

# Diabetes and foot care

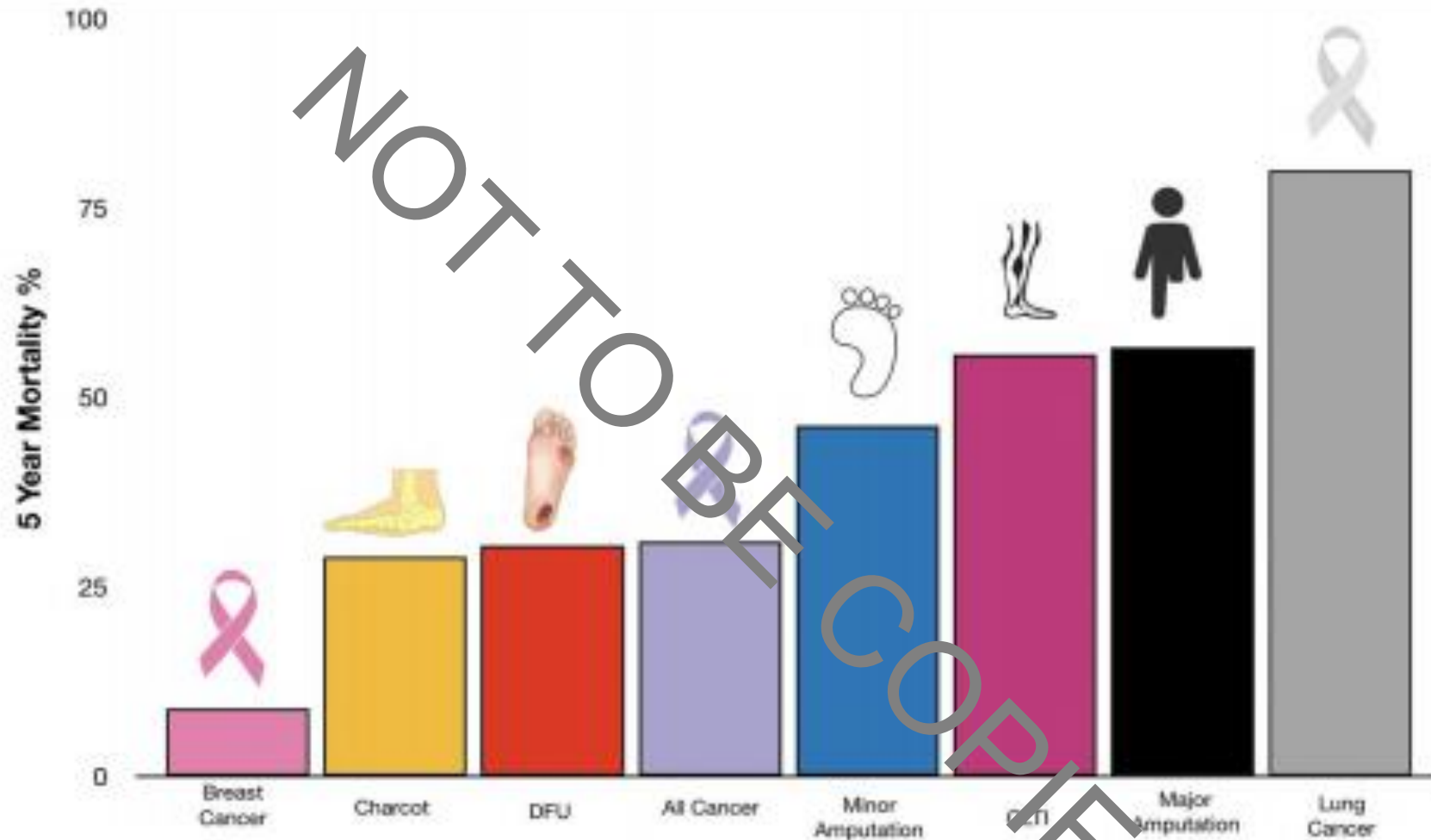
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- **Foot checks and risk stratification**
- **Screening in people with dark skin tones**
- **Spotting early warning signs**
- **When and how to refer**

# Diabetic foot disease





**Fig. 1** Five Year Mortality of Diabetic Foot Complications and Cancer. Diabetic foot complications compared to cancer. DFU = diabetic foot ulcers [11] = 30.5%. Charcot = Charcot neuroarthropathy of the foot [14]. All Cancer = pooled 5 year survival of all cancers [11]. CLTI = chronic limb threatening ischemia [28, 29]. Major Amputation = above foot amputation [20–22, 26, 27]. Minor Amputation = foot level amputation [17, 27]

# Foot checks and risk stratification

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- Identification of hazards for diabetes related foot complications
  - Neuropathy
  - Peripheral Arterial Disease
  - Significant structural abnormalities
  - Significant callus
  - Previous ulceration
  - Inability to self-care

In Wales foot screening  
only 66.2% completed

# Screening in dark skin tones

- Individual variations
  - Establish baseline skin tone
- Skin subtleties of signs and symptoms
  - Hyperpigmentation
  - inflammation
- Where relevant discuss culturally specific practices that might affect foot health



WUK BPS

**Best Practice Statement**  
Addressing skin tone bias in wound care: assessing signs and symptoms in people with dark skin tones

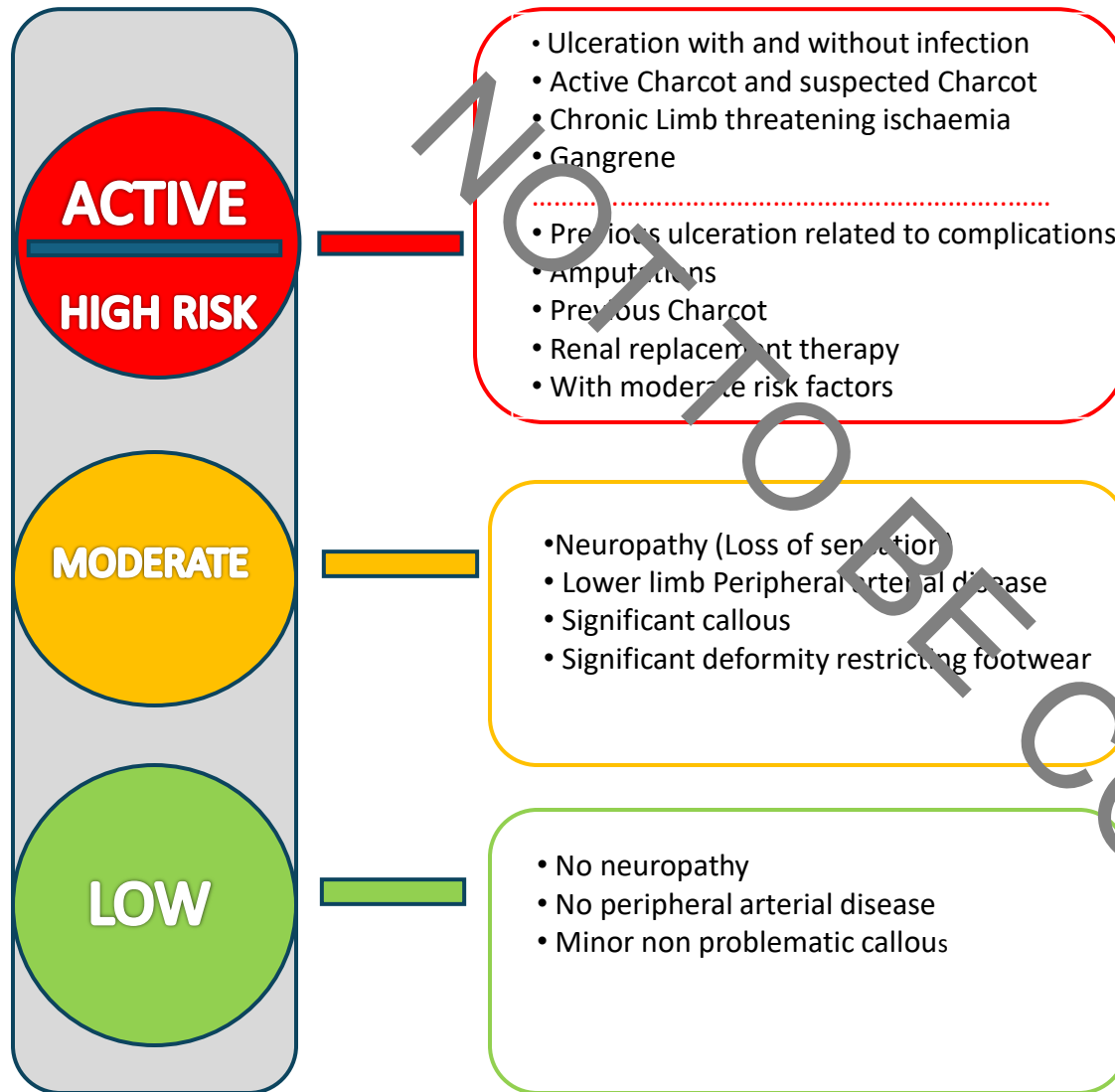


Assessment and diagnosis  
Common wound types and issues to consider  
Product selection  
Education and the future

Wounds UK



[www.diabetesafrica.org/footcare-handbook](http://www.diabetesafrica.org/footcare-handbook)



**PATIENT ACTIVATION TO SELF MANAGE:**

- Knowledge
- Skills
- Importance to self-manage
- Confidence to self-manage
- Carer support

**Risk stratification = risk to foot crisis**

# Foot care advice

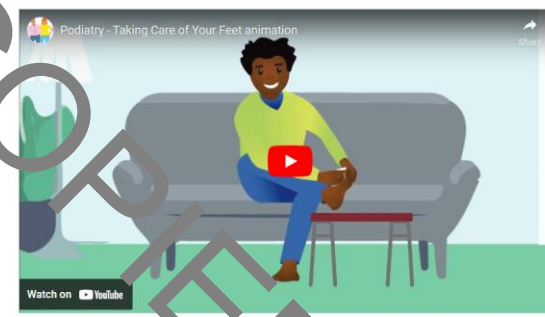
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- Risk stratification
- Link between HbA1c & foot complications
- Daily foot care
- Footwear
- How to get help when needed

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# Foot self-care: supporting our patients

- Understanding goals, knowledge, health literacy, skills, health beliefs, activation, confidence, support.
  - 'Their feet, their risk, their health'.
  - 'Good foot self care behaviours are key to prevent the development of DFD'.
- Personalised education - identify the best way to support their foot health education.



Keepingmewell.com [Diabetes and your feet - Keeping Me Well](#)  
Diabetes UK



# Patient information (4 key points).

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- Information about diabetes affects feet and the importance of blood glucose control.
- The person's current individual risk of developing a foot problem. **Low risk does not mean no risk.**
- Basic foot care advice and the importance of foot care.
- Foot emergencies and who to contact.

# Spotting early warning signs

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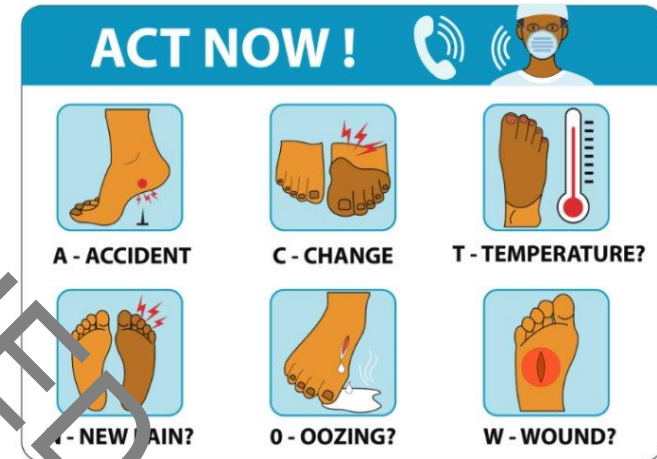
- Peripheral neuropathy & significant callus or deformity - **NHS FPT**
- Lower limb peripheral arterial disease with no tissue loss – **NHS FPT**
- Difficulty managing own footcare – signpost to HCPC registered podiatrist

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# Spotting serious cases – foot emergencies

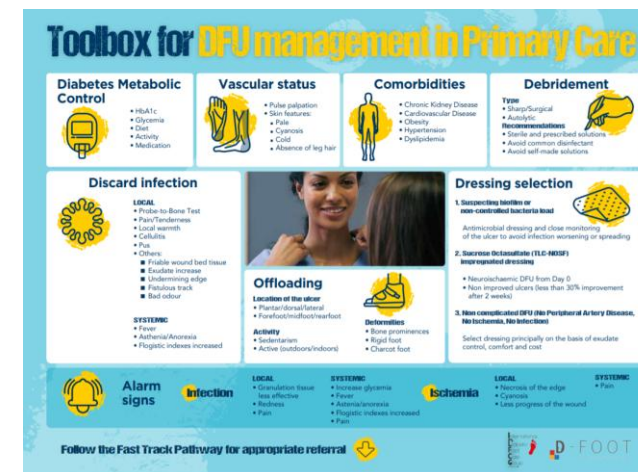


- Rapid referral within 1 working day to FPT / MDFT for triage within 1 further day (NICE NG19 2019) for:
  - Ulceration
  - Spreading infection
  - Suspicion of acute Charcot foot or unexplained red, hot, swollen foot with or without pain
  - Chronic limb threatening ischaemia
  - Gangrene
- Know your own local pathways
- Get to know your own local FPT / MDFT



# HCP resources

- CDEP training ([www.cdep.org.uk](http://www.cdep.org.uk))
  - caring for the diabetic foot in a residential or care setting.
  - Diabetic foot care, screening & risk assessment.
- Diabetes foot screening Frame ([www.diabetesframe.org](http://www.diabetesframe.org))
- Capability framework for Integrated Diabetic Lower Limb Care: A user's guide ([www.wounds-uk.com](http://www.wounds-uk.com))
- WEDS website ([www.weds-wales.co.uk](http://www.weds-wales.co.uk))
- D-Foot international ([www.d-foot.org](http://www.d-foot.org))
- National Strategic Network for Diabetes ([www.performanceandimprovement.nhs.wales/functions/networks-and-planning/diabetes/](http://www.performanceandimprovement.nhs.wales/functions/networks-and-planning/diabetes/))



# Summary

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- Examine and assess foot risk at least annually.
- Importance of understanding the challenges when identifying early warning signs and foot emergencies in dark skin tones.
- Provide advice on management of foot hazards.
- Know when and how to refer in more serious cases. Get to know your local FPT / MDFT.