Diabetic Foot Assessment
Diabetic Foot Disease = Ulcers or Infections in the feet of those with Diabetes
Diabetic foot Disease
Why is it Significant?

World wide diabetes effects 9% of adult males and 8% adult females

Projections show that Diabetes will increase in prevalence by 70% in the next 20 years.

Diabetic foot disease amounts to 33% of the total cost of all diabetic related complications

Diabetic foot disease is the major cause of all amputations and hospitalization around the world.
Diabetic foot disease

Significant negative impact on quality of life

5 year *mortality* rate of approx. 40%
Assessment

- Assessment of feet & diabetic foot ulcers should be undertaken by health professionals with training in this area.
- Test for neuropathy with a monofilament, combined with clinical examination assessing sensory, autonomic and motor changes.
- Take a history – risk factors, family history, ulcer history, infection history.
- Physical examination
  - Skin
  - Musculo-skeletal
  - Neurological
Diabetic Foot Ulcers

Precipitated by:

Peripheral neuropathy
and
Peripheral arterial disease
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http://emed.ie/Metabolic/Diabetic_Foot.php
Classic Sites of ulceration

https://www.bmj.com/content/359/bmj.j5064

http://www.antimicrobe.org/e26.asp
Specific Assessments
Sensory testing

• Vibration testing

• Semmes-Weinstein 5.07 (10 gram) monofilament

https://www.prohealthcareproducts.com/blog/sensory-testing-using-monofilaments-for-diabetes-and-carpal-tunnel-patients/
Diabetic Foot Australia

Australian and International Guidelines on Diabetic Foot Disease

diabeticfootaustralia.org
Holistic and Patient Focused

- “whole” not “hole”
- individual risk factors
- individual circumstances
Further Information

Wounds Australia  www.woundsaustralia.com.au
International Wound Infection Institute  www.woundinfection-institute.com
National Institute for Health and Clinical Excellence (NICE)  http://www.nice.org.uk/
EWMA Consensus Documents  http://ewma.org/english/position-documents.html
Scottish Intercollegiate Guidelines Network (SIGN)  http://www.sign.ac.uk/
Wounds International  http://www.woundsinternational.com/clinical-guidelines
Wounds UK  http://www.wounds-uk.com/
The Joanna Briggs Institute  http://joannabriggs.org/

References

Dane K. Wukich & Katherine M. Raspovic Assessing Health-Related Quality of Life in Patients With Diabetic Foot Disease: Why Is It Important and How Can We Improve? The 2017 Roger E. Pecoraro Award Lecture Diabetes Care 2018;41:391–397|https://doi.org/10.2337/dc17-0029
Khunkaew Saneh, Fernandez Ritin, Sim Jenny. Health-related quality of life among adults living with diabetic foot ulcers: a meta-analysis Quality of Life Research Published online December 2018 https://doi.org/10.1007/s11136-018-2082-2