

NOTES DR GERINT JONES 2 MAY 2013

Diabetic Foot Management

The risk is from neuropathy+ pressure [no pain to warn patient]

Poorly fitting shoes too small, shops do not measure feet

The glycosylation of protein including collagen causes tendon shortening with resulting increase in pressure on forefoot and clawing of toes with ulceration of toes where pressure from footwear

Prescribed shoes must be worn at home to be effective. Wear 2/3 of time

If ulcer occurs...

Pressure relieving cast [taking pressure off allows blood to get in and healing to progress]

Attend to CVS [may lead to PVD with increased risk of amputation], DM, Oedema of Heart Failure, Infection [use antibiotics]

Debridement [scraping everything out to allow healing from below] Dressing [compression dressing increases skin flow]

Nice Guideline CG10 and CG 119