

**Assessment of Prevalence of Diabetic Foot Disease at Kakamega  
Provincial General Hospital**

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## ABSTRACT

A diabetic foot disease is a foot that exhibits any pathology that results directly from diabetes mellitus, or any long term or chronic complication of diabetes mellitus. It is a major complication of diabetes and can cause death among people with the disease. Type 2 diabetes mellitus (DM II) is known to lead to serious long term complications in patients with poorly controlled blood glucose, poorly managed symptoms, and unchanged life styles. The objective of this research was to assess the prevalence of diabetic foot disease at Kakamega Provincial General Hospital, asses the drug regimen used for diabetic foot disease treatment and also find out the non-pharmacological treatment of patients with diabetic foot problems. It also seeks to find out if there are any concomitant diseases common to these patients. Analysis of the records at the clinic, ward, and the records department plus questionnaires to the patients and staff at the clinic were used in obtaining the information data. Data obtained shows that diabetic foot disease is a concern among the individuals with diabetes with the statistics standing at 44%, 28%, and 21% for the months of June, July and august .. Additionally, analysis of the results shows that 31% , 40% ,50% of the patients ,with diabetic foot disease patients who visited the hospital in the months of June July and august respectively were amputated. This shows that there is need for the Ministry of health to address the curbing of the escalation of diabetic foot disease among the diabetic patients. Patient education and subsequent modifications of their behavior are the keys to preventing or at least delaying these complications and improving the quality of patient's lives. The need for more physical exercises, from this research, is considered to be essential in reducing the diseases. Thus, patients with diabetes mellitus are encouraged to perform more physical exercises.