The Patient with Diabetes and Foot Ulceration

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Outline

• Background
• Assessment and classification
• Inclusion
• Engagement
• Education
• Summary
Primary Importance

• Know foot risk status
• Check feet every visit
• Optimise control
• Team involvement early
Amputation and Diabetes

• Internationally one limb every 20 seconds

• 10-fold amputation risk in people with diabetes
Assessment and Classification

• New Zealand Society for the Study of Diabetes (NZSSD) Diabetes Foot Screening and Risk Stratification Tool

• nzssd.org.nz/Health Professionals Section/Diabetic Foot Disease/ Referral pathways document
High Risk Foot Classification

• 13% of people with diabetes in NZ

• Ulceration = 5 year mortality rate (55-74%)

• Mortality worse than breast, prostate, colon cancer
Team involvement

• Why
• Who

• Case management
• Relationships/pathways/communication
Foot Ulceration

- Optimal control essential for healing
- Antibiotics
- 80% of amputations preceded by ulceration
Patient engagement and support

• Negotiating the MAZE ......

• Know your ‘Foot Risk Status’

• Foot Attack
Education and Awareness

• Health Professionals

• People with Diabetes

• Support People

• Lifestyle
Summary

• Screening

• Education

• Action
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- Diabetes Australia www.diabetesaustralia.com.au
- 25 years of clinical practice