

Profile of Clinical Infections in Patients suffering from Diabetes Mellitus in A Tertiary Care Centre of Vidarbha Region of India

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Abstract

Background: Diabetes Mellitus is widely prevalent and most common metabolic disorder of both developing and developed countries. It leads to many associated complications including weakness of defense mechanism in our body. Infections are relatively more common and soft tissue infections are the commonest amongst them. Hence we have planned the study to know the status of soft tissue infections in diabetes mellitus patients of Vidarbha region of India which is a central part of country. **Material and Methods:** Patients suffering from diabetes mellitus with or without soft tissue infections hospitalized or attending out patients department (OPD) of Government Medical College Nagpur were included in the study. Out of 305 enrolled cases 102 (33.45%) patients were suffering from soft tissue infections. The profile of soft tissue infectious was studied by aerobic culture on blood agar and McConkey agar. **Results:** Commonest type of clinical infection was diabetic foot 35 (34.31%) followed by Non healing ulcer 34 (33.33%). Commonest single organism was E. Coli 15 (14.70%) followed by Coagulose +ve Staphylococci 11 (10.62%). No growth was seen in 20 (19.60%) cases. 2(66.66%) Pseudomonas was isolated from 3 osteomyelitis infections. In 28 E. Coli, 27(96.42%) strains were sensitive to Cephalexin followed by 15(15.57%) strains were sensitive to Gentamycin and 5(17.85%) strains were sensitive to Ampicillin and 12 (42.85%) strains were sensitive to Norfloxacin. **Conclusion:** Common soft tissue infections are diabetic foot and non-healing ulcers. It is basically a polymicrobial flora with gram +ve and gram -ve bacteria. E.coli, Klebsiella pneumoniae, Staphylococcus aureus and Pseudomonas aeruginosa are commonest bacterial pathogens. Bacterial isolates are generally multidrug resistant. Infections are more common with increase in associated factors.