

SPIRITUAL WELL-BEING AND FOOT CARE SELF-MANAGEMENT IN OLDER ADULTS WITH DIABETES

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Background

Older adults with diabetes are at increased risk of foot complications, and adherence to foot care self-management is essential for prevention. While spiritual well-being has been associated with positive health behaviours, its relationship with foot care self-management in this population remains underexplored.

Aim

This study aimed to examine the relationship between spiritual well-being and foot care self-management among older adults with diabetes.

Methods

This descriptive-correlational study included 155 older adults with type 2 diabetes recruited from a public hospital in Türkiye. Data were collected through face-to-face interviews using the Functional Assessment of Chronic Illness Therapy–Spiritual Well-Being Scale (FACIT-Sp-12) and the Foot Care Scale for Older Diabetics (FCS-OD). Data were analysed using Pearson’s correlation and linear regression analyses.

Results

Spiritual well-being was positively correlated with foot care subscales, including attention to wounds ($r = .29$), skin condition ($r = .32$), nail clipping ($r = .36$), as well as total FCS-OD scores ($r = .35$) (all $p < .001$). Linear regression analysis indicated that spiritual well-being was a significant predictor of foot care self-management ($p < .001$), explaining 12% of the variance.

Conclusion

Spiritual well-being was positively associated with foot care self-management among older adults with diabetes. These findings suggest that considering patients’ spiritual well-being as part of a holistic assessment may help diabetes nurses identify individuals who may require additional support for foot care practices. Further research is needed to examine whether interventions targeting spiritual well-being can influence self-management outcomes.