The Basics of Diabetic Foot Care

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Initial Examination

- Neurological
- Vascular
- Musculoskeletal
- Dermatological
Neurological Examination

- Semmes Weinstein (5.07)
- Vibratory
Neurological Testing

Monofilament Exam

• Annual Exam DMEX28, EHR Document
• Testing Nerve Roots From the Spine
• Bilateral 10/10
• Abnormal <9/10
• Large Fiber Testing
• Normal With Neuropathy (small fiber)
Neuropathy

• Large fiber
  • Touch

• Small fiber
  • Sharp shooting
  • Tingling
  • Numbness
  • Burning
Monofilament Examination

• Document Bilateral
• Document Amputations
• Refer for Follow up : Abnormal Exams
Neurological Testing

- NCV
- Neuropathy vs. Tarsal Tunnel Syndrome vs. Neuritis
- 3 Types Peripheral Neuropathy
  - Sensory
  - Autonomic
  - Motor
Vascular Examination

- DP/PT
- Hair Growth
- Temperature
- Varicosities
- Edema
Vascular Testing

- DP/PT Decreased
- Non-invasive
  - SPP (laser Doppler <30 critical limb ischemia)
  - PVR wave form
  - Segmental pressures (large decrease = blockage)
  - ABI (Calcified vessels)
- Angiogram
  - Distal run-off
  - Trifurcation
Vascular Testing

Invasive (REFER)

• Angiogram
• Angioplasty
• Stent
• By-pass
Musculoskeletal Examination

Gross Deformity

• Bunion
• Hammertoes
• Midfoot breach
• Pes cavus
• Pes planus
• Amputation
• Charcot (Neuropathic Osteoarthropathy)
Dermatological Examination

- Nails
- Ingrown Toenail
- Texture/Turgor
- Tinea Pedis
- Wounds
  - Grading
  - Types
No Soaking

• Pseudomonas
• Polymicrobial
• Burn - Neuropathy
Do No Harm

• *Too Moist*
  • Dry up

• *Too Dry*
  • Moisten
Risk Appropriate Education

- Daily Examination
- Shoe Gear
- Cut Nails
- Soaking
- Ingrownns
## International Work Group on Diabetic Foot

<table>
<thead>
<tr>
<th>Stage</th>
<th>Description</th>
<th>Risk of Complications (by Odds Ratio)</th>
<th>Risk of Complications (by Odds Ratio)</th>
<th>Risk of Complications (by Odds Ratio)</th>
<th>Risk of Complications (by Odds Ratio)</th>
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<tbody>
<tr>
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<td>Ulcer</td>
<td>Infection</td>
<td>Amputation</td>
<td>Hospitalization</td>
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<tr>
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<td>No PN, No PAD</td>
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<tr>
<td>1</td>
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<td>2.3</td>
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<td>PAD</td>
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<td>Amputation</td>
<td>52.7</td>
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</table>
Shoes

- Rocker Bottom
- Referral to Pedorthist
- Annual DM Shoe Referral Form
Indian Health Services DDTP
Certified Foot Care Nurse

How to Certify: Foot Care

Foot care assessment, intervention, and patient education are critical for managing the foot issues faced by so many patients. That is why the Wound, Ostomy and Continence Nursing Certification Board created the Certified Foot Care Nurse (CFCN®) credentialing process.

Since 2005, over 600 Certified Foot Care Nurses have elevated the quality of foot care for patients in hospitals, long term care facilities, podiatry offices, and in their own homes. The increased credibility, recognition, and authority conveyed by CFCN certification have led to greater opportunities to develop foot care interventions that improve patient wellbeing and enhance risk management.

Validate your knowledge, skills, and abilities by becoming a Certified Foot Care Nurse.

Your pathway to certification begins with the Application and Examination Handbook.

CFCNs who are ready for recertification can maintain their credential by examination or by portfolio submission, the Professional Growth Program (PGP).
Certified Wound Care Nurse - WOCN
Certified Wound Care Nurse - WCEI
Diabetic Foot Exam Competency

- States the basic purpose of the Semmes Weinstein monofilament exam
- Explains the examination procedure to the patient
- Performs the monofilament exam per GIMC policy and procedure:
  - Touches the monofilament to own arm or hand.
  - Touches the monofilament to the patient’s arm
  - Asks the patient to close their eyes or look away
  - Test each of the ten areas of the foot designated with a 5.07 (10 gram) monofilament
- Documents patient response and procedure in the patient’s medical record
Diabetic Foot Examination Competency Exam

Monofilament Examination Competency Quiz

1. What are the normal results for a monofilament exam?
2. If a patient had a true Transmetatarsal amputation on the right and a normal exam for all points tested on the right and left, what are the results and how would you document?
3. If a patient has a BKA on right and normal exam on the left, how do you document?
4. What is the cut off for a normal exam and any lower than that number is indicative of neuropathy?
5. What do you do with a patient that has neuropathy?
6. Should a patient with neuropathy wear high heeled shoes?
7. Is a monofilament examination the only neurological test that can be done on our patients with Diabetes?
8. Is the monofilament examination testing large or small fibers?
9. Can a patient have Neuropathy and still have a normal monofilament examination?
10. Does a tuning fork measure for neuropathy?
Documentation in EHR

• Visit Elements Tab
• Screening /Factors
• Exams
• Add
• 28 Diabetic Foot Exam Complete
• Choose Select
Monofilament Examination Documentation in EHR
Monofilament Examination Documentation in EHR for NA/Technician
Documentation of Monofilament Examination for Nursing Staff
Diabetic Foot Care Documentation in EHR

- Proper charting (Remember to place the number of areas felt by the patient over 10)
- Monofilament examination =
  - 10/10 right foot
  - 10/10 left foot
- If the patient feels less than 10 areas then place that number over 10 for example 6/10 right, 4/10 left
- NA/Technicians = place numbers in the comment section
- RN/PA/NP, Providers = abnormal/normal and place data in comment section

**Billing:** Need to place DM-EX 28 in EHR to assure proper coding
Diabetic Foot Care Education

Foot Care Education Documentation

1. Enter in EHR
2. Choose Visit Elements tab
3. In Pt Ed, click Add
4. Select Name Lookup, type in Diabetes, and select Diabetes Mellitus-Foot Care and exam from the menu.
Thank You