) | أبدا (٠) | |
| | هل تجف بين أصابع قدميك؟ | غالبا (٣) | في بعض الأحيان (٢) | نادرا (۱) | ابدا (٠) | |
| | هل تستخدمین کریم أو لوشن مرطب علی قدمیك؟ | يومي (٣) | مرة واحدة في الأسب | (٢) مرة وا | حدة في الشهر (١) | أبدا (٠) |
| | ٨. هل تضعين كريم أو لوشن مرطب بين أصابع قدميك؟ | يومي (٣) | مرة واحدة في الأسب | (٢) مرة وا | حدة في الشهر (١) | أبدا (٠) |
| , | هل أظافرك مقطوعة؟ | مرة واحدة ف | في الأسبوع (٣) مرة | دة في الشهر ^{(٢}) | أقل من مرة في الشهر (| (١) أبدا (١) |
| . 1 | هل ترتدي الصنادل؟ | في أغلب الا | لأحيان (٠) في ب | الأحيان (١) | نادرا (۲) أبد | (٣) اذا |





١١. هل ترتدي النعال؟ في أغلب الأحيان (٠) في بعض الأحيان (١) نادرا (٢) أبدا (٣)







١٢. هل ترتدي أحذية مطاطية أو أحذية رياضية؟ في أغلب الأحيان (٠) في بعض الأحيان (١) نادرا (٢) أبدا (٣)







| دائما (٣) غالبا (٢) في بعض الأحيان (١) | ١٣. هل تقوم بتعويد نفسك على الحذاء الجديد تدريجيا؟ |
|---|--|
| في أغلب الأحيان (٠) في بعض الأحيان (١) نادرا (٢) | ا. هل ترتدي جوارب مصنوعة من الألياف الصناعية (مثل النايلون)؟ |
| في أغلب الأحيان (٠) في بعض الأحيان (١) نادرا (٢) | ١٥. هل ترتدي الجوارب/الجوارب الضيقة ؟ |
| أبدا (٣) نادرا (٢) في بعض الأحيان (١) | ١٦. هل ترتدي حذاء بدون جوارب؟ |
| أكثر من مرة في اليوم (٣) يومي (٢) ٤-٦ مرات في الاسبوع (١) | ١١. هل تقوم بتغيير جواربك/جواربك/ملابسك الضيقة؟ |
| غالبا (٣) في بعض الأحيان (٢) نادرا (١) | ١٨. هل تمشي حول المنزل حافي القدمين؟ |
| غالبا (٣) في بعض الأحيان (٢) نادرا (١) | ١٩. هل تمشي خارج المنزل حافي القدمين؟ |

| نادرا (۲) | في بعض الأحيان (١) | غالبا (٠) | ٢٠. هل تستخدم زجاجة ماء ساخن في السرير؟ |
|-----------|--------------------|-----------|--|
| نادرا (۲) | في بعض الأحيان (١) | غالبا (٠) | ٢١. هل تضع قدميك بالقرب من النار؟ |
| نادرا (۲) | في بعض الأحيان (١) | غالبا (٠) | ٢٢. هل تضع قدميك على المبرد؟ |
| نادرا (۲) | في بعض الأحيان (١) | غالبا (٠) | ٢٣. هل تقوم بفحص درجة حرارة الماء الذي تغسل فيه قدميك؟ |
| نادرا (۲) | في بعض الأحيان (١) | غالبا (٠) | ٢٤. هل تستخدم علاجات الذرة (الكالو) / لاصقات الذرة (الكالو) / الدهانات عند ظهور الذرة؟ |
| نادرا (۲) | في بعض الأحيان (١) | غالبا (٠) | ٢٥. هل تقوم بوضع ضمادة جافة على البثور عندما تظهر عليك؟ |
| نادرا (۲) | في بعض الأحيان (١) | غالبا (٠) | ٢٦. هل تضع ضمادة جافة على الخدوش أو القطع أو الحروق عندما تصاب بها؟ |

Result

Case Processing Summary

Cases

| | Valid | | Missing | | Total | |
|-----------------------------------|-------|---------|---------|---------|-------|---------|
| | N | Percent | N " | Percent | N | Percent |
| Do you examine your feet * Do | | 100.0% | 0 | 0.0% | 50 | 100.0% |
| you chek your shoes before you | 50 | 100.076 | U | 0.0% | 30 | 100.0% |
| | | | | | | |
| put them on | 50 | 400.00/ | 0 | 0.00/ | 50 | 400.00/ |
| Do you examine your feet * Do | 50 | 100.0% | 0 | 0.0% | 50 | 100.0% |
| you chek your shoes when you | | | | | | |
| take them off | | 100.00/ | | 0.004 | | 100.00/ |
| Do you examine your feet * Do | | 100.0% | 0 | 0.0% | 50 | 100.0% |
| you wash your feet | | | | | | |
| Do you examine your feet * Do | 50 | 100.0% | 0 | 0.0% | 50 | 100.0% |
| you check your feet are dry after | | | | | | |
| washing | | | | | | |
| Do you examine your feet * Do | 50 | 100.0% | 0 | 0.0% | 50 | 100.0% |
| you dry between your toes | | | | | | |
| Do you examine your feet * Do | 50 | 100.0% | 0 | 0.0% | 50 | 100.0% |
| you use moisturining cream on | | | | | | |
| your feet | | | | | | |
| Do you examine your feet * Are | 50 | 100.0% | 0 | 0.0% | 50 | 100.0% |
| you toenails cut | | | | | | |
| Do you examine your feet * Do | 50 | 100.0% | 0 | 0.0% | 50 | 100.0% |
| you wear sandls | | | | | | |
| Do you examine your feet * Do | 50 | 100.0% | 0 | 0.0% | 50 | 100.0% |
| you wear slippers | | | | | | |
| Do you examine your feet * Do | 50 | 100.0% | 0 | 0.0% | 50 | 100.0% |
| you wear rubber or sneakers | | | | | | |
| Do you examine your feet * Do | 50 | 100.0% | 0 | 0.0% | 50 | 100.0% |
| you break in new shoes gradully | | | | | | |
| Do you examine your feet * Do | 50 | 100.0% | 0 | 0.0% | 50 | 100.0% |
| you wear artificial | | | | | | |
| fiber(nylon)stocking | | | | | | |
| Do you examine your feet * Do | 50 | 100.0% | 0 | 0.0% | 50 | 100.0% |
| you wear seamless sock tights | | | | | | |
| Do you examine your feet * Do | 50 | 100.0% | 0 | 0.0% | 50 | 100.0% |
| you wear shoes without sock | | | | | | |

| Do you examine your feet * Do you change your socks | 50 | 100.0% | 0 | 0.0% | 50 | 100.0% |
|--|----|--------|---|------|----|--------|
| Do you examine your feet * Do you walk around the house in bare feet | 50 | 100.0% | 0 | 0.0% | 50 | 100.0% |
| Do you examine your feet * Do you walk outside the house in bare feet | 50 | 100.0% | 0 | 0.0% | 50 | 100.0% |
| Do you examine your feet * Do you use a hot water bottle in bed | 50 | 100.0% | 0 | 0.0% | 50 | 100.0% |
| Do you examine your feet * Do you put your feet on a radiator | 50 | 100.0% | 0 | 0.0% | 50 | 100.0% |
| Do you examine your feet * Do you check the temperature of the water you wash your feet in | 50 | 100.0% | 0 | 0.0% | 50 | 100.0% |
| Do you examine your feet * Do you use corn remedies paint when you get acorn | 50 | 100.0% | 0 | 0.0% | 50 | 100.0% |
| Do you examine your feet * Do you put a dyr dressing on a bilster when you get one | 50 | 100.0% | 0 | 0.0% | 50 | 100.0% |
| Do you examine your feet * Do you put a dry dressing on a graze ,cut or burn when you get one | 50 | 100.0% | 0 | 0.0% | 50 | 100.0% |

Do you examine your feet * Do you chek your shoes before you put them on

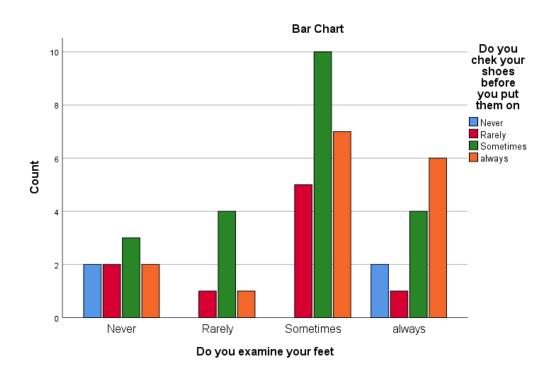
Crosstab

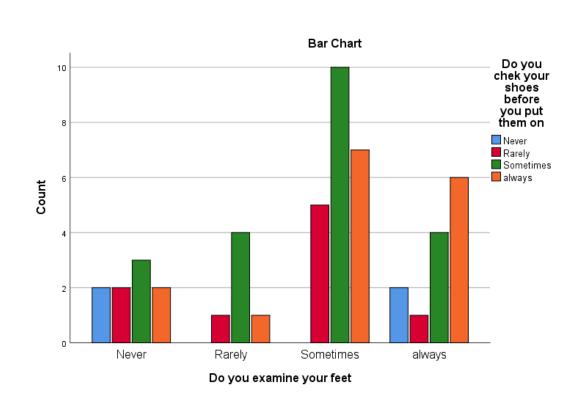
Count

| | Do you chek your shoes before you put them on | | | | | |
|--------------------------|---|-------|--------|-----------|--------|-------|
| | | Never | Rarely | Sometimes | always | Total |
| Do you examine your feet | Never | 2 | 2 | 3 | 2 | 9 |
| | Rarely | 0 | 1 | 4 | 1 | 6 |
| • | Sometimes | 0 | 5 | 10 | 7 | 22 |
| | always | 2 | 1 | 4 | 6 | 13 |
| | Total | 4 | 9 | 21 | 16 | 50 |

| | | | Asymptotic Significance |
|------------------------------|--------------------|----|-------------------------|
| | Value | Df | (2-sided) |
| Pearson Chi-Square | 9.544 ^a | 9 | .389 |
| Likelihood Ratio | 10.976 | 9 | .277 |
| Linear-by-Linear Association | 1.753 | 1 | .185 |
| N of Valid Cases | 50 | | |

a. 13 cells (81.3%) have expected count less than 5. The minimum expected count is .48.





Do you examine your feet * Do you chek your shoes when you take them off

Crosstab

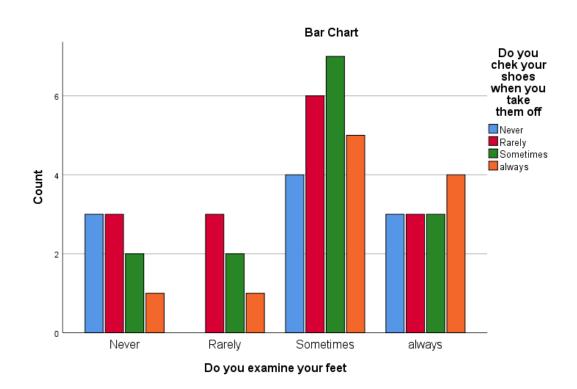
| Count |
|-------|
|-------|

| | Do you chek your shoes when you take them off | | | | | |
|--------------------------|---|-------|--------|-----------|--------|-------|
| | | Never | Rarely | Sometimes | Always | Total |
| Do you examine your feet | Never | 3 | 3 | 2 | 1 | 9 |
| | Rarely | 0 | 3 | 2 | 1 | 6 |
| | Sometimes | 4 | 6 | 7 | 5 | 22 |
| | always | 3 | 3 | 3 | 4 | 13 |
| | Total | 10 | 15 | 14 | 11 | 50 |

| | | Never | Rarely | Sometimes | Always | |
|--------------------------|-----------|-------|--------|-----------|--------|----|
| Do you examine your feet | Never | 2 | 0 | 0 | 7 | 9 |
| _ | Rarely | 0 | 1 | 0 | 5 | 6 |
| _ | Sometimes | 0 | 0 | 5 | 17 | 22 |
| _ | always | 0 | 1 | 6 | 6 | 13 |
| | Total | | 2 | 11 | 35 | 50 |

| | | | Asymptotic Significance (2- |
|------------------------------|--------------------|----|-----------------------------|
| | Value | df | sided) |
| Pearson Chi-Square | 4.611 ^a | 9 | .867 |
| Likelihood Ratio | 5.630 | 9 | .776 |
| Linear-by-Linear Association | 1.019 | 1 | .313 |
| N of Valid Cases | 50 | | |

a. 14 cells (87.5%) have expected count less than 5. The minimum expected count is 1.20.



Do you examine your feet * Do you wash your feet

Do you examine your feet * Do you check your feet are dry after washing

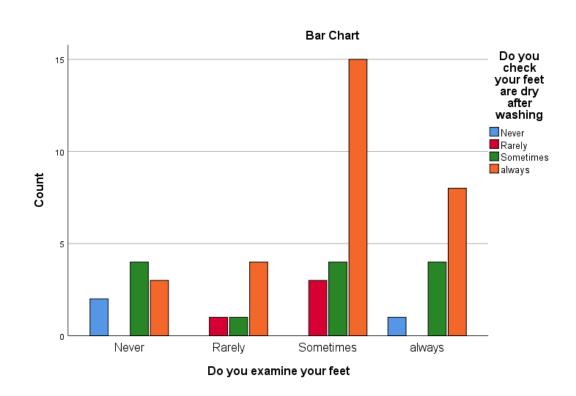
Crosstab

Count

| | Do you check your feet are dry after washing | | | | | |
|--------------------------|--|-------|--------|-----------|--------|-------|
| | | Never | Rarely | Sometimes | Always | Total |
| Do you examine your feet | Never | 2 | 0 | 4 | 3 | 9 |
| - | Rarely | 0 | 1 | 1 | 4 | 6 |
| | Sometimes | 0 | 3 | 4 | 15 | 22 |
| | always | 1 | 0 | 4 | 8 | 13 |
| | Total | 3 | 4 | 13 | 30 | 50 |

| | | | Asymptotic | | |
|------------------------------|---------------------|----|------------------|--|--|
| | | | Significance (2- | | |
| | Value | df | sided) | | |
| Pearson Chi-Square | 12.258 ^a | 9 | .199 | | |
| Likelihood Ratio | 13.844 | 9 | .128 | | |
| Linear-by-Linear Association | 2.167 | 1 | .141 | | |
| N of Valid Cases | 50 | | | | |

a. 12 cells (75.0%) have expected count less than 5. The minimum expected count is .36.

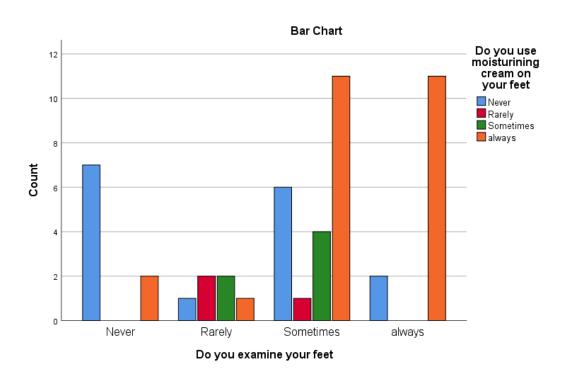


Do you examine your feet * Do you dry between your toes

Crosstab

Count

| | Do you dry between your toes | | | | | |
|--------------------------|------------------------------|-------|--------|-----------|--------|-------|
| | | Never | Rarely | Sometimes | Always | Total |
| Do you examine your feet | Never | 1 | 0 | 5 | 3 | 9 |
| .,,, | Rarely | 0 | 3 | 1 | 2 | 6 |
| | Sometimes | 0 | 5 | 8 | 9 | 22 |
| | always | 3 | 1 | 0 | 9 | 13 |
| | Total | 4 | 9 | 14 | 23 | 50 |



Do you examine your feet * Are you toenails cut

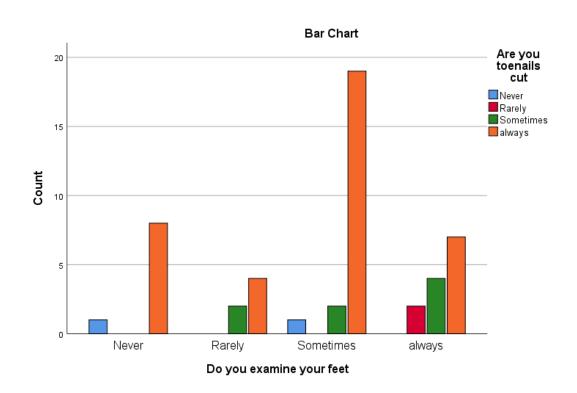
Crosstab

Coun

| | Are you toenails cut | | | | | |
|--------------------------|----------------------|-------|--------|-----------|--------|-------|
| | | Never | Rarely | Sometimes | always | Total |
| Do you examine your feet | Never | 1 | 0 | 0 | 8 | 9 |
| - | Rarely | 0 | 0 | 2 | 4 | 6 |
| | Sometimes | 1 | 0 | 2 | 19 | 22 |
| | always | 0 | 2 | 4 | 7 | 13 |
| | Total | 2 | 2 | 8 | 38 | 50 |

| | • Value | Df | Asymptotic Significance (2-sided) |
|------------------------------|------------|----|-----------------------------------|
| D 01:0 | | | , |
| Pearson Chi-Square | 14.018ª | 9 | .122 |
| Likelihood Ratio | 15.085 | 9 | .089 |
| Linear-by-Linear Association | .531 | 1 | .466 |
| N of Valid Cases | 50 | | |

a. 13 cells (81.3%) have expected count less than 5. The minimum expected count is .24.

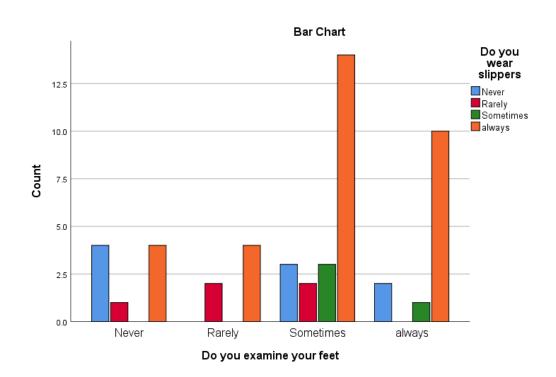


Do you examine your feet * Do you wear sandls

Crosstab

| C | C | u | r | J. |
|---|----|---|---|----|
| C | ,C | u | r | J, |

| | Do you wear sandls | | | | | |
|--------------------------|--------------------|-------|--------|-----------|--------|-------|
| | | Never | Rarely | Sometimes | always | Total |
| Do you examine your feet | Never | 2 | 2 | 1 | 4 | 9 |
| | Rarely | 1 | 2 | 1 | 2 | 6 |
| | Sometimes | 4 | 2 | 6 | 10 | 22 |
| | always | 2 | 5 | 0 | 6 | 13 |
| | Total | 9 | 11 | 8 | 22 | 50 |



Do you examine your feet * Do you wear rubber or sneakers

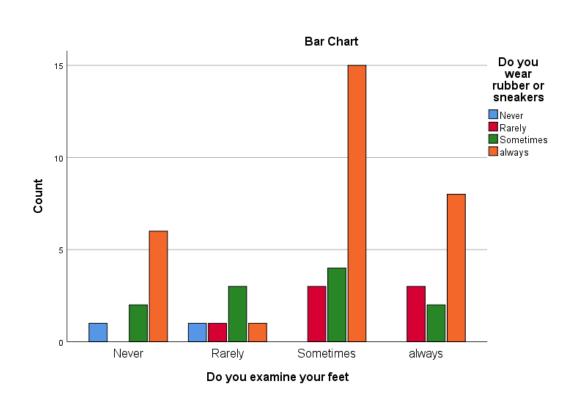
Crosstab

Coun

| | Do you wear rubber or sneakers | | | | | |
|--------------------------|--------------------------------|-------|--------|-----------|--------|-------|
| | | Never | Rarely | Sometimes | always | Total |
| Do you examine your feet | Never | 1 | 0 | 2 | 6 | 9 |
| - | Rarely | 1 | 1 | 3 | 1 | 6 |
| | Sometimes | 0 | 3 | 4 | 15 | 22 |
| | always | 0 | 3 | 2 | 8 | 13 |
| | Total | 2 | 7 | 11 | 30 | 50 |

| | | | Asymptotic |
|------------------------------|---------------------|----|------------------|
| | | | Significance (2- |
| | Value | Df | sided) |
| Pearson Chi-Square | 11.740 ^a | 9 | .228 |
| Likelihood Ratio | 13.040 | 9 | .161 |
| Linear-by-Linear Association | .249 | 1 | .617 |
| N of Valid Cases | 50 | | |

a. 13 cells (81.3%) have expected count less than 5. The minimum expected count is .24.

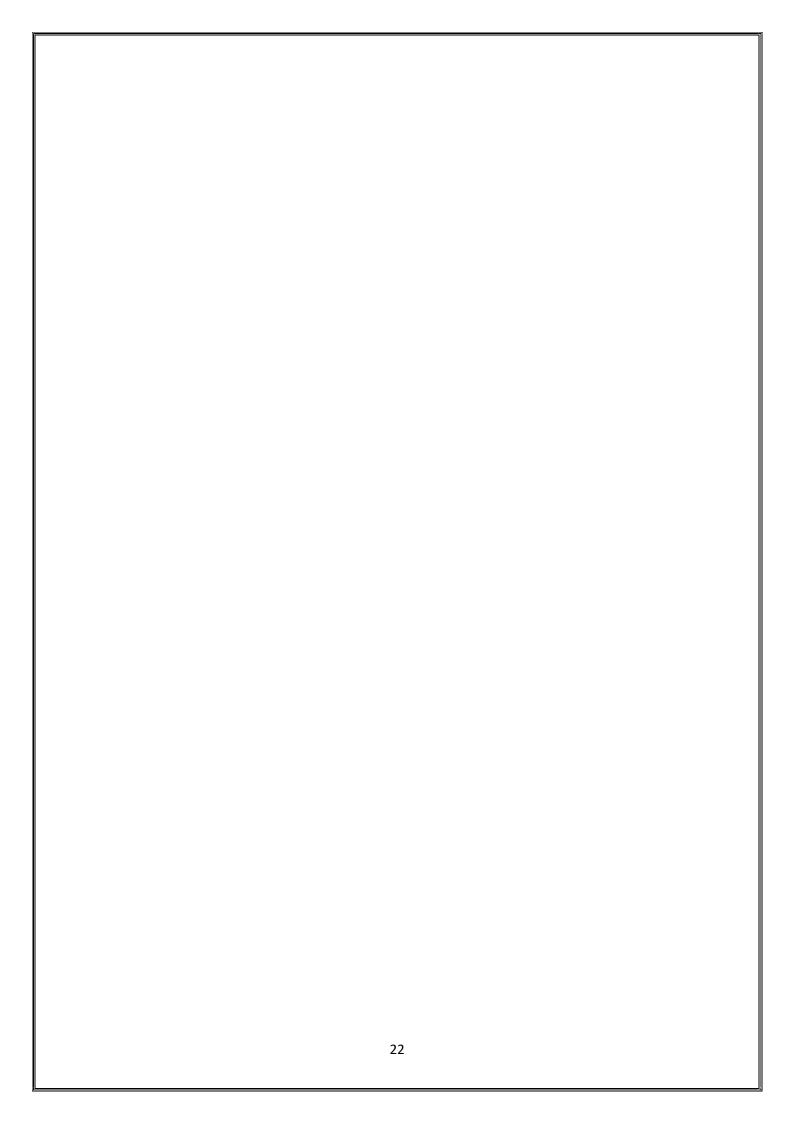


Do you examine your feet * Do you break in new shoes gradully

Crosstab

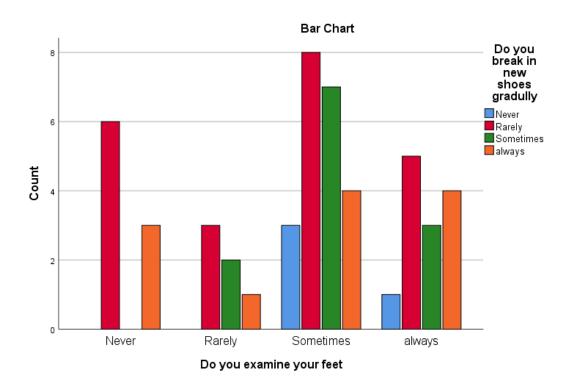
| | | | | | | Cou |
|--------------------------|-----------|-------|----------------|------------------|--------|-------|
| | | D | o you break in | new shoes gradua | ally | |
| | | Never | Rarely | Sometimes | always | Total |
| Do you examine your feet | Never | 0 | 6 | 0 | 3 | 9 |
| | Rarely | 0 | 3 | 2 | 1 | 6 |
| | Sometimes | 3 | 8 | 7 | 4 | 22 |
| | Always | 1 | 5 | 3 | 4 | 13 |
| | Total | 4 | 22 | 12 | 12 | 50 |

Chi-Square Tests



| | | | Asymptotic Significance (2- |
|------------------------------|--------------------|----|-----------------------------|
| | Value | Df | sided) |
| Pearson Chi-Square | 7.520 ^a | 9 | .583 |
| Likelihood Ratio | 10.514 | 9 | .310 |
| Linear-by-Linear Association | .023 | 1 | .879 |
| N of Valid Cases | 50 | | |

a. 12 cells (75.0%) have expected count less than 5. The minimum expected count is 48



Do you examine your feet * Do you wear artificial fiber(nylon)stocking

Crosstab

| Cor | |
|-----|-----|
| Cou | In: |

| | Do you wear artificial fiber(nylon)stocking | | | | | | |
|--------------------------|---|-------|--------|-----------|--------|-------|--|
| | | Never | Rarely | Sometimes | always | Total | |
| Do you examine your feet | Never | 0 | 4 | 5 | 0 | 9 | |
| | Rarely | 2 | 1 | 2 | 1 | 6 | |

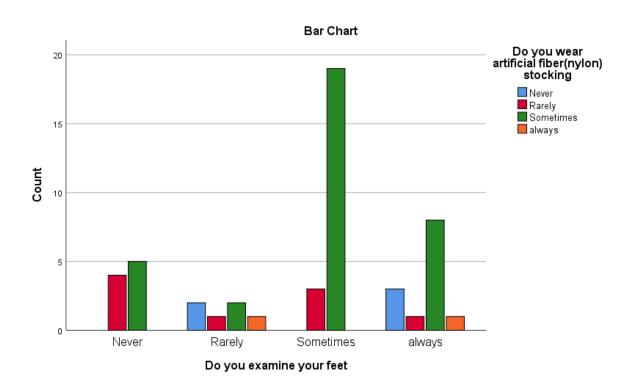
| Sometimes | 0 | 3 | 19 | 0 | 22 |
|-----------|---|---|----|---|----|
| Always | 3 | 1 | 8 | 1 | 13 |
| Total | 5 | 9 | 34 | 2 | 50 |

Chi-Square Tests

| | • | | |
|------------------------------|---------------------|----|------------------|
| | | | Asymptotic |
| | | | Significance (2- |
| | Value | Df | sided) |
| Pearson Chi-Square | 19.618 ^a | 9 | .020 |
| Likelihood Ratio | 20.320 | 9 | .016 |
| Linear-by-Linear Association | .189 | 1 | .664 |
| N of Valid Cases | 50 | | |

a. 13 cells (81.3%) have expected count less than 5. The minimum expected count

is .24.



Do you examine your feet * Do you wear seamless sock tights

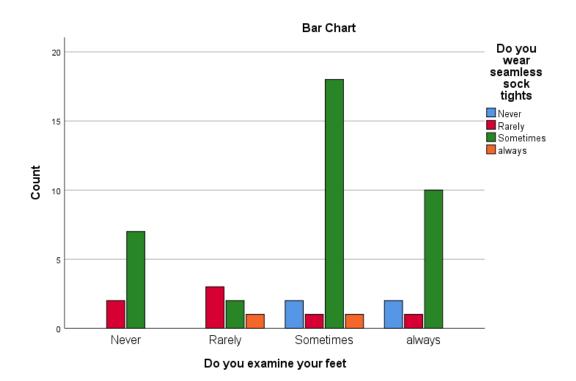
Crosstab

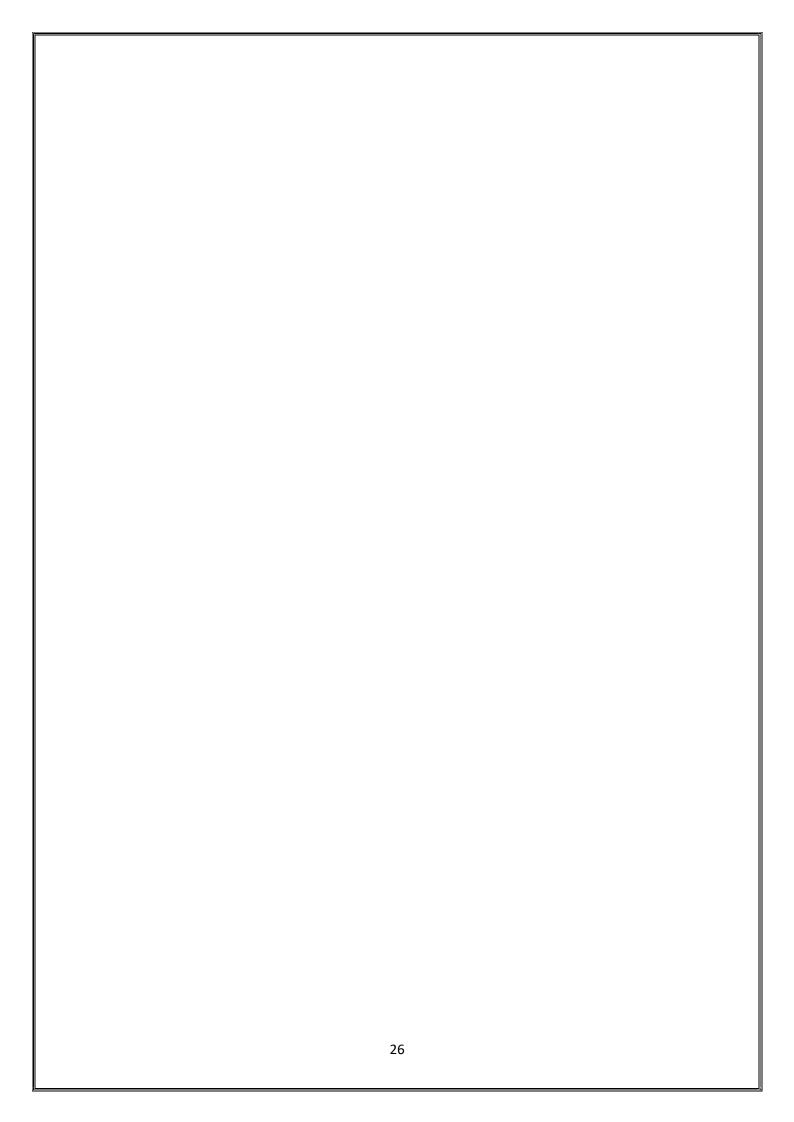
Count Do you wear seamless sock tights Sometimes Total Never Rarely always Never 0 2 7 0 9 Do you examine your feet 3 2 1 6 Rarely 0 Sometimes 2 1 18 1 22 always 2 1 10 0 13 2 Total 4 7 37 50

Chi-Square Tests

| - | | | |
|------------------------------|---------------------|----|------------------|
| | | | Asymptotic |
| | | | Significance (2- |
| | Value | Df | sided) |
| Pearson Chi-Square | 14.740 ^a | 9 | .098 |
| Likelihood Ratio | 14.173 | 9 | .116 |
| Linear-by-Linear Association | .149 | 1 | .699 |
| N of Valid Cases | 50 | | |

a. 13 cells (81.3%) have expected count less than 5. The minimum expected count is .24.





Do you examine your feet * Do you wear shoes without sock

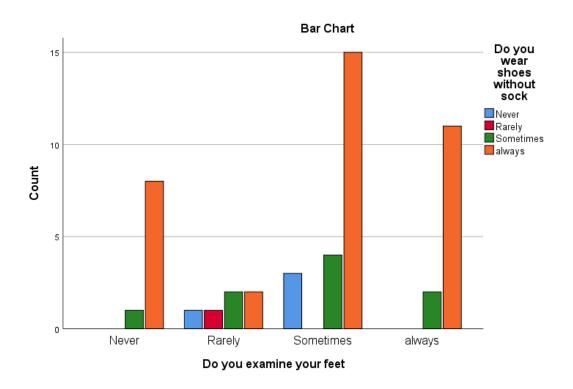
Crosstab

Count

| | | | | | | Count |
|--------------------------|--------------------------------|-------|--------|-----------|--------|-------|
| | Do you wear shoes without sock | | | | | |
| | | Never | Rarely | Sometimes | always | Total |
| Do you examine your feet | Never | 0 | 0 | 1 | 8 | 9 |
| | Rarely | 1 | 1 | 2 | 2 | 6 |
| | Sometimes | 3 | 0 | 4 | 15 | 22 |
| | always | 0 | 0 | 2 | 11 | 13 |
| | Total | 4 | 1 | 9 | 36 | 50 |

| | • | | |
|------------------------------|---------------------|----|------------------|
| | | | Asymptotic |
| | | | Significance (2- |
| | Value | df | sided) |
| Pearson Chi-Square | 13.535 ^a | 9 | .140 |
| Likelihood Ratio | 12.069 | 9 | .209 |
| Linear-by-Linear Association | .091 | 1 | .763 |
| N of Valid Cases | 50 | | |

a. 13 cells (81.3%) have expected count less than 5. The minimum expected count is .12.



Do you examine your feet * Do you change your socks

Crosstab

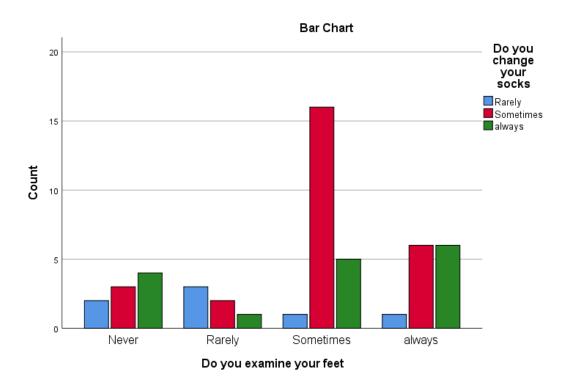
Count

| | Do you change your socks | | | | |
|--------------------------|--------------------------|--------|-----------|--------|-------|
| | | Rarely | Sometimes | always | Total |
| Do you examine your feet | Never | 2 | 3 | 4 | 9 |
| | Rarely | 3 | 2 | 1 | 6 |
| | Sometimes | 1 | 16 | 5 | 22 |
| | always | 1 | 6 | 6 | 13 |
| | Total | 7 | 27 | 16 | 50 |

| | | | Asymptotic |
|--------------------|---------------------|----|------------------|
| | | | Significance (2- |
| | Value | df | sided) |
| Pearson Chi-Square | 12.808 ^a | 6 | .046 |

| Likelihood Ratio | 11.154 | 6 | .084 |
|------------------------------|--------|---|------|
| Linear-by-Linear Association | 1.081 | 1 | .298 |
| N of Valid Cases | 50 | | |

a. 9 cells (75.0%) have expected count less than 5. The minimum expected count is .84.



Do you examine your feet * Do you walk around the house in bare feet

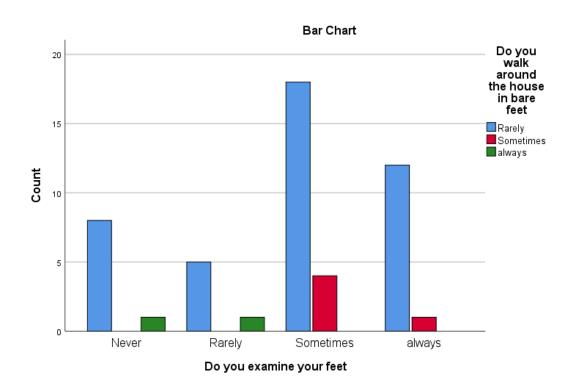
Crosstab

| | | | | | | Cou |
|----------------------------|-----------|-----|-------------|------------------|----------------|-------|
| | | - 1 | Do you walk | around the house | e in bare feet | |
| | | | Rarely | Sometimes | always | Total |
| Do you examine your feet _ | Never | 8 | | 0 | 1 | 9 |
| _ | Rarely | 5 | | 0 | 1 | 6 |
| _ | Sometimes | 18 | | 4 | 0 | 22 |
| | always | 12 | | 1 | 0 | 13 |
| | Total | 43 | | 5 | 2 | 50 |

Chi-Square Tests

| | Value | df | Asymptotic Significance (2- |
|------------------------------|--------------------|----|-----------------------------|
| | Value | df | sided) |
| Pearson Chi-Square | 8.105 ^a | 6 | .231 |
| Likelihood Ratio | 9.273 | 6 | .159 |
| Linear-by-Linear Association | .747 | 1 | .387 |
| N of Valid Cases | 50 | | |

a. 8 cells (66.7%) have expected count less than 5. The minimum expected count is .24.



Do you examine your feet * Do you walk outside the house in bare feet

Crosstab

Count

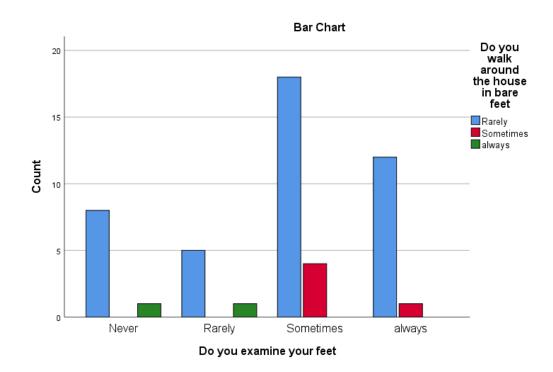
| | Do you walk outside the house in bare feet | | | | | |
|--------------------------|--|-------|--------|-----------|--------|-------|
| | | Never | Rarely | Sometimes | always | Total |
| Do you examine your feet | Never 0 |) | 7 | 2 | 0 | 9 |
| | Rarely 0 |) | 5 | 1 | 0 | 6 |

| Sometimes | 1 | 21 | 0 | 0 | 22 |
|-----------|---|----|---|---|----|
| Always | 0 | 11 | 1 | 1 | 13 |
| Total | 1 | 44 | 4 | 1 | 50 |

Chi-Square Tests

| om oquaro rooto | | | | | | |
|------------------------------|--------------------|----|------------------|--|--|--|
| | | | Asymptotic | | | |
| | | | Significance (2- | | | |
| | Value | Df | sided) | | | |
| Pearson Chi-Square | 8.997 ^a | 9 | .438 | | | |
| Likelihood Ratio | 10.091 | 9 | .343 | | | |
| Linear-by-Linear Association | .089 | 1 | .766 | | | |
| N of Valid Cases | 50 | | | | | |

a. 12 cells (75.0%) have expected count less than 5. The minimum expected count is .12.



Do you examine your feet * Do you walk outside the house in bare feet

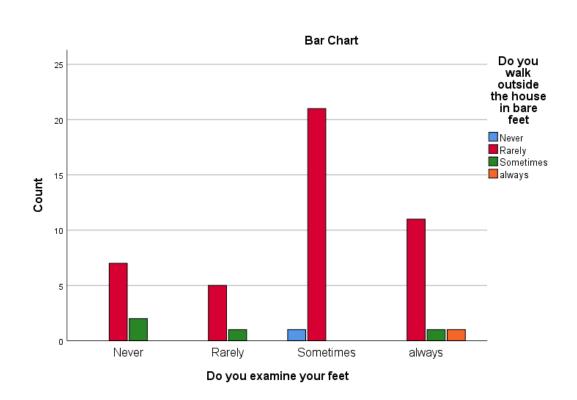
Crosstab

Count

| | Do you walk outside the house in bare feet | | | | | |
|--------------------------|--|-------|--------|-----------|--------|-------|
| | | Never | Rarely | Sometimes | always | Total |
| Do you examine your feet | Never | 0 | 7 | 2 | 0 | 9 |
| | Rarely | 0 | 5 | 1 | 0 | 6 |
| | Sometimes | 1 | 21 | 0 | 0 | 22 |
| | always | 0 | 11 | 1 | 1 | 13 |
| | Total | 1 | 44 | 4 | 1 | 50 |

| | | | Asymptotic |
|------------------------------|--------------------|----|------------------|
| | | | Significance (2- |
| | Value | df | sided) |
| Pearson Chi-Square | 8.997 ^a | 9 | .438 |
| Likelihood Ratio | 10.091 | 9 | .343 |
| Linear-by-Linear Association | .089 | 1 | .766 |
| N of Valid Cases | 50 | | |

a. 12 cells (75.0%) have expected count less than 5. The minimum expected count is .12.



Do you examine your feet * Do you use a hot water bottle in bed

Crosstab

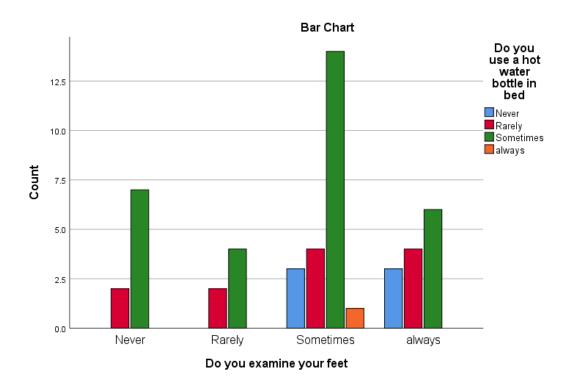
| | | D | o you use a h | ot water bottle in b | ed | Cou |
|--------------------------|-----------|-------|---------------|----------------------|--------|-------|
| | | Never | Rarely | Sometimes | always | Total |
| Do you examine your feet | Never | 0 | 2 | 7 | 0 | 9 |
| | Rarely | 0 | 2 | 4 | 0 | 6 |
| | Sometimes | 3 | 4 | 14 | 1 | 22 |
| | always | 3 | 4 | 6 | 0 | 13 |
| | Total | 6 | 12 | 31 | 1 | 50 |

| Chi-Square Tests | | | | | | |
|------------------|----|------------------|--|--|--|--|
| | | Asymptotic | | | | |
| | | Significance (2- | | | | |
| Value | df | sided) | | | | |

| Pearson Chi-Square | 6.158 ^a | 9 | .724 |
|------------------------------|--------------------|---|------|
| Likelihood Ratio | 8.048 | 9 | .529 |
| Linear-by-Linear Association | 2.895 | 1 | .089 |
| N of Valid Cases | 50 | | |

a. 12 cells (75.0%) have expected count less than 5. The minimum expected count

is .12.



Do you examine your feet * Do you put your feet on a radiator

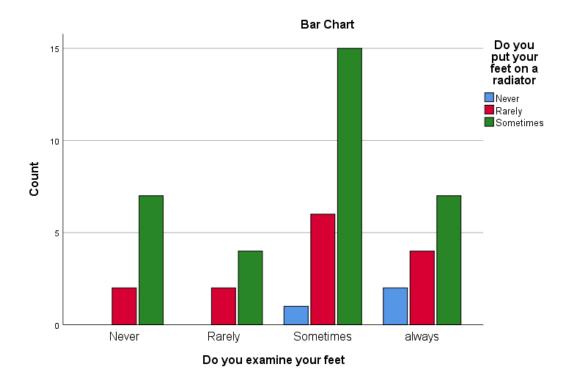
Crosstab

Count

| | | Never | Rarely | Sometimes | Total |
|----------------------------|-----------|-------|--------|-----------|-------|
| Do you examine your feet _ | Never | 0 | 2 | 7 | 9 |
| | Rarely | 0 | 2 | 4 | 6 |
| | Sometimes | 1 | 6 | 15 | 22 |
| | always | 2 | 4 | 7 | 13 |
| | Total | 3 | 14 | 33 | 50 |

| 011 | om oquare rosts | | | | | | |
|------------------------------|--------------------|----|------------------|--|--|--|--|
| | | | Asymptotic | | | | |
| | | | Significance (2- | | | | |
| | Value | df | sided) | | | | |
| Pearson Chi-Square | 3.590 ^a | 6 | .732 | | | | |
| Likelihood Ratio | 3.928 | 6 | .686 | | | | |
| Linear-by-Linear Association | 2.121 | 1 | .145 | | | | |
| N of Valid Cases | 50 | | | | | | |

a. 8 cells (66.7%) have expected count less than 5. The minimum expected count is .36.



Do you examine your feet * Do you check the temperature of the water you wash your feet in

Crosstab

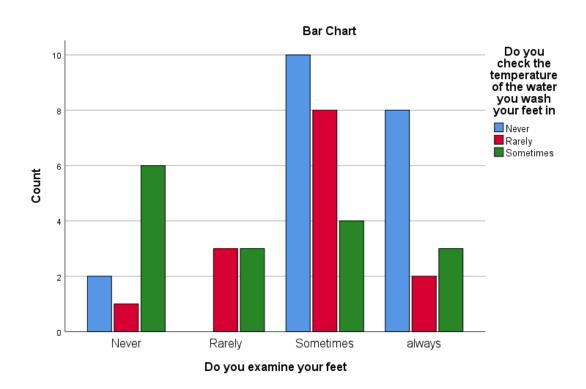
Count

Do you check the temperature of the water you wash your

| | feet in | | | | |
|--------------------------|-----------|-------|--------|-----------|-------|
| | | Never | Rarely | Sometimes | Total |
| Do you examine your feet | Never | 2 | 1 | 6 | 9 |
| | Rarely | 0 | 3 | 3 | 6 |
| | Sometimes | 10 | 8 | 4 | 22 |
| | always | 8 | 2 | 3 | 13 |
| | Total | 20 | 14 | 16 | 50 |

| Chi-Square Tests | | | | | | | |
|------------------------------|---------------------|----|------------------|--|--|--|--|
| | | | Asymptotic | | | | |
| | | | Significance (2- | | | | |
| | Value | df | sided) | | | | |
| Pearson Chi-Square | 13.649 ^a | 6 | .034 | | | | |
| Likelihood Ratio | 15.516 | 6 | .017 | | | | |
| Linear-by-Linear Association | 7.442 | 1 | .006 | | | | |
| N of Valid Cases | 50 | | | | | | |

a. 8 cells (66.7%) have expected count less than 5. The minimum expected count is 1.68.



Do you examine your feet * Do you use corn remedies paint when you get acorn

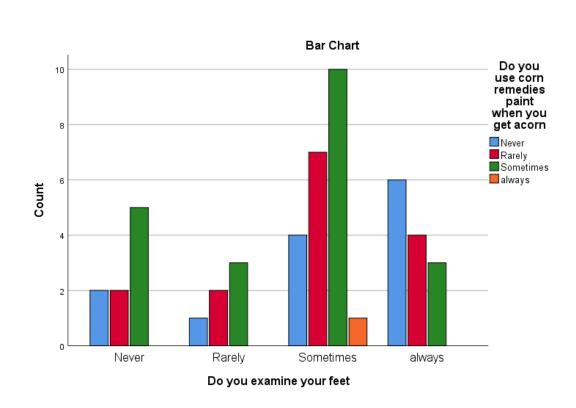
Crosstab

Do you use corn remedies paint when you get acorn

| | | Never | Rarely | Sometimes | always | | Γotal |
|--------------------------|-----------|-------|--------|-----------|--------|----|-------|
| Do you examine your feet | Never | 2 | 2 | 5 | 0 | 9 | |
| | Rarely | 1 | 2 | 3 | 0 | 6 | |
| | Sometimes | | 7 | 10 | 1 | 22 | |
| | always | 6 | 4 | 3 | 0 | 13 | |
| | Total | | 15 | 21 | 1 | 50 | |

| | | | Asymptotic |
|------------------------------|--------------------|----|------------------|
| | | | Significance (2- |
| | Value | df | sided) |
| Pearson Chi-Square | 5.958 ^a | 9 | .744 |
| Likelihood Ratio | 6.228 | 9 | .717 |
| Linear-by-Linear Association | 2.005 | 1 | .157 |
| N of Valid Cases | 50 | | |

a. 12 cells (75.0%) have expected count less than 5. The minimum expected count is .12.



Do you examine your feet * Do you put a dyr dressing on a bilster when you get one

Crosstab

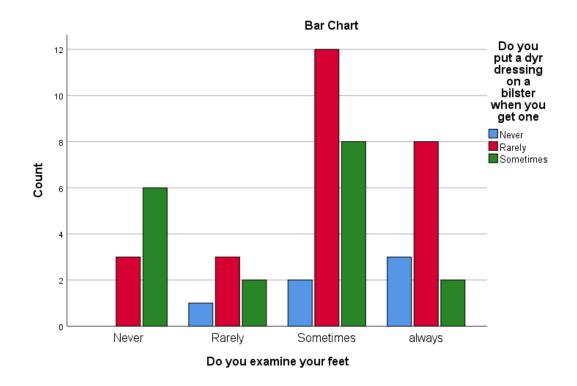
| | | Ciossiai | , | | С |
|--------------------------|-----------|----------------|-------------------------|---------------------|------|
| | | Do you put a c | dyr dressing on a bilst | er when you get one | |
| | | Never | Rarely | Sometimes | Tota |
| Do you examine your feet | Never | 0 | 3 | 6 | 9 |
| | Rarely | 1 | 3 | 2 | 6 |
| | Sometimes | 2 | 12 | 8 | 22 |
| | always | 3 | 8 | 2 | 13 |
| | Total | 6 | 26 | 18 | 50 |

| Chi-Square Tests | | | | |
|------------------|----|------------------|--|--|
| | | Asymptotic | | |
| | | Significance (2- | | |
| Value | df | sided) | | |

| Pearson Chi-Square | 7.434 ^a | 6 | .283 |
|------------------------------|--------------------|---|------|
| Likelihood Ratio | 8.255 | 6 | .220 |
| Linear-by-Linear Association | 5.694 | 1 | .017 |
| N of Valid Cases | 50 | | |

a. 9 cells (75.0%) have expected count less than 5. The minimum expected count

is .72.



Do you examine your feet * Do you put a dry dressing on a graze ,cut or burn when you get one

Crosstab

Count

Do you put a dry dressing on a graze ,cut or burn when you $% \left(1\right) =\left(1\right) \left(1\right)$

get one

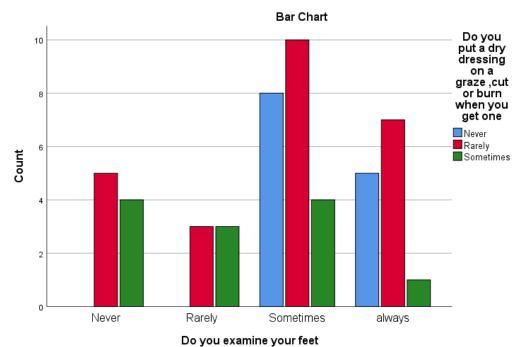
| | | Never | Rarely | Sometimes | Total | |
|--------------------------|-----------|-------|--------|-----------|-------|--|
| Do you examine your feet | Never | 0 | 5 | 4 | 9 | |
| | Rarely | 0 | 3 | 3 | 6 | |
| · | Sometimes | 8 | 10 | 4 | 22 | |

| Always | 5 | 7 | 1 | 13 | |
|--------|----|----|----|----|--|
| Total | 13 | 25 | 12 | 50 | |

Chi-Square Tests

| om oquaio rocio | | | |
|------------------------------|---------------------|----|------------------|
| | | | Asymptotic |
| | | | Significance (2- |
| | Value | df | sided) |
| Pearson Chi-Square | 10.778 ^a | 6 | .095 |
| Likelihood Ratio | 14.305 | 6 | .026 |
| Linear-by-Linear Association | 8.642 | 1 | .003 |
| N of Valid Cases | 50 | | |

a. 8 cells (66.7%) have expected count less than 5. The minimum expected count is 1.44.



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