An integrated footcare approach can prevent up to 75% of diabetes-related complications incur high-cost to the health care system, affecting mortality and quality of life. Diabetes Canada reports direct healthcare cost of $3.8 billion in 2020, rising to $4.9 billion by the year 2030. An integrated footcare approach can prevent up to 75% of foot ulceration(s), yet many people with type 2 diabetes mellitus (T2DM) do not engage in preventative footcare. An understanding of how adults care for their feet and choose footwear needs to be explored.

The purpose of this research proposal is to explore the footcare and footwear practices of people with T2DM focusing on illness beliefs, self-efficacy, depression, and spousal influence on self-care decisions. The study findings will:

• Contribute to understanding participants’ decisions around preventative footcare and footwear based on self-efficacy, illness beliefs, depression, and spousal support.
• Provide an understanding of why and how people with diabetes and their spouses engage in footcare and footwear practices leading to individualized, effective education strategies improving clinical outcomes.
• Results will potentially influence the design and delivery of educational programs for people with T2DM and their spouses.
• Contribute to the identification of the indirect cost associated with caring for someone with T2DM including loss of productivity of the spouse.
• Assist spouses with gaining recognition as care providers by contributing to understanding participants’ decisions around preventative footcare and footwear based on self-efficacy, illness beliefs, depression, and spousal influence.

The study will utilize a qualitative descriptive research method focusing on illness beliefs, self-efficacy, depression, and spousal support. This would suggest that engaging spouses/significant others in foot care behaviour education may improve footcare and footwear practices of people with T2DM.

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