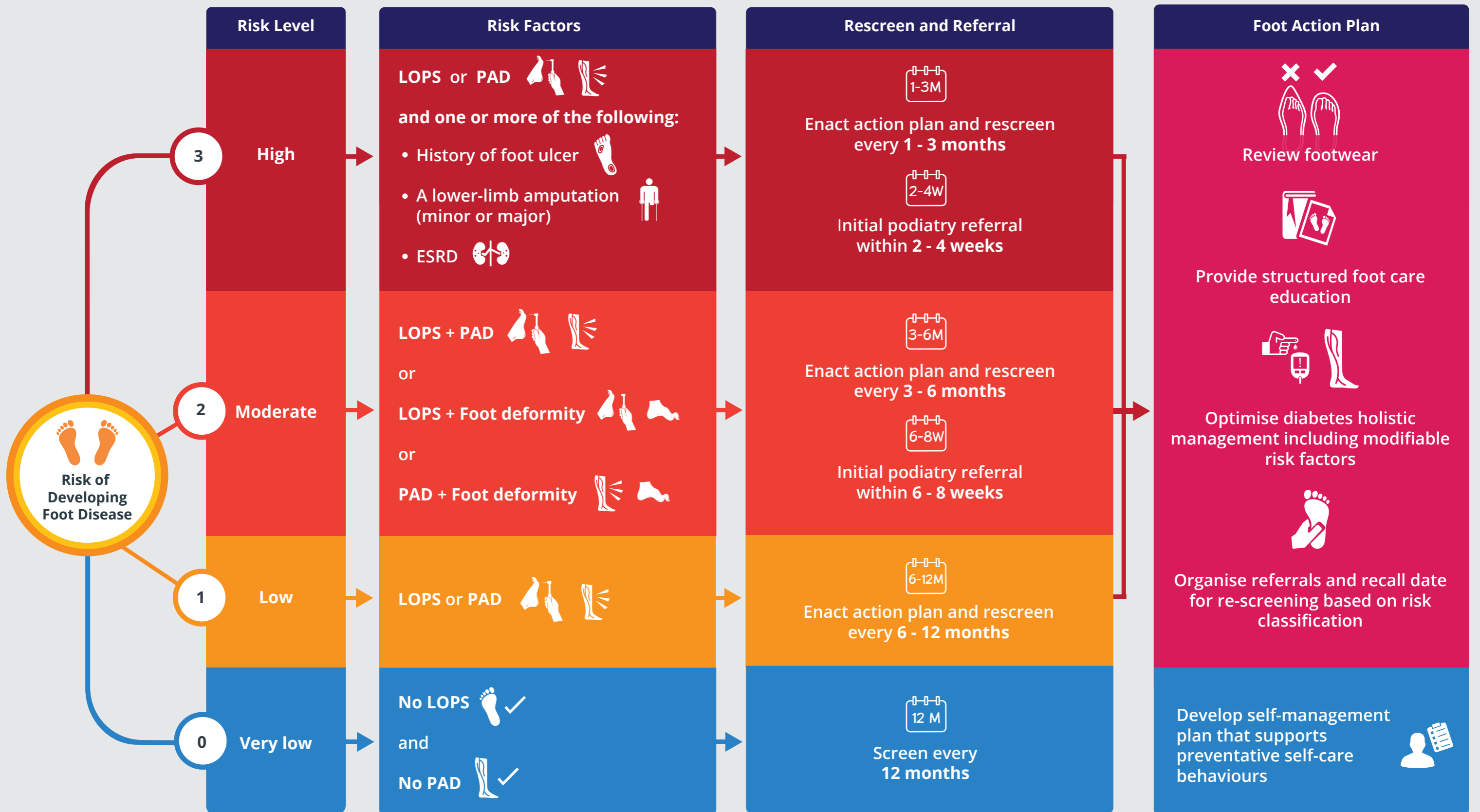


Diabetes Foot Risk Stratification and Triage



Advise all members of the healthcare team of any change in risk status

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>