

THE ANALYSIS OF PLANTAR PRESSURE AMONG DIABETIC PATIENTS: OBSERVATIONAL STUDY

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Introduction: Abnormally high plantar pressure can lead to ulcer formation and amputations among diabetic patients. This study was conducted to analysis the pressure distribution among diabetic patients with foot at risk.

Methodology: Patients with underlying diabetic with foot at risk were recruited from primary healthcare care. They were given appointments to come to the Pedobarography room in Orthopaedic Clinic, SASMEC. After obtaining the consent, patient had to walk on the platform and the plantar pressure was analysed by the system.

Results: Plantar pressure distribution is high among the diabetic patients. This creates an awareness among the diabetic patients in preventing and delaying the occurrence of foot ulcers.

Conclusion: Pedobarography is preventive tool to detect the high pressure and ulcer occurrence. However, it's not available in any of the primary healthcare in Malaysia. We can create awareness among diabetic patients about the importance of the plantar pressure and how to prevent early occurrence of ulcer.