

原 著

Difference of foot manifestations between young, adult, and bedridden elderly with diabetes : a cross-sectional observational study

Makoto Oe¹⁾, Mayumi Okuwa²⁾, Hiromi Sanada¹⁾
Junko Sugama²⁾, Michiko Inagaki²⁾, Yoshihito Kasahara²⁾
Keiko Tabata³⁾, Gojiro Nakagami¹⁾, Tomoe Nishizawa¹⁾

¹⁾Division of Health Sciences and nursing, Graduate school of Medicine,
The University of Tokyo,

²⁾Faculty of Health Sciences, Institute of Medical Pharmaceutical and
Health Sciences, Kanazawa University,

³⁾Sengi Hospital

Key words

foot manifestation, diabetes, diabetic foot

Abstract

Aim : The purpose of this study was to investigate the differences of foot manifestations between young, adult, and bedridden elderly patients with diabetes.

Methods : Three groups of diabetic patients were recruited into a between subjects, cross-sectional study. The presence and frequency of foot manifestations were estimated by the inspection of foot in 17 young patients (young group), 22 adult patients (adult group), and 44 bedridden elderly patients (bedridden elderly group). The medical history was taken from medical records.

Results : In the young group, no ulceration was found. Regarding foot manifestation with non-ulcerative pathology, 64.7% of young patients had dry skin; 35.2%, erythema; 17.6%, callus; and 17.6%, deformation. In the adult group, 4.5% had ulcers; 86.3%, dry skin; 22.7%, callus; 22.7%, corns; 13.6%, deformation; 4.5%, erythema, and 4.5%, hematoma. In the bedridden elderly group, 2.3% had ulceration; 88.6%, dry skin; 43.2%, deformation; 6.8%, erythema; and 2.3%, hematoma. Dry skin was located on the heels in the young and adult groups, but on the dorsum pedis in the bedridden elderly group.

Conclusions : The foot manifestations of each group differed. Therefore preventive care for the diabetic foot should take into consideration aging and mobility. As the prevalence of dry skin was high in all groups, more effective moisturizing care for diabetic patients should be developed.

小児及び成人、寝たきり高齢の糖尿病患者における 足の所見に関する研究：横断的観察研究

大江 真琴¹⁾、大桑 麻由美²⁾、真田 弘美¹⁾
須釜 淳子²⁾、稲垣 美智子²⁾、笠原 善仁²⁾
田端 恵子³⁾、仲上 豪二郎¹⁾、西澤 知江¹⁾

¹⁾東京大学大学院医学系研究科健康科学・看護学専攻

²⁾金沢大学医薬保健研究域保健学系

³⁾千木病院

キーワード

足病変, 糖尿病, 糖尿病足病変

要 旨

目的：小児、成人、寝たきり高齢の糖尿病患者における足の所見を調査する。

方法：3群の糖尿病患者を対象とした横断研究であった。足の所見の種類と保有率は小児群17名、成人群22名、寝たきり高齢群44名の調査より算出した。病歴は診療録より情報収集した。

結果：小児群では潰瘍の保有はなく、非潰瘍性病変は、乾燥64.7%、紅斑35.2%、胼胝17.6%、変形17.6%であった。成人群では潰瘍4.5%、乾燥86.3%、胼胝22.7%、鶏眼22.7%。変形13.6%、紅斑4.5%、血腫4.5%であった。高齢寝たきり群では潰瘍2.3%、乾燥88.6%、変形43.2%、紅斑6.8%、血腫2.3%であった。乾燥は小児群と成人群では踵、寝たきり高齢群では足背側に保有していた。

結論：各群で足の所見は異なっていたことより、糖尿病足病変の予防ケアには年齢や可動性を考慮すべきである。全ての群において乾燥の保有率が高かったため、糖尿病患者に対する効果的な保湿ケアを開発する必要がある。