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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

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# 1. Algorithm task

- Inspection or assessment?

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## 2. Key Guidelines

- NICE guidelines prevention and management of foot problems (2004)
- National minimal skills (*competency*) framework (2006) for foot assessment

## 2. NICE (2004)

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

## 2. National minimum skills framework for commissioning foot care services for people with diabetes (2006)

### 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



## 2. National minimum skills framework for commissioning foot care services for people with diabetes (2006)



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### 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

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# 3. Neuropathy how can we quantify it?

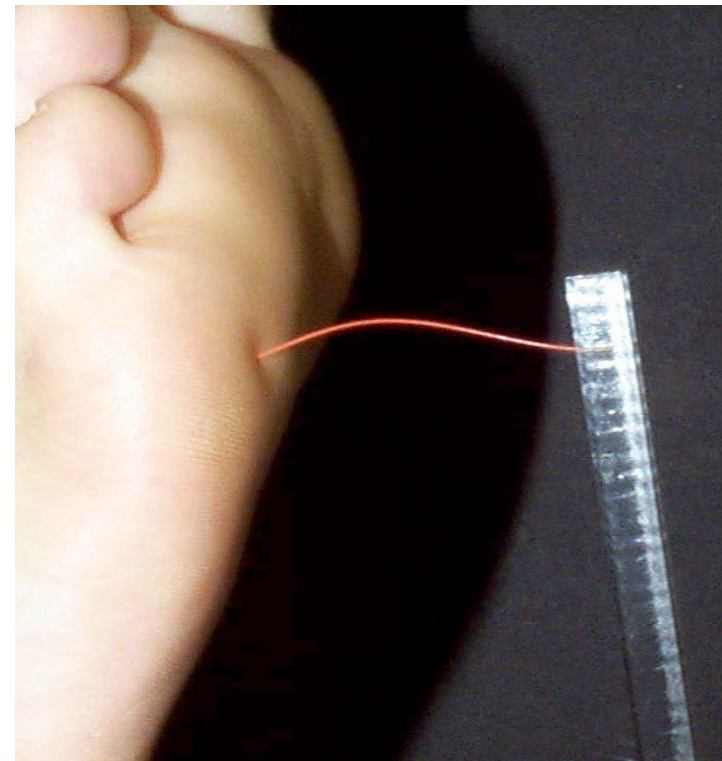


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- Light touch
- Protective sensation pain
- Vibration perception
- Temperature perception

# 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



Neurothesiometer

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



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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

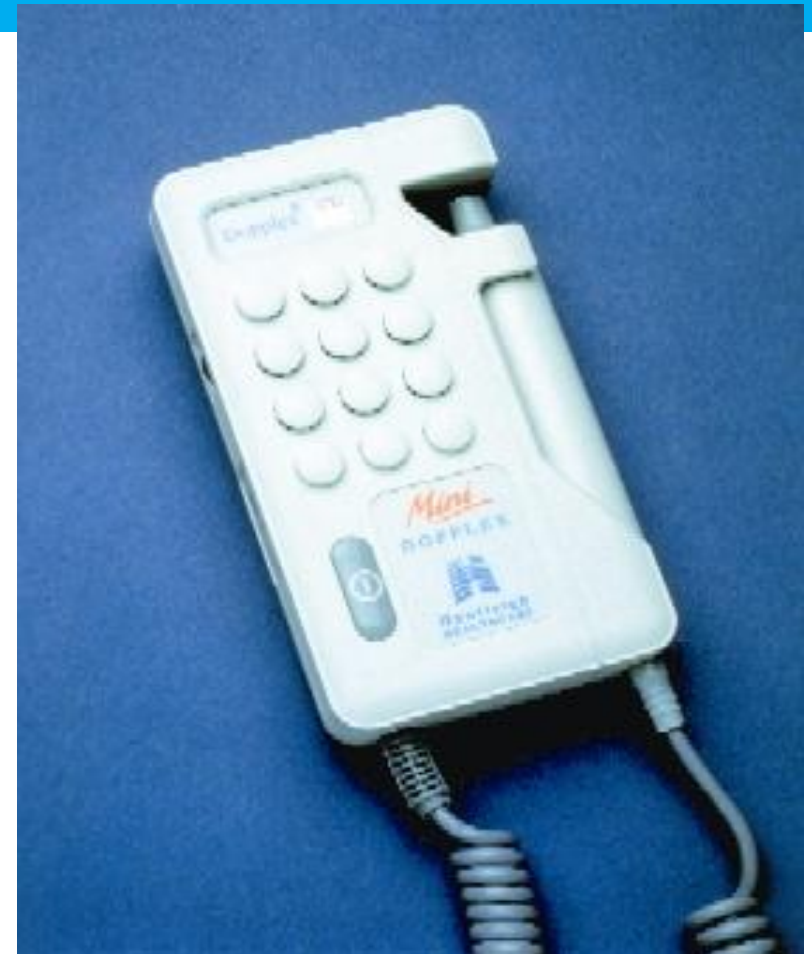


Inspiring tomorrow's professionals

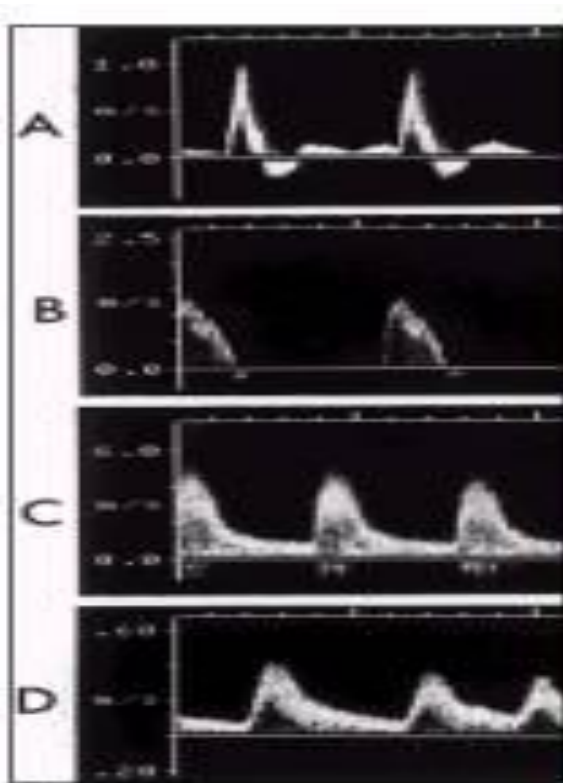


# 3. Vascular Assessment

- Doppler assessment of foot pulses
- **practical**



# Vascular Assessment



Waveform Analysis



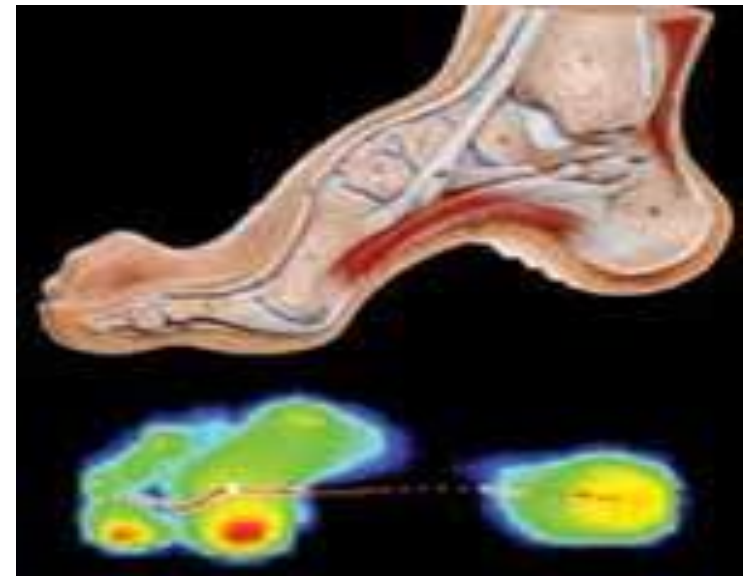
Ankle Brachial Pressure Index



# 4. Inspect or assess these feet



# 4. Inspect / assess Foot Deformity



# 4. Inspect / assess Footwear



# 5. Algorithm for inspection & assessment



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## 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

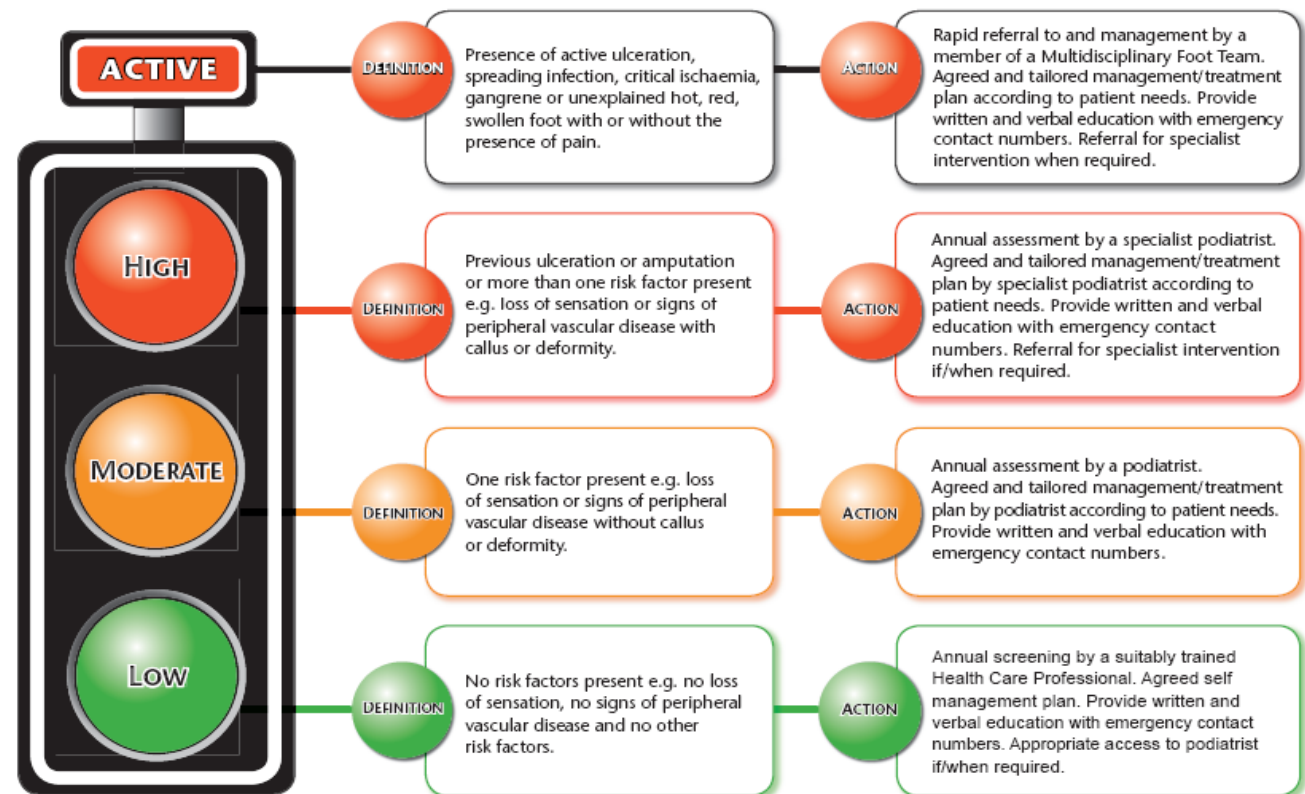
## Assessment

- 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 / neurothesiometer
- 10) Diagnosis of skin conditions
- 11) Range of joint motion – collagen changes
- 12) Gait and pressure analysis



# Thank you and take home message

## DIABETIC FOOT RISK STRATIFICATION AND TRIAGE



Developed by the Croftside Podiatry Clinic - South Eastern Cheshire

These definitions refer to the use of the GSI DC risk stratification tool

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# References and further reading

- NICE (2004) 'Clinical guidelines for Type 2 Diabetes: Prevention and Management of Foot Problems'
- DoH (2001) 'National Service Framework for Diabetes: Standards' HMSO
- FDUK and DUK ( 2006) 'National Minimum Skills Framework for Commissioning of Foot Care Services for People with Diabetes'