Diabetic Foot Disease – Prevention
Diabetic Foot Disease

= Ulcers or Infections in the feet of those with Diabetes
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%
Ending avoidable amputations within a generation

PREVENTION
Diabetic foot ulcers

- Good foot care & daily foot inspection reduces ulcer recurrence (II)

- An annual foot examination should be undertaken by a health professional with skills in this area (I)

- Education may reduce incidence of ulcers and amputation (II)

- Preventive footwear reduces ulcer recurrence in high-risk patients (II)

https://www.thecardiologyadvisor.com

https://medtube.ne
Diabetic foot ulcers

- Assessment of feet & diabetic foot ulcers should be undertaken by health professionals with training in this area (II)

- Test for neuropathy with a monofilament, combined with clinical examination assessing sensory, autonomic and motor changes (II)

- Refer to specialist when there is no progress in epithelialisation from the margin within two weeks of debridement and commencing offloading therapy (II)

- Treatment should be re-evaluated when there is failure to achieve ulcer size reduction of 40% after 4 weeks of therapy (II)
Ending avoidable amputations within a generation

Diabetic Foot Australia
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/  

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References

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  
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?  Diabetes Care  2018;41:391–397|https://doi.org/10.2337/dci17-0029  