

TITLE:**BURDEN OF DIABETES MELLITUS FOOT ULCER IN A NIGERIAN TERTIARY HOSPITAL**

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Background

Foot complications in people living with diabetes mellitus can present in variety of ways. It is responsible for major economic and financial burden both to the patient, and the community at large.

Objective

The objective of this study was to assess the burden and outcomes of diabetic foot ulcerations in Nigerians admitted into a tertiary hospital.

Method

Two years, 2014 and 2015 inpatient records of diabetes mellitus (DM) patients admitted into the medical wards of the Lagos University Teaching Hospital (LUTH) in south-western Nigeria were reviewed. The following data were obtained from the records - age and sex of patients, indication for admission, duration of stay in hospital, and outcome of inpatient management. Regarding outcome, 143 (56.7%) of the patients had complete data for analysis and these constituted a group for sub analysis.

Data management and statistical analyses were entered into Microsoft excel and cleaned up. Analyses were carried out using SPSS 22. Descriptive statistics were presented as mean and standard deviation while inferential statistics as student's t-test. Results were presented as tables, figures and tests.

Results

During the period under review, 2232 patients were admitted into the medical wards of the hospital. Out of these, 252 (11.3%) were diabetic patients of which 108(42.9%) were males and 144(57.1%) were females. Of the 252 patients 143 had full data and they are further analysed for outcome of admission. The average ages of the males and females were similar. Seventy-five (52.4%) patients were admitted on account of diabetic foot ulcers. Mean duration of admission for Diabetes mellitus was 65 days. Diabetes mellitus foot ulceration accounted for highest case fatality and discharged against medical advice in the two-year period.

Conclusion

Diabetic foot ulcers are preventable complications of diabetes mellitus, which appear to constitute the main indications for admission of DM patients in LUTH. Case fatality rate associated with diabetic foot ulceration admissions was unacceptably high. There is a need for more advocacy on foot care.

Keywords: Diabetes mellitus, inpatient, admission, outcomes, tertiary hospital, Nigerians