

## **HIPS/23/06 – Motivational Interviewing For The Prevention Of Diabetes-Related Foot Ulceration In People Exposed To Multiple Deprivation: A Pilot Trial.**

Foot ulcers are wounds occurring below the ankle and can lead to serious complications including amputation and death and they occur in somewhere between 19-34% of people with diabetes. We know that once a foot ulcer has occurred, it is highly likely to happen again with up to 40% experiencing another ulcer within one year, rising to 60% within 3 years. This common, devastating complication of diabetes is even more common in people exposed to higher levels of multiple deprivation. Some of our previous research has demonstrated this when we studied the Greater Glasgow and Clyde health board area using a special mapping technique. We found that individuals with diabetes living in the most deprived part of the region were four to five times more likely to experience a foot ulcer, amputation or death than those living in the least deprived areas. Current treatment approaches are not effective; people with diabetes are well informed about their condition but this does not necessarily lead to behaviour change. We have developed a new treatment based on motivational interviewing – a way of having a conversation that helps to understand reasons/barriers to change and supports adoption of new behaviours (or stopping unhelpful behaviours) to prevent foot ulcers. Our aim is to undertake a small trial, comparing motivational interviewing to current care, to find out if a larger trial is possible and worth doing. We hope that this intervention could empower people with diabetes and foot ulceration, leading to improved self-care and reduced ulceration/amputation.