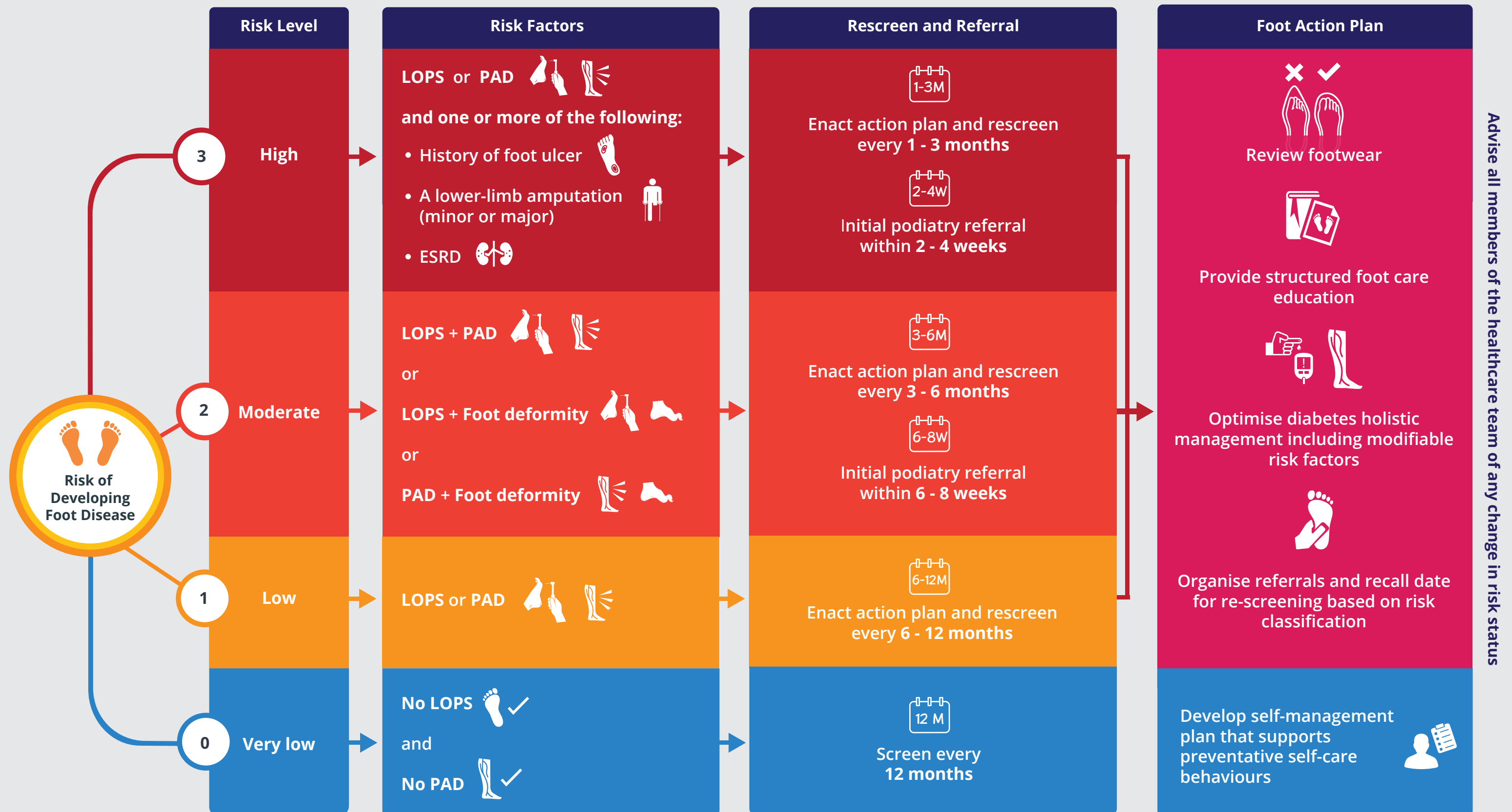


Diabetes Foot Risk Stratification and Triage



Aboriginal and Torres Strait Islander people should be considered “High Risk” until assessed otherwise – consider cultural safety when conducting a foot assessment and providing foot care advice.

Diabetes Foot Risk Stratification and Triage

Risk of foot disease

Risk of foot disease: Assessing all people with diabetes and stratifying their risk of developing foot complications assists in reducing ulceration as well as limb-loss and mortality. Foot assessment is performed by any suitably trained healthcare professional to identify the at-risk foot and implement an appropriate Foot Action Plan.

Re-screening frequency needs to be individualised and it may change in a patient if their risk factors for foot complications change.

Structured foot care education should include

- ✓ Foot ulceration and the consequences
- ✓ Preventative foot self-care behaviours, such as:
 - 👣 Seeking professional help in a timely manner after identifying a foot problem
 - 👣 Not walking barefoot, in socks without shoes or in thin soled slippers
 - 👣 Wearing adequately protective footwear
 - 👣 Undergoing regular foot checks
 - 👣 Practicing proper foot hygiene

Abbreviations

ESRD: End stage renal disease

LOPS: Loss of Protective Sensation (a sign of diabetic peripheral neuropathy) – once LOPS is diagnosed repeating assessment at each re-screening is not necessary

PAD: Peripheral Artery Disease

Definitions

Modifiable risk factors: Behaviours or exposures that can raise or lower a person's risk of developing foot complications. For instance: smoking, poor diet, blood glucose targets, blood lipids, and weight management.

Pre-ulcerative lesions: Includes corns, callus, tinea pedis, thickened toenails (+/- fungal infection), heel fissures. Treatment should be undertaken by a podiatrist (or similarly competent foot practitioner).

References

International Working Group Diabetic Foot Guidelines – 2019: <https://iwgdfguidelines.org/guidelines/guidelines/>

Identification and Management of Foot Complications in Diabetes (Part of the Guidelines on Management of Type 2 Diabetes) 2011. Melbourne Australia

Diabetic foot problems: prevention and management NICE guideline (NG19): <https://www.nice.org.uk/guidance/NG19>

D-Foot International fast track pathway: <https://d-foot.org/projects/fast-track-pathway-for-diabetic-foot-ulceration>