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RESEARCH

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## The lived experience of people with diabetes using off-the-shelf prescription footwear in Singapore: a qualitative study using interpretative phenomenological analysis



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**Abstract**

**Background:** Diabetic foot ulceration (DFU) is increasingly prevalent in Singapore. Appropriate management is important since DFU brings with it an associated risk for lower limb amputations, high morbidity rates and costs. Footwear prescription has been a part of clinical guidelines to manage DFUs. However, adherence to prescription footwear is typically poor amongst patients. Reasons for this have been explored in Northern American and Western European studies, but not in Singapore's context. As cultural and climate differences limit transferability of findings from existing studies to individuals in Singapore, this study aims to explore the lived experiences of participants with diabetes using prescription footwear in Singapore.

**Methods:** This was a qualitative study using interpretative phenomenological analysis (IPA) to understand some people's personal experience of using off the shelf prescription footwear. A total of 8 people with diabetes who received prescription footwear as part of their diabetic foot management were recruited. All participants provided written consent and took part in a semi-structured interview lasting up to an hour. Interviews were digitally recorded, transcribed and analysed using an IPA approach.

**Findings and discussion:** The analysis identified the super-ordinate themes of 1) security and 2) acceptance with sub-themes of 1.1) risk and 1.2) protection and 2.1) personal and social acceptance and 2.2) social and cultural acceptance respectively that inter-related to influence how participants' made footwear decisions. This process of evaluation was portrayed to be a fluctuant one, making it difficult to predict yet necessary to understand. A modified seesaw model of adherence is suggested to explain this decision-making process.

**Conclusions:** The complex manner by which participants grappled with security and acceptance is often overlooked when footwear is prescribed, highlighting a need for a more collaborative clinician-patient partnership for these issues to surface in clinical practice. Furthermore, prescription footwear should be seen more holistically. Empowering patients with choice to select from a range of therapeutic yet normalised footwear could increase the level of security and acceptance they experience with its use.

**Keywords:** Footwear, Lived-experience, Interpretative phenomenological analysis, Adherence, Singapore, Ulceration, Diabetes

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# Journal of Ovarian Research



The study, which appeared in the journal *Autism Research*, found that the same gene mutation that disrupts neuron communication in the brain also contributes to gut dysfunction. They all contain red dye #40, which has been linked to hyperactivity, nervousness, trouble concentrating, and more. Probiotics support and promote the growth of probiotics. Go gluten-free. The result? Shake the sugar habit. Research shows that people with autism are more sensitive to gluten, a protein in wheat, rye, barley, and other grains that can also be found in everyday food items like ketchup, salad dressing, and soy sauce. Prime the gut with probiotics and prebiotics. Avoiding sugar is critical for people with ASD. March 2016 Lifetime Achievement Award in Health and Science from the Glendale Educational Foundation, Glendale California. August 2009 Certificate of Achievement - 2009. Rated highest among physicians by patients on a nationally endorsed survey on patient experience of care. Sponsored by Kansas City Quality Improvement Consortium, United Healthcare, Aetna, Blue Cross and Blue Shield of Kansas City. November 2006, 2007, 2008, 2009 Directed Nemechek Health Renewal to achieve the United Healthcare Premium Quality and Efficiency Designation, United Healthcare, January 2006, 2007, 2008, 2009 Nominated for the Greater Kansas City Chamber of Commerce Small Business of the Year Award, Kansas City, Missouri, June 1999 Selected as one of 18 clinical sites to participate in the HIV Research Network, Managed by the Center for HIV Quality Care of Johns Hopkins Medical Center, and funded by AHRQ, November 1997 Nominated as one of the top AIDS treating physicians in the United States by POZ Magazine. April 1996 Chose as Site of Clinical Excellence and Case Study for "INTEGRATED PATIENT CARE: Managing Health Care Costs, Maximizing Health Care Value and Quality". 2. Probiotic and prebiotic foods and supplements help with restore the balance of healthy gut bacteria. There are 8-10 different factors that influence abnormal brain function. With this information, we can more effectively personalize treatment, including nutritional coaching, to help decrease symptoms of autism. The truth is milk does NOT do an autistic body (or brain) good! Milk, cottage cheese, yogurt, and other dairy foods contain a protein known as casein. This also leads to the malabsorption of nutrients and interferes with the synthesis of neurotransmitters, which can raise the risk of issues like anxiety, mood problems, and mental difficulties. Ditch all food dyes and artificial additives. Skip the dairy. This new research opens up the possibilities for future treatments targeting the gut to improve the quality of life for people with autism, a condition also known as autism spectrum disorder (ASD). We utilize brain imaging technology called SPECT to help identify brain patterns, which can be either dramatically overactive or underactive in people with ASD. Brain fog, problems concentrating, and a spacy feeling. Nacho Cheese Doritos, M&M's, Powerade Orange—these "food-like" products all have something in common. Transcutaneous Vagus Nerve Stimulation is Associated with Lower Mechanical Ventilation and Mortality in COVID-19 Patients Patrick Nemechek1\* Guido Antonelli2 Ariel Braida2 1Nemechek Autonomic Medicine, Buckeye Arizona, USA 2Hospital Zonal Virgen del Carmen de Zárate, Zárate, Buenos Aires, Argentina \*Corresponding author: Patrick Nemechek, Nemechek Autonomic Medicine, Buckeye Arizona, USA, E-mail: dr@autonomicmed.com Look for products that contain both Lactobacillus and Bifidobacterium strains. 3. Imbalances in gut bacteria have been linked to inflammation as well as mood problems, impulsivity, and other issues. As dairy foods are digested, casein contributes to the release of substances called exorphins that bind to the brain's opiate receptors. Consuming simple carbohydrates—think cookies, pretzels, and pasta—can reduce the levels of good bacteria in the gut. 5. A growing body of evidence has found that other food additives can alter gut bacteria and are linked to mood problems, behavioral issues, and other neuropsychological issues. A Study sponsored by Bristol-Myers Squibb Company & KPMG Peat Marwick LLP, June 1989 - June 1990 Chief Resident, Internal Medicine, U.C.L.A. School of Medicine May 1990 Robert S. If you would like help finding integrative solutions for autism, call 888-288-9834 today to speak to a specialist or schedule a visit online. ASD is characterized by developmental delays, learning disabilities, abnormal social and communication skills, and other behavioral issues. Gluten is known to disrupt the balance of gut bacteria and contributes to inflammation and an increased risk of leaky gut. Eliminating dairy from the diet has decreased hyperactivity and increased communication in some people with autism. 4. Mosser Award for Excellence in Internal Medicine, U.C.L.A. School of Medicine For years, people have been speculating as to why as many as 9 in 10 people with autism have gut issues. Exciting new research from 2019 has confirmed the gut-brain link in autism. At Amen Clinics, we have seen over 1,000 patients with Autism Spectrum Disorder and have discovered that autism is not just one thing. 1. Some parents who have eliminated gluten from their autistic child's diet have noticed improvements in behavior and communication symptoms. 5 Steps to Better Gut Health In the meantime, here are 5 ways to promote better gut health that have already been linked to an improvement in autism symptoms. Sugar also raises the risk for the erratic firing of neurons. Getting them out of the diet is important for anyone with autism. Remember this old ad: "Milk: It does a body good"? Probiotic-rich foods include fermented foods that contain live bacteria, such as sauerkraut, kimchi, unsweetened yogurt, kefir, kombucha tea, and miso soup.

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