

Your guide to the Diabetes Foot Resource Kit

The Diabetes Foot Resource Kit has been developed to assist you to educate and enable individuals to independently care for their feet and prevent future problems from developing.

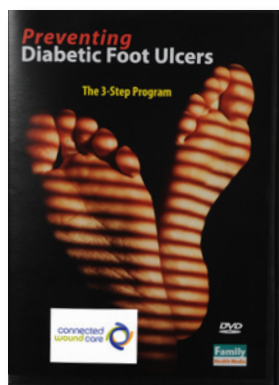
The kit can also be used as a tool for you to increase your awareness of diabetic foot problems, to assess these problems, and to learn about resources available for providing optimal care. The kit includes:

Preventing Diabetic Foot Ulcers: The 3-Step Program DVD

This DVD is designed for individuals to watch and discuss with you, and covers three important steps to help prevent a diabetic foot ulcer.

The individuals will:

1. Learn the importance of why and how to do a daily foot exam
2. Be shown pictures of common diabetic foot problems so that they know what to look for when they check their feet
3. Be educated about the importance of being fitted for and wearing doctor/podiatrist-recommended footwear



Once the individual has watched the DVD, you can assist them by having a discussion about the information provided and answering any of their concerns.

Basic Foot Assessment Checklist and Action Plan

This tool is to be used to help guide you in assessing and identifying any concerns you have regarding an individual's feet. The tool has been developed by the Australasian Podiatry Council who encourages individuals to be involved in the assessment to increase their understanding of the importance of foot assessment and care.

The Action Plan allows you to identify some person-centred goals of care. This copy is to remain as the master copy, with photocopies made to place in the health record.

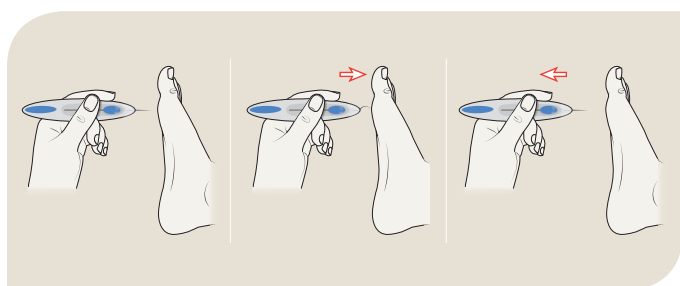
Health care guides

The two health care guides, 'Care of your high-risk feet' and 'Footwear for high-risk feet' are for you to give to individuals to increase their understanding of the important role they can play in caring for their feet.



10g monofilament

The 10g monofilament is a tool that is used to test whether an individual's protective sensation is intact. Individuals who cannot feel the monofilament have lost protective sensation and are at a very high risk of developing ulcers. The monofilament will help to identify your high risk individuals and implement necessary preventative strategies.



Instructions for use:

- Demonstrate the use of the monofilament on the back of the person's hand first to ensure they understand what the sensation feels like
- Apply the monofilament perpendicular to the skin for 1.5 seconds with enough force to enable the monofilament to slightly buckle
- Now test on the sole of the foot
- With the person's eyes closed, ask them to tell you when they feel the monofilament
- Do not give verbal prompts such as "Can you feel that?"
- Test the sites under the first and fifth metatarsal heads (as shown in the foot screening checklist provided in this kit)
- Apply the monofilament perpendicular to the skin for 1.5 seconds with enough force to enable the monofilament to slightly buckle
- The person needs to confirm that they feel the sensation at each of the testing sites. If the person is unable to feel sensation at any single point, they have lost sensation and require referral to a podiatrist
- Avoid testing on calluses as sensation is already reduced in these areas

Resource access list

The following resources listed will assist you in accessing the necessary and closest professionals in order to provide multidisciplinary care to individuals with diabetes. It may be timely to research the resources relevant to your geographical area in order to develop a resource folder. This may include podiatrists within the area, referral criteria, costing and days of availability.

Health Services Directory

www.humanservicesdirectory.vic.gov.au

This website has been developed by the State Government of Victoria, Department of Human Services. The site provides service providers and practitioners with accurate and up-to-date information about health, social and disability services.

Australasian Podiatry Council

www.podiatryvic.com.au

The Australasian Podiatry Council is the peak representative body for podiatrists. This website allows access to a number of publications related to foot health for general distribution. You can search for a public or private podiatrist by using a name or geographical area. Results will include contact details of the podiatrist and whether they attend home visits or visit Public Residential Aged Care Services.

Diabetes Australia

www.diabetesaustralia.com.au

This service is a national federated body supporting individuals with diabetes, as well as health professionals and research bodies concerned with the treatment and prevention of diabetes. The site provides resources for individuals and health professionals. Diabetes Australia is also responsible for the National Diabetes Services Scheme (NDSS). This scheme is free to individuals with diabetes and who have been registered by a medical practitioner or credentialed diabetes educator. The scheme offers subsidised products to these individuals.