

Nail trimming: A qualitative content analysis of practices narrated by a cohort with diabetes

Ma'en Zaid Abu-Qamar
Edith Cowan University, Australia

Foot ulceration is the most frequent complication of diabetes, and it is deemed that a substantial proportion of these ulcers can be avoided with proper self-care. The care is multifaceted ranging from maintaining optimum blood glucose levels to a wide range of foot care practices. Proper nail trimming is an example of those foot care practices. The purpose of this research was to portray nail trimming practices among Jordanians with diabetes. To do so, qualitative content analysis is currently being employed to analysis responses to an open-ended question concerning the way of nail trimming. SPSS will also be employed to configure respondents' demographic profile. The open-ended question was asked during an interview guided by a questionnaire seeking information from people with diabetes concerning their knowledge and practices. The interviews were conducted after obtaining the required ethics approvals from departments governing the study settings that were nine healthcare facilities in the south of Jordan plus the Capital, Amman. Initial finding of the qualitative content analysis donated four main themes including the direction/ the shape that encompass responses described the way of trimming. The second theme included responses concerning the tool used in trimming. Responses concerned the trimming extend were aggregated under one theme. The fourth theme enclosed the persons from who the participants seek help in nail trimming. These findings will be discussed within the context of available literature concerning nail trimming. Such a discussion will enable developing evidence-based recommendations in which patients' views will be enclosed. As a result, incidence of foot-ulcers will reduced among the population with diabetes.

Biography:

Maen is a registered nurse holding a Doctor of Nursing degree from Adelaide University-Australia in 2007. Maens research interest is chronic conditions mainly the prevention of diabetic foot ulcers. After graduation, Maen has joined the faculty of nursing of Mu'tah University, Jordan, where Ma'en has continued his research mainly qualitative in the field of diabetic foot care.

Ma en has several publications in peer reviewed journals for which Ma en has been promoted as an associate professor, Faculty of Nursing, Mu'tah University. Ma en acted as an external examiner for several master thesis, Adelaide University. Ma'en also supervised (co-supervisor) a PhD student and a master student.

In 2013, Ma en joined the School of Nursing and Midwifery, Curtin University, Australia. In 2014, Ma'en moved to the School of Nursing and Midwifery, Edith Cowan University, Australia in the capacity of lecturer in nursing.

Ma en is currently involved in systematic reviews concerning family experiences with chronic conditions plus environmental causes of foot injuries among people with diabetes.