

Assessing risk and preventing foot complications in people with diabetes



Recommendation 1

Health-care providers should perform foot examinations to identify people with diabetes at risk for ulcers and lower-extremity amputation (Grade C, Level3) at least annually and at more frequent intervals in high-risk people (Grade D, Level4). The examination should include assessment for neuropathy, skin changes (e.g. calluses, ulcers, infection), peripheral arterial disease (e.g, pedal pulses and skin temperature) and structural abnormalities (e.g. range of motion of ankles and toe joints, bony deformities) (Grade D, Level 4).

Recommendation 2

People with diabetes who are at high risk of developing foot ulcers should receive foot care education (including counseling to avoid foot trauma and professionally fitted footwear (Grade D, Consensus). When foot complications occur, early referral to a health-care professional trained in foot care is recommended (Grade C, Level 3).

Recommendation 3

People with diabetes who develop a foot ulcer or show signs of infection even in the absence of pain should be treated promptly by an interprofessional health-care team when available with expertise in the treatment of foot ulcers to prevent recurrent foot ulcers and amputation (Grade C, Level 3)

Diabetes, Healthy Feet and You

- <https://www.woundscanada.ca/about-dhfy>



- Brochures for patients printable in multiple languages
 - Topics including: Diabetic foot care, shoe fitting, neuropathy, peripheral arterial disease, foot examinations
- Resources for clinicians
 - screening tools, link to foot exam video
- Links to foot care professionals, diabetes organizations, resources in the community and other online resources

Other resource links:

Diabetes Canada Foot care Patient checklist:

http://guidelines.diabetes.ca/cdacpg_resources/appendices/Appendix_9.pdf

RNAO Clinician education package on risk assessment:

http://rnao.ca/sites/rnao-ca/files/Diabetes_Foot_-_Risk_Assessment_Education_Program_Participant_Package.pdf

Southwest Regional Wound Care Program Patient education flyer:

<http://www.swrwoundcareprogram.ca/Uploads/ContentDocuments/Diabetic%20Foot%20Flyer.pdf>

Links to find local foot care and foot wear professionals:

thehealthline.ca – Health Services for South West:

<http://www.southwesthealthline.ca/listServices.aspx?id=10105>

Chiropodists:

<http://www.ontariochiropodist.com>

Orthotics and Shoes (pedorthists):

<http://www.cpedca.ca/locate.htm>

Canadian Association Prosthetics and Orthotics:

http://pando.ca/member_search.php

References

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