

Using the 3-minute Diabetic Foot Examination to Create a Risk-Based Referral System for at Risk Geriatric Patients

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Background and Significance

- Diabetic peripheral neuropathy affects 50% of diabetic patients
- It is recommended that all diabetic patients have an annual foot examination routinely
- Risk-based referral system


Purpose

PICO Question


(P) Among geriatric patients at the practice center clinic (I) will implementation of routine diabetic foot care using the 3-minute diabetic foot examination (O) reduce complications of diabetic foot neuropathy (i.e., amputations) (C) compared to usual care (T) over six months



1 Minute: Medical History



1 Minute: Physical Exam



1 Minute: Patient Education

Method

Design

Evidence-based practice pre-post implementation project

Intervention

3-Minute diabetic foot exam and risk stratification

Framework

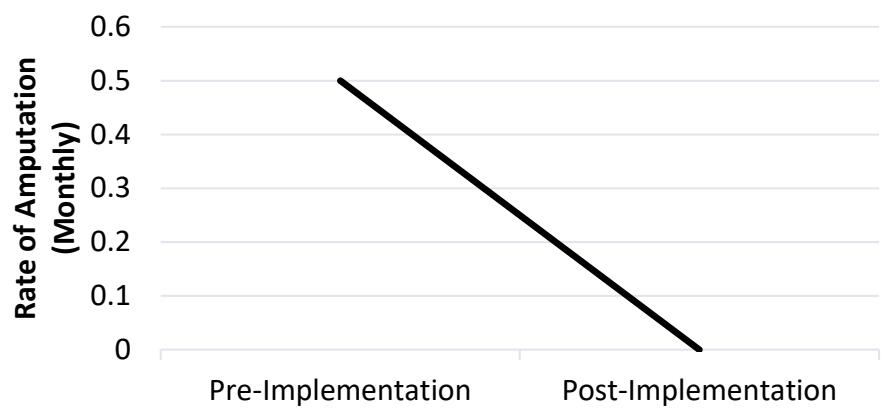
Johns Hopkins Evidence-Based Practice Model with 3-phases: Practice, Evidence, Translation

Sample & Setting

- Urban community-based geriatric clinic serving 230 clients
- Sub-sample of 65 diabetic clients participated in foot exams

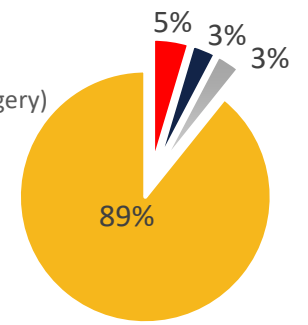
Results

Rates of Amputation Over Time



Diabetic Foot Risk Stratification

- Urgent: Immediate referral to specialist (vascular, podiatry, surgery)
- High: Referral to wound nurse
- Medium: Reassess in 1-2 months
- Low: Reassess in 2 -3 months



Conclusions

- Increased identification of minor/major foot conditions (e.g., calluses, corns, elongated toenails, ill-fitting shoes)
- Quick and easy referrals to specialist
- Lack of caregiving support, and cognitive deficits were identified as risk factors for diabetic foot amputations
- Need early screening, education, home health support, and early intervention by health care personnel helped prevent diabetic foot complications.

References

