

The Basics of Diabetic Foot Care

Christine White, D.P.M.

Gallup Indian Medical Center

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)



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R
BH

[0706]Foot, Lateral
DRR: E:0.2 S:0.2 K:201 W/L:56/50 G:1
S: 163 L: 2.1 MODE: A 0003

SABINS, FREDERICK, L [M]
572-62-0965
21-Apr-1944

Dermatological Examination

- Nails
- Ingrown Toenail
- Texture/Turgor
- Tinea Pedis
- Wounds
 - Grading
 - Types









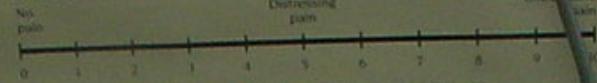
No Soaking

- Pseudomonas
- Polymicrobial
- Burn - Neuropathy

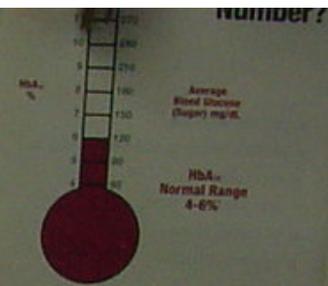
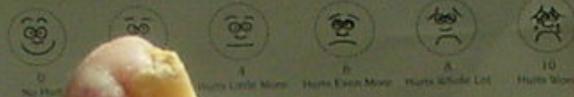


Use the charts below to help you describe to the doctor or nurse how bad your pain really is

CHOOSE A NUMBER FROM 0 TO 10 THAT BEST DESCRIBES YOUR PAIN



CHOOSE THE FACE THAT BEST DESCRIBES HOW YOU FEEL



Think of your HbA_{1c} results like a bowling average. Even though each individual game is important, your bowling "average" tells you how well you are doing overall.





4/6/04



Do No Harm

- ***Too Moist***
 - Dry up
- ***Too Dry***
 - Moisten

Risk Appropriate Education

- Daily Examination
- Shoe Gear
- Cut Nails
- Soaking
- Ingrowns

International Work Group on Diabetic Foot

Stage	Description	Risk of Complications (by Odds Ratio) Ulcer	Risk of Complications (by Odds Ratio) Infection	Risk of Complications (by Odds Ratio) Amputation	Risk of Complications (by Odds Ratio) Hospitalization
0	No PN, No PAD				
1	PN, No PAD, no deformity	2.4	1.9	0	10
2a	PN and deformity, No PAD	1.2	2.3	10.9	13.6
2b	PAD	9.3	13.5	60.9	124.8
3a	Ulcer History	50.5	19.2	36.3	60.7
3b	Amputation	52.7	62.3	567.9	650.3

Shoes

- Rocker Bottom
- Referral to Pedorthist
- Annual DM Shoe Referral Form

Indian Health Services DDTP

U.S. Department of Health and Human Services | www.hhs.gov

Indian Health Service
The Federal Health Program for American Indians and Alaska Natives

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Thursday, January 09, 2014

Division of Diabetes Treatment and Prevention
Leading the effort to treat and prevent diabetes in American Indians and Alaska Natives

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TRAINING

- Web-Based
- AADE Partnership
- Other Trainings
- Conferences

RESOURCES

- Audit
- Client Education Materials
- Clinician Resources
- Fact Sheets
- Ideas and Inspirations
- Online Catalog
- Other Resources
- Podcasts
- Printable Materials

TOOLS

- Best Practices
- Clinical Guidelines
- Curricula
- DM Treatment Algorithms
- Quick Guide Cards
- Standards of Care

SITE MAP

Let's Talk About Weight Loss and Culture
January is a month for fitness and weight loss. Print out the article and use it to inspire discussion at your next weight loss class. Includes five realistic ways to start losing weight and how to use cultural teachings to stay strong.

1 2 3 4 [Print Now!](#)

Community Corner

[Weight Loss Success](#)
Read how Raquel and others lost weight and steps to take to stay at a healthy weight. A weight loss plan is also available.

[Work Out at Home](#) – Watch this 2 minute video and learn more about the Household Circuit Activity Program.

[Begin New Years Resolutions Right!](#) – Order your FREE 90-day journal today and get off to a meaningful start.

[Ready, Set, Action!](#) – Read how Warm Springs community members lose weight and stay active with the help of SDPI diabetes programs.

SDPI Spotlight

Diabetes Prevention & Healthy Heart Initiatives (DPIHH)
[Timetable of Activities](#)

Community-Directed Programs
[SDPI Community-Directed Grant Program Hub](#) – Grant information, training requirements, and resources are available here.

SDPI Hub

Announcements

- [Cycle 1 Required Training](#)
Recorded session available
- [Cycle 2 Required Training](#)
SDPI Orientation to FY 2014
January 8th @ 1pm MST
- [FY 2014 Continuation Application](#)
January 9th @ 12pm MST
Q&A Session for cycle 4 grantees
- [Audit 2014 Orientation](#)
February 5th @ 1pm MST
Training Option for all grantees

Clinician Resources

Advancements in Diabetes Seminars
Monthly CME/CE Series

Upcoming Sessions:
January 9th @ 1pm MST
Diabetes Foot Care
Christine White, DPM

February 11th @ 1pm MST
Helping People Be Successful with Tobacco Cessation – Part 1 of 2
Ann Bullock, MD; Megan Wahr, RPh; Kari Johnson, MAN, BSN, RN; Rowdy Atkinson, PharmD

Clinical Tools

- [Diabetes Treatment Algorithms](#)
- [Quick Guide How To Cards](#)

Clinical Guidelines

- [Standards of Care and Clinical Practice Recommendations: Type 2 Diabetes](#)
- [Recommendations At-a-Glance](#)

[Online CME Courses](#)

Division of Diabetes Treatment and Prevention | Phone: (505) 248-4182 | Fax: (505) 248-4188 | diabetesprogram@ihs.gov

Certified Wound Care Nurse - WOCN



Wound Ostomy and Continence Nurses Society™

Advancing the practice and guiding the delivery of expert health care to patients



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Welcome!

The Wound, Ostomy and Continence Nurses Society™ (WOCN®) is a professional nursing society, which supports its members by promoting educational, clinical and research opportunities to advance the practice and guide the delivery of expert health care to individuals with wounds, ostomies and incontinence.



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Assembly Bill A8137
& Senate Bill
S5937 Requiring
Coverage of
Ostomy Supplies

Support Coverage of Ostomy Supplies

New York State Legislators:
Support New York State Assembly Bill A8137 and Senate Bill S5937 requiring coverage of ostomy supplies in NYS.

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Certified Wound Care Nurse - WCEI

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Skin and Wound Management Course and Certification Exam

Wound Care Education Institute® (WCEI) Skin and Wound Management Course is offered in two options, a five-day classroom or all-home online wound care training seminar. This course is designed to provide participants with current evidence-based education in the areas of skin and wound management for licensed healthcare providers (MD, DO, DPM, PA, NP, PTA, OT, NPA/PA, RN, LPN/LVN) who plan to take the wound care certified (WCC®) exam from the National Alliance of Wound Care and Ostomy™.

[Click here](#) for exam requirements.
[Click here](#) for course content.
[Click here](#) for course details.
[Click here](#) for course agenda.

Requirements for National Alliance of Wound Care and Ostomy™ WCC® Certification Examination

Participants in the Education Pathway must meet all of the following:

1. Active unrestricted license as a registered nurse, licensed practical/vocational nurse, nurse practitioner, physical therapist, physical therapist assistant, occupational therapist, physician or physician assistant.
2. Attend all days of the WCEI Skin and Wound Management course.
3. You must have at least two years of full-time or four years of part-time wound care experience, that must have taken place within the last five years of your career, either in direct hands-on, management, education or research.

Note: Wound care experience must be a component of daily licensed job duties. This includes experience from such venues as acute care, long term care, home health, etc. If you do not meet the above experience requirements, [click here](#) to access the [Alternative Pathway](#) option.

Questions?
Call one of our friendly WCEI representatives toll free at: 1-877-482-6224 or email us: info@wcei.net.

Accreditation Statements

The WCEI Skin and Wound Management certification course is a prestigious, highly recognized credential offered only through the accredited National Alliance of Wound Care and Ostomy™. The Skin and Wound Management Course is approved by the [National Alliance of Wound Care Credentialing Board \(NAWCCB\)](#), the credentialing arm of the National Alliance of Wound Care and Ostomy™, as a pre-requisite for WCC® certification. For CME/CE information [click here](#).

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WOUND CARE EDUCATION INSTITUTE®

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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

Screening/Factors

Visit Date	Exams	Result	Comments
05/04/2013	DIABETIC FOOT EXAM, COMPLETE	ABNORMAL	10/10 right 7/10 left with 1st digit amp and 5th ray amp
07/10/2013	DIABETIC FOOT EXAM, COMPLETE	NORMAL/NEGATIVE	ANNUAL DM FOOT EXM
07/03/2013	DIABETIC FOOT EXAM, COMPLETE	NORMAL/NEGATIVE	10/10 right, 7/10 left
04/05/2013	DIABETIC FOOT EXAM, COMPLETE	NORMAL/NEGATIVE	
02/13/2013	DIABETIC FOOT EXAM, COMPLETE	DECLINED SERVICE	no pulses
12/05/2012	DIABETIC EYE EXAM	ABNORMAL	
12/05/2012	INTIMATE PARTNER VIOLENCE	NORMAL/NEGATIVE	
12/05/2012	ALCOHOL SCREENING	NORMAL/NEGATIVE	
12/05/2012	DEPRESSION SCREENING	POSITIVE	suicidal tendencies
08/28/2012	DIABETIC EYE EXAM	ABNORMAL	pt has a non-healing venous ulcer to heel on right foot
08/28/2012	ALCOHOL SCREENING	POSITIVE	pt states that he drinks a 12 pack 0D
08/10/2012	INTIMATE PARTNER VIOLENCE	PRESENT	pt with bat to side of head
08/10/2012	ALCOHOL SCREENING	POSITIVE	
08/10/2012	DEPRESSION SCREENING	NORMAL/NEGATIVE	
08/07/2012	ALCOHOL SCREENING	POSITIVE	continues drinking alcohol
07/30/2012	ALCOHOL SCREENING	POSITIVE	
07/25/2012	ALCOHOL SCREENING	NORMAL/NEGATIVE	
07/21/2012	ALCOHOL SCREENING	POSITIVE	BINGE DRINKING FOR 10 YEARS
06/27/2012	INTIMATE PARTNER VIOLENCE	PRESENT	
06/27/2012	ALCOHOL SCREENING	NORMAL/NEGATIVE	
06/27/2012	DEPRESSION SCREENING	POSITIVE	
04/11/2012	ALCOHOL SCREENING	NORMAL/NEGATIVE	
02/23/2012	ALCOHOL SCREENING	NORMAL/NEGATIVE	
11/03/2011	INTIMATE PARTNER VIOLENCE	NORMAL/NEGATIVE	
05/24/2011	DIABETIC FOOT EXAM, COMPLETE	NORMAL/NEGATIVE	

Visit Date	Health Factor	Category	Comment
01/17/2013	Anxiety	Anxiety	
12/05/2012	Cage 1/4	Alcohol/Drug	
12/05/2012	No Barriers	Barriers To	
12/05/2012	Very Sure	Confidence	
12/05/2012	Talk	Learning	
08/28/2012	Cessation-smoker	Tobacco	
08/10/2012	Cage 3/4	Alcohol/Drug	
08/10/2012	No Barriers	Barriers To	
08/10/2012	Talk	Learning	
08/10/2012	Smoke Free Home	Tobacco	
07/30/2012	Cage 0/4	Alcohol/Drug	
07/21/2012	Cage 2/4	Alcohol/Drug	
06/27/2012	Cage 0/4	Alcohol/Drug	
06/27/2012	Ornamental Use Only	Tobacco	
04/11/2012	Smokeless Tobacco, Status Unknown	Tobacco	
03/24/2010	Smoke Free Home	Tobacco	
06/14/2010	Cage 4/4	Alcohol/Drug	
06/14/2010	No Barriers	Barriers To	
06/14/2010	Doesn't Read English	Barriers To	
06/14/2010	Childhood Development	Barriers To	
06/14/2010	Never Used Tobacco	Tobacco	
06/14/2010	Never Used Smokeless Tobacco	Tobacco	
06/14/2010	Never Smoked	Tobacco	

Monofilament Examination Documentation in EHR for NA/Technician

REPSYS EHR, Ver 3.1 Patch 13, WHITE, CHRISTINE M, GALLUP MEDICAL CENTER

User: Patient Refresh Visit/Imaging WebNotes iCare iCare (W7) EkgTool Calculators Options Tools CommAlerts Help

Lock EHR 179052 **Deano, Gmc Anesthesia** **DM JVN CLINIC** 06-Sep-2013 07:32 Lisko, James R * Problem List Advs React Medications

02-May-1990 (20) M Ambulatory N/A Rowed N/A Rowed N/A Rowed

Patient Wellness Handoff Visit Summary Education Add Edit Delete Postings WAD

From Ed Women's Health CCD Visit Summary Education Add Edit Delete Postings WAD

Notifications Visit Elements Meds Labs Orders Notes iPHot Reports Consults DC Survs Renewals ASD Suicide Fcns WCH Personal BioRx ED Dashboard

Screening/Factors Data Entry

Overview Cover Sheet Graph Vitals Growth Charts Data Entry Triage/Repro/Personal H Infant Feeding Screenings/Factors Immunization/PPD PLEd/Activity time/PHN Interv Family History Anticoagulation goals Coding PDV + Problem List CPT, E, M, H, PCS Eye Prescription Entry Exam

Exams

Visit Date	Exams	Result	Comments	Provider	Location
05/04/2013	DIABETIC FOOT EXAM, COMPLETE	ABNORMAL	10/10 right 7/10 left with 1st digit amp and 5th ray amp	WHITE, CHRISTINE M	GALLUP MED C
07/10/2013	DIABETIC FOOT EXAM, COMPLETE	NORMAL/NEGATIVE	ANNUAL DM FOOT EXAM	KENNEL, LORRAINE M	GALLUP MED C
07/30/2013	DIABETIC FOOT EXAM, COMPLETE	NORMAL/NEGATIVE	10/10 right, 7/10 left		
04/05/2013	DIABETIC FOOT EXAM, COMPLETE	NORMAL/NEGATIVE			
02/13/2013	DIABETIC FOOT EXAM, COMPLETE	DECLINED SERVICE	no pulses		
12/05/2012	DIABETIC EYE EXAM	ABNORMAL			
12/05/2012	INTIMATE PARTNER VIOLENCE	NORMAL/NEGATIVE			
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12/05/2012	DEPRESSION SCREENING	POSITIVE	suicidal tendencies		
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08/10/2012	INTIMATE PARTNER VIOLENCE	PRESENT	hit with bat to side of head		
08/10/2012	ALCOHOL SCREENING	POSITIVE			
08/10/2012	DEPRESSION SCREENING	NORMAL/NEGATIVE		NUNEZ, MARIAN	GALLUP MED C
08/07/2012	ALCOHOL SCREENING	POSITIVE	continues drinking alcohol	AMN, SYLVIA Y	GALLUP MED C
07/30/2012	ALCOHOL SCREENING	POSITIVE		USON, CAROLINA G	GALLUP MED C
07/25/2012	ALCOHOL SCREENING	NORMAL/NEGATIVE		BEGAY, JAMETTE A	GALLUP MED C
07/21/2012	ALCOHOL SCREENING	POSITIVE	BINGE DRINKING FOR 10 YEARS	ABBOTT, RACHAEL	GALLUP MED C
06/27/2012	INTIMATE PARTNER VIOLENCE	PRESENT		ABBOTT, TINA M	GALLUP MED C
06/27/2012	ALCOHOL SCREENING	NORMAL/NEGATIVE		ABBOTT, TINA M	GALLUP MED C
06/27/2012	DEPRESSION SCREENING	POSITIVE		ABBOTT, TINA M	GALLUP MED C
04/11/2012	ALCOHOL SCREENING	NORMAL/NEGATIVE		BE GAY, STEVEN	GALLUP MED C
02/23/2012	ALCOHOL SCREENING	NORMAL/NEGATIVE		PLATERO, MARCE	GALLUP MED C
11/03/2011	INTIMATE PARTNER VIOLENCE	NORMAL/NEGATIVE		TYNES, RENEE V	GALLUP MED C
09/24/2011	DIABETIC FOOT EXAM, COMPLETE	ABNORMAL		WHITE, CHRISTINE M	GALLUP MED C
05/20/2011	INTIMATE PARTNER VIOLENCE	NORMAL/NEGATIVE		WHITE, CHRISTINE M	GALLUP MED C

Document an Exam

Exam: DIABETIC FOOT EXAM, COMPLETE

Result: [Dropdown]

Comment: 10/10 right, 6/10 left

Provider: WHITE, CHRISTINE M

Current Historical Not Done

Health Factors

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06/14/2010	Childhood Development	Barriers To	
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06/14/2010	Never Used Smokeless Tobacco	Tobacco	
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WHITE, CHRISTINE M | GIMC.NAV.IHS.GOV | GALLUP MED C | 16-Sep-2013 08:37

8:38 AM 9/16/2013

Documentation of Monofilament Examination for Nursing Staff

REPS EHR, Ver 3.1 Patch 13, WHITE, CHRISTINE M, GALLUP MEDICAL CENTER

User: Patient Refresh Visit/Assigning WebNotes Care Care (W7) EkgTool Calculators Options Tools ConnAlerts Help

Lock EHR Clear PR 179052 DM JVN CLINIC DM JVN CLINIC 06-Sep-2013 07:32 Lisko, James R * Problem List Advs React Medications

DM JVN CLINIC 02-May-1990 (20) M Ambulatory N/A Rowed N/A Rowed N/A Rowed

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04/11/2012	ALCOHOL SCREENING	NORMAL/NEGATIVE		BEGAY, STEVEN	GALLUP MED C
02/23/2012	ALCOHOL SCREENING	NORMAL/NEGATIVE		PLATERO, MARCE	GALLUP MED C
11/03/2011	INTIMATE PARTNER VIOLENCE	NORMAL/NEGATIVE		TYNES, RENEE V	GALLUP MED C
09/24/2011	DIABETIC FOOT EXAM, COMPLETE	ABNORMAL		WHITE, CHRISTINE M	GALLUP MED C
05/20/2011	INTIMATE PARTNER VIOLENCE	NORMAL/NEGATIVE			

Document an Exam

Exam: DIABETIC FOOT EXAM, COMPLETE

Result: ABNORMAL

Comment: 10/10 right, 6/10 left

Provider: WHITE, CHRISTINE M

Current Historical Not Done

Health Factors

Visit Date	Health Factor	Category	Comment
01/17/2013	Anxiety		
12/05/2012	Cage 1/4	Alcohol/Drug	
12/05/2012	No Barriers	Barriers To	
12/05/2012	Very Sure	Confidence	
12/05/2012	Talk	Learning	
08/28/2012	Cessation-smoker	Tobacco	
08/10/2012	Cage 3/4	Alcohol/Drug	
08/10/2012	No Barriers	Barriers To	
08/10/2012	Talk	Learning	
08/10/2012	Smoke Free Home	Tobacco	
07/30/2012	Cage 0/4	Alcohol/Drug	
07/21/2012	Cage 2/4	Alcohol/Drug	
06/27/2012	Cage 0/4	Alcohol/Drug	
06/27/2012	Compositional Use Only	Tobacco	
04/11/2012	Smokeless Tobacco, Status Unknown	Tobacco	
03/24/2010	Smoke Free Home	Tobacco	
06/14/2010	Cage 4/4	Alcohol/Drug	
06/14/2010	No Barriers	Barriers To	
06/14/2010	Doesn't Read English	Barriers To	
06/14/2010	Childhood Development	Barriers To	
06/14/2010	Never Used Tobacco	Tobacco	
06/14/2010	Never Used Smokeless Tobacco	Tobacco	
06/14/2010	Never Smoked	Tobacco	

WHITE, CHRISTINE M | GIMC.NAV.IHS.GOV | GALLUP MED C | 16-Sep-2013 08:38

8:38 AM 9/16/2013

Diabetic Foot Care Documentation in EHR

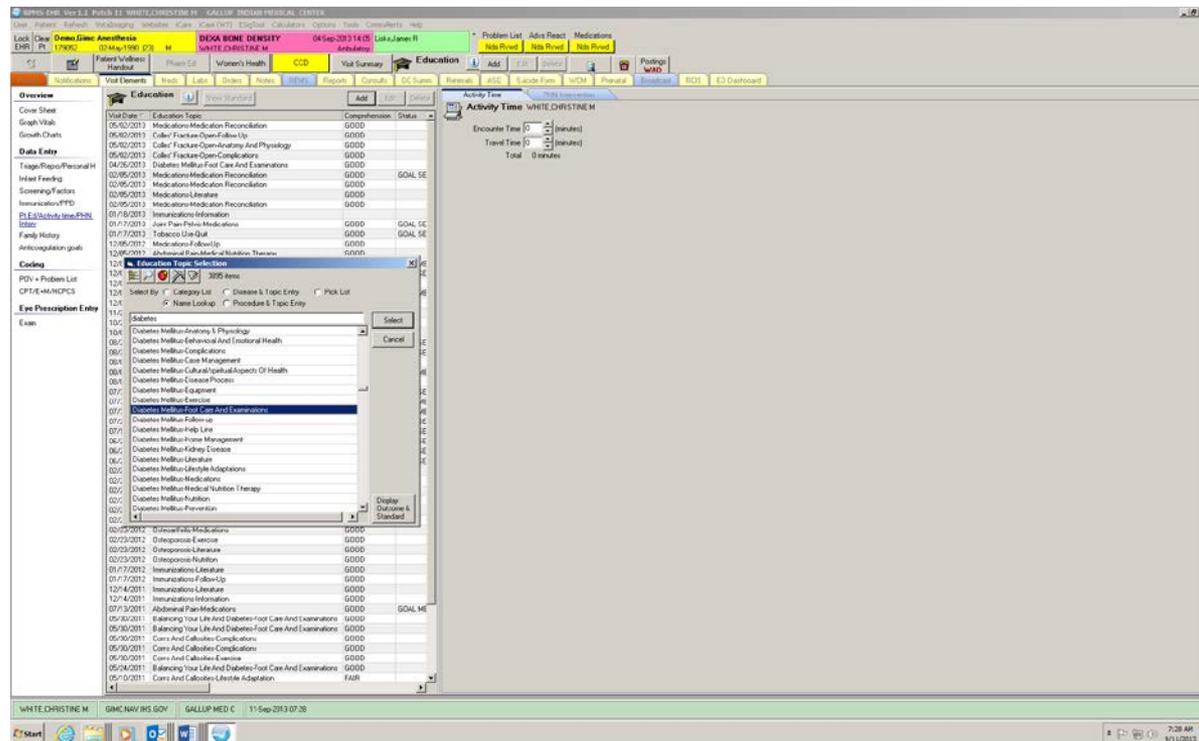
- Proper charting (Remember to place the number of areas felt by the patient over 10)
- Monofilament examination =
- 10/10 right foot
- 10/10 left foot
- If the patient feels less than 10 areas then place that number over 10 for example 6/10 right, 4/10 left
- NA/Technicians = place numbers in the comment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

