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## DIABETIC FOOT SYNDROME AND COMPENSATION FOR DIABETES MELLITUS TYPE I

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**Aim:** The main aim of the contribution is to present results of conducted research focusing on clarification of relation between the Diabetic Foot Syndrome(DFS) and the state of compensation for Diabetes type I as presented by HbA1c values.

**Research file & Methodology:** The research included 378 respondents (274 women, 104 men), patients suffering Diabetes Type I. with the diagnosis Diabetic Foot, hospitalized in FNŠP FDR, Banská Bystrica (SVK), during the period from 1.1.2012 till 31.12.2016. The applied research method was a retrospective study of the medical records of the chosen patients. The verification of compensation, respectively, decompensation of diabetes was tracked in the values of glycated hemoglobin (HbA1c).

**Results:** Average age of respondents was 68,57 years, average duration of Diabetes mellitus disorder with respondents was 7,44 years, average duration of Diabetic Foot Syndrome was 39,52 months. It was found that all the HbA1c values of the respondents (women; d = 8.94%, males 7.64%), exceed experts recommended values. Between HbA1c and the gender of respondents was not confirmed statistical dependence ( $p=0,3805$ ), also not for their age ( $p=0,6868$ ). The value representing duration of DFS, has an increasing tendency with increasing HbA1c (significance  $p>0,001$ ). Duration of Diabetic Foot Syndrome with the respondents is related with patient's HbA1c values.

**Discussion & Conclusion:** Measured glycated hemoglobin values with the respondents, represents the insufficient compensation of Diabetes for subjected file. The research clearly confirmed the correlation between HbA1c values and the occurrence of Diabetic Foot Syndrome with the patients suffering Diabetes type I as well as its duration. One of the inevitable preconditions for prevention of onset of Diabetic Foot Syndrome is continuous compensation of Diabetes mellitus type I disorder. Effective education must focus on the attitude of patient towards compliance with the principles of therapy. Dietary measures, avoiding overweight and obesity, focusing on appropriate physical activity and frequency of insulin application are the measures to ensure the long-term maintenance of diabetes compensation and balanced level of HbA1c.

### Biography

Mária Šupínová completed her Bachelor's studies from Jessenius Medical Faculty in Martin in the field of Nursing and Master's in Nursing, Faculty of Health and Social Affairs in Trnava. In 2006 she conducted rigorous exam in the field of Nursing on SZU in Bratislava. She Defended dissertation thesis on Nursing care for the chosen groups of individuals, in the field of Nursing in VŠZaSP St. Elizabeth in Bratislava in 2011. She specialized in nursing care (pediatry) during graduation; specialized in revision nursing and studies in the field of community nursing care during postgraduation. She worked as a Pediatric Nurse at the ward, later as leading nurse on pediatry. She is currently working as an Assistant Professor and the Head of the Department of Nursing in FZ SZU seated in Banská Bystrica. Her work focuses on the issues of community nursing, multicultural nursing and pediatric nursing.

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