

## **RISK OF LOWER EXTREMITY PERIPHERAL ARTERY DISEASE AND PRESENCE OF SYMPTOMS OF INTERMITTENT CLAUDICATION AMONG DIABETIC PATIENTS: CROSS SECTIONAL STUDY**

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### **ABSTRACT**

**Background:** Diabetes mellitus, a chronic metabolic non-communicable disease (NCD), has attained epidemic proportions worldwide <sup>1</sup>. Peripheral arterial disease (PAD) is one of the diabetic macro vascular complications <sup>2</sup>. It is a marker of generalized systemic atherosclerosis and is closely associated with symptomatic coronary and cerebrovascular disease. Among diabetic populations, screening and diagnosis of PAD are frequently suboptimal<sup>2</sup>. Epidemiologic data have shown a strong association between PAD and DM. ABI was unanimously recommended as the primary diagnostic tool for PAD <sup>3</sup>. International studies indicate that screening is rarely performed in the primary care setting <sup>4, 5</sup>. To document the presence or absence of the symptoms of intermittent claudication i.e. leg-muscle discomfort on exertion that is relieved with rest <sup>6</sup>, the Edinburgh intermittent claudication questionnaire was used. It clearly indicates if the patient had an asymptomatic disease or not <sup>6</sup>.

**Objective:** This study aimed to evaluate the risk of Lower Extremity Peripheral Artery Disease among diabetic patients and to identify the presence of intermittent claudication among diabetic patients.

**Design:** Cross-sectional study design.

**Setting:** Diabetic Outpatient Department of K.G. Hospital, Coimbatore.

**Methods:** A total of 60 subjects were selected by the purposive sampling technique. Lower extremity peripheral arterial disease was assessed in all patients using Ankle Brachial Pressure Index, the Edinburgh Claudication Questionnaire was used to determine if patients had the symptomatic disease or not.

**Results:** Peripheral Arterial Disease was prevalent in 14[23 %] study participants of these 11[79 %] had symptoms of definite intermittent claudication.

**Conclusion:** This present study helped to give insight, into the training programme that should be organized for patients with Diabetes Mellitus to create awareness about the risk of Peripheral Artery Diseases.

**KEYWORDS:** Ankle Brachial Pressure Index, Diabetes Mellitus, Edinburgh Claudication Questionnaire, Intermittent Claudication, Peripheral Arterial Disease

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### **Article History**

**Received: 26 Mar 2022 | Revised: 26 Mar 2022 | Accepted: 29 Mar 2022**

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