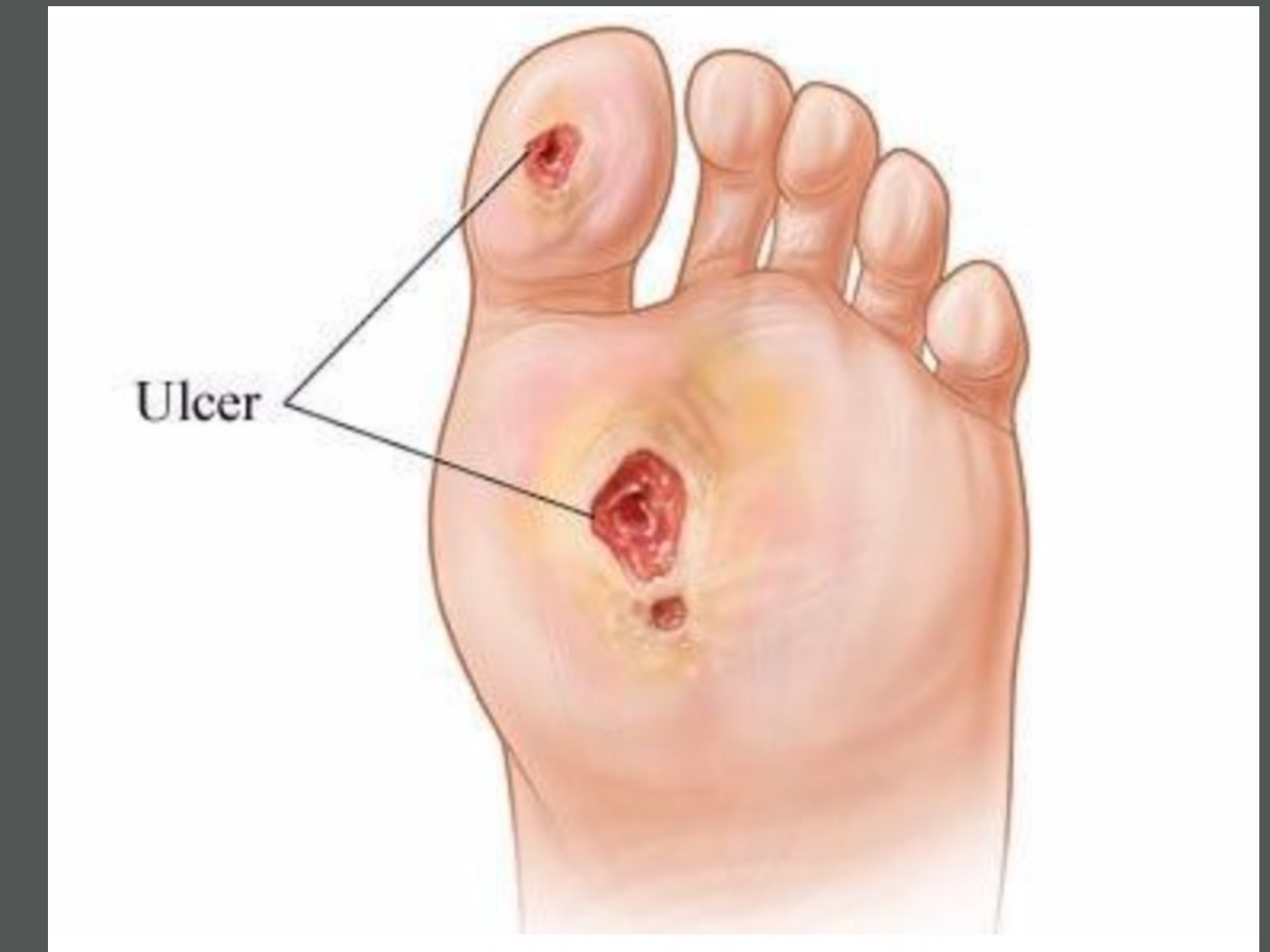




Diabetic Foot Care Community Outreach Project

Zane Carey, P.A.-S., OHSU



Introduction

May 6th 2022

Location: Cardiac Rehabilitation at Legacy Emanuel

Contact: Lynda Meyer, RN

Target Audience:

- Total attendees: 10
- Demographic information
 - Age range: 35 – 78
 - Average Age: 61.4

Background

“According to the National Diabetes Statistics Report of 2020, the CDC states one in ten adults aged 18 years or older have diabetes in the United States... over half of non-traumatic amputations are performed on people with diabetes”¹

Learning Objectives

1. Know the definition and importance of a diabetic foot infection
2. Have basic knowledge on how diabetic foot ulcers occur
3. See how to perform a daily diabetic foot exam
4. Recognize what to look out for when shopping for footwear
5. Have a general understanding of how to prevent diabetic foot ulcers from occurring

Special thank you to Lynda Meyer, the Cardiac Rehabilitation staff and Legacy Emanuel for helping provide the opportunity to give this talk!

Content

DEFINITION OF A DIABETIC FOOT INFECTION

Definition: Any soft tissue or bone infection below the ankle bone

The most common complication of diabetes mellitus leading to hospitalization and the most frequent cause of nontraumatic lower extremity amputation

Gemechu FW, Seemant F, Curley CA. Diabetic Foot Infections. AFP. 2013;88(3):177-184.

FOOT EXAM DEMONSTRATION

DO	DON'T
Carefully wash and dry feet daily	Walk barefoot
Inspect feet for injury daily	Wear ill-fitting shoes
Take meticulous care of toenails	Ignore any foot injury

Miller JD, Carter E, Shih J. How to do a 3-minute diabetic foot exam. The Journal of Family Practice. 2014;63(11). Accessed August 10, 2021.
Centers for Disease Control and Prevention (CDC). Diabetes and Your Feet. Accessed August 9, 2021. <https://www.cdc.gov/diabetes/library/features/healthy-feet.html>

STRATEGIES FOR PREVENTION

- Remember daily foot exams
- Adequate glucose control
- Footwear recommendations
- Seek out medical attention at first sign of injury

Oni D. Foot Self-Care Experiences Among Patients With Diabetes: A Systematic Review of Qualitative Studies. Wound Management & Prevention. Published online April 2, 2020. Accessed August 10, 2021.

Discussion

Biggest Challenges

- Scrambling to find a new group to present to after losing contact with my original planned audience
- Finding the appropriate teaching level for my audience

Highlights

- Based on the audience survey those that were in attendance stated they were “likely” to change their behavior based on what they learned
- Interest in routine diabetic foot checks by PCP

Conclusion

What did you learn from this project?

I learned about the application and importance of foot care in additional populations beyond those with diabetes

Strengths/limitations of the project?

Strength: Based on the audience survey those that were in attendance stated they were “likely” to change their behavior based on what they learned

Limitation: Not all audience members had diabetes

References

1. Centers for Disease Control and Prevention (CDC). Diabetes and Your Feet. Accessed August 9, 2021. <https://www.cdc.gov/diabetes/library/features/healthy-feet.html>
2. Gemechu FW, Seemant F, Curley CA. Diabetic Foot Infections. AFP. 2013;88(3):177-184.
3. Miller JD, Carter E, Shih J. How to do a 3-minute diabetic foot exam. The Journal of Family Practice. 2014;63(11). Accessed August 10, 2021
4. Oni D. Foot Self-Care Experiences Among Patients With Diabetes: A Systematic Review of Qualitative Studies. Wound Management & Prevention. Published online April 2, 2020. Accessed August 10, 2021. <https://www.hmpgloballlearningnetwork.com/site/wmp/article/foot-self-care-experiences-among-patients-diabetes-systematic-review-qualitative-studies>