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Foot Inspection or Foot Assessment?

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Session aims

1. To establish group position on inspection and assessment
2. Interpret Diabetes foot care guidelines
3. Practical sessions on neurological and vascular
4. Inspection / Assessment - Discussion points
5. Review group algorithm for inspection and assessment
1. Algorithm task

- Inspection or assessment?
2. Key Guidelines

- National minimal skills \textit{(competency)} framework (2006) for foot assessment
Examination of the patients feet should include:

- Testing of foot sensation using 10g monofilament
- Palpation of foot pulses
- Inspection of foot deformity
- ...and inspection of footwear
2. Inspection and Assessment identifies risk factors

NICE guidelines (2004) – ref algorithm

- Low current risk
- Increased risk (1 risk factor)
- High risk (x2 risk factors/prev ulcer)
- Ulcerated foot

4 levels (A,B,C,D)

A. Routine basic assessment and care
   1) Identify risk status 2) provide foot care advice 3) manage new lesion/ulcer

B. Expert assessment and care of the foot at increased risk but without an active ulcer/lesion
   1) Confirm neuropathy 2) assess severity of pvd 3) provide Rx 4) initiate management plan
C. Expert assessment and management of existing foot ulcer/lesion/charcot
   1) assess multi factorial aetiologies 2) manage infection 3) refer x-ray MRI arterial imaging 4) wound management 5) off loading 6) communicate with carers/family/MDT

D. Management of the patient whose foot ulcer is resolved
   1) Education 2) footwear / orthotic insoles 3) continued surveillance and treatment
3. Neuropathy how can we quantify it?

- Light touch
- Protective sensation pain
- Vibration perception
- Temperature perception
3. Neurological Testing - Sensory

- protective pain sensation
- 10 g monofilament
- *Significant for predicting ulcer risk
- practical
3. Neurological Testing - Sensory

Vibration Perception
128 hz tuning fork

Neuroesthesiometer
3. Is Vascular disease different in the foot with diabetes?

Yes – severity can be measured by;

- Palpation of foot pulses
- Clinical examination
- Doppler examination and Waveform
- Ankle Brachial Pressure Index (ABPI)
3. Vascular Assessment

Pulse Palpation

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3. Vascular Assessment

- Doppler assessment of foot pulses
- practical
Vascular Assessment

Waveform Analysis

Ankle Brachial Pressure Index

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4. Inspect or assess these feet

- Hammer toes
- Bunion
4. Inspect / assess Foot Deformity
4. Inspect / assess Footwear
5. Algorithm for inspection & assessment

Inspection

1) Cotton wool test / *Monofilament
2) Identify gross foot *deformities
3) *Pulse palpation and Doppler
4) Hands on temp gradient test
5) *Footwear inspection for wear and tear / foreign objects
6) Visual colour check
7) Check for oedema
8) visual check nails
9) Tuning fork
10) visual check skin

Assessment

1) *Monofilament
2) Diagnosis complex *deformity/Charcot
3) *Pulses Doppler analysis ABPI TBPI
4) Quantify temperature
5) *Footwear analysis
6) Visual colour check
7) Check for oedema
8) Diagnosis of nail conditions
9) Tuning fork / neurosthesiometer
10) Diagnosis of skin conditions
11) Range of joint motion – collagen changes
12) Gait and pressure analysis

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References and further reading

