

Progress Report 11

1.1 Title of the research project:

Effects of Leg and Foot Exercises on Ulcer Healing in Type 2 Diabetes Mellitus Patients

1.2 Objectives:

General Objective:

1. To determine the effect of leg and foot exercises on ulcer healing of type 2 DM patients.
2. To determine the level of knowledge and attitudes of nurses on wound care of patients with type 2 DM.

Specific objectives:

1. To determine the effects of leg and foot exercises in percentage reduction of ulcer size in patients with type 2 DM.
2. To determine the level of Glycosylated hemoglobin (HbA1c) on ulcer healing in patients who are performing leg and foot exercises.
3. To correlate ulcer healing percentages at different sites of leg and foot with the effects of leg and foot exercises.
4. To assess the impact of leg and foot exercises on the status of sensory neuropathy (by Semmes-Weinstein monofilament test /sensory levels), position sense and vibration sense.
5. To determine the impact of BMI on ulcer healing in type 2 DM patients who undergo leg and foot exercises.
6. To assess knowledge and attitudes of nurses in wound care management of patients with diabetes leg and foot ulcers.

3. Date of registration in Trial registry: 01.05.2013

5. Institutes where research is being carried out:

Colombo South Teaching Hospital, National Hospital of Sri Lanka, Colombo North Teaching Hospital (CNTH), District General Hospital - Negombo, and Durdens Hospital Laboratory, Colombo 3.

6. Time period covered by the report:

From November 1, 2013 to April 31, 2014

7. Description of research carried out:

Reviewing of literature has been continued throughout. Data were collected from 140 subjects (study group n=70, control group n=70) and 12 week follow up period was completed in 130 subjects. All collected data were entered to data sheets prepared in SPSS.

8. Results obtained: None

9. Conclusion obtained: None

10. Any publications/scientific communications already made during this period: None

11. Work plan for the next half year:

Literature search and data collection of patients will be continued. All collected data were entered to data sheets prepared in SPSS.

12. An explanation of any significant departure from the objectives of the study: none