D-FOOT international

How to Manage People who are at Risk of Diabetic Foot Ulceration (DFU) ?

0 — Very Low RISK

NO Loss of Protective Sensation (LOPS)
NO Peripheral Artery Disease (PAD)

→ Examine ONCE A YEAR

→ Examine for signs and symptoms of LOPS and PAD

1 — Low RISK

LOPS
OR
PAD

→ Examine ONCE EVERY 6 MONTHS

2 — Moderate RISK

LOPS + PAD
OR
LOPS + Foot deformity
OR
PAD + Foot deformity

→ Examine ONCE EVERY 3 MONTHS

3 — High RISK

LOPS **OR** PAD
+
- History of DFU
- Major or minor amputation

OR

- End stage renal disease

→ Examine ONCE EVERY 1-3 MONTHS

Screen for risk factors: DFU, amputation, renal disease, foot deformities, LJM*, pre-ulcerative signs, callus

Provide with **foot care**: education, removal of callus and nail care

Provide with appropriate **therapeutic footwear** + **orthotic devices**

Advise to perform foot and mobility-related exercises

Instruct to self-monitor foot skin temperatures

Provide with appropriate **custom-made footwear** (if foot deformitie or pre-ulcerative sign is present)

*Limited Joint Mobility