

# 12

## CARACTERIZATION OF THE DIABETIC ULCER IN THE PORTUGUESE POPULATION – A PREVALENCE STUDY

João Gouveia<sup>1</sup>, Rui Carvalho<sup>1</sup>.

<sup>1</sup>GAIF (P- Serra, Portugal)

**Aim:** DFU is a major public health concern in Portugal, as well as worldwide. It is estimate that more than 50000 diabetic patients suffers from some kind of ulcer on their feet, leading to high economic and human cost.

**Methods:** This was a prevalence study, exploratory, open, multicenter, that evolved Portugal Continental and Islands (Azores), were it was made a distribution of a survey to all the volunteers to fill in and return them to GAIF. The survey started on the 31 January 2009 closing the 30 April 2009.

**Results:** There were 268 patients, 63,8% were male, with a mean age of 65 yrs (+SD 13,3), 16 yrs of DM evolution (+SD 10,42) and the last value of HgA was 8,28 (+SD 1,99). 57,8% were retired, 81,3% had DM type II, 73,1% said that felt unavailable to walk, 58,6% presented a neuropathic foot.

Classifying the foot, 38,4% were classified as B,, with a time of evolution of 8,28 months (+SD 23,06), were referenced to other type of care, been the most named the hospital (74,6%), with a statistical significance ( $p < 0.05$ ) on the presence of callus on the neuropathic foot.

**Conclusion:** It still a long way to go on the management of the DFU, but we do believe that the way start in knowing the enemy preferences and investing in preventing the most prevalent places it afflicts.