

# A Study to Evaluate the Effectiveness of An Information Booklet on Knowledge and Practice Regarding Prevention of Diabetic Foot Ulcers among Diabetic Patients in Selected Villages, Rohtas

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**Abstract:** India is a diabetic capital of the World. Diabetic foot ulcer is of the most common complication of diabetic it is because of micro vascular and neuropathic complication. The incidence of foot ulcer among people with Diabetic varies from 8%to17%. Studies have shown that proper control of blood glucose prevents the development of micro vascular complications. Furthermore, the practice of diabetic foot care including daily foot examination and use of appropriate footwear is considered important in its early detection and prevention of complications. People with poor knowledge and practice regarding diabetic foot care are known to have a higher incidence of diabetic foot ulcers that cause severe disability and hospitalization Often diabetic foot ulcers get infected, sometimes even requiring an amputation which is the cause for more than half of non-traumatic lower limb amputations. Of all complications of diabetes, diabetic foot related complications are the most preventable ones. Poor knowledge of foot care and poor foot care practices were identified as important risk factors for foot problems in diabetic. This study thus aims to determine the awareness and practices of foot care in adult.

**Keywords:** Diabetic Foot Ulcers

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