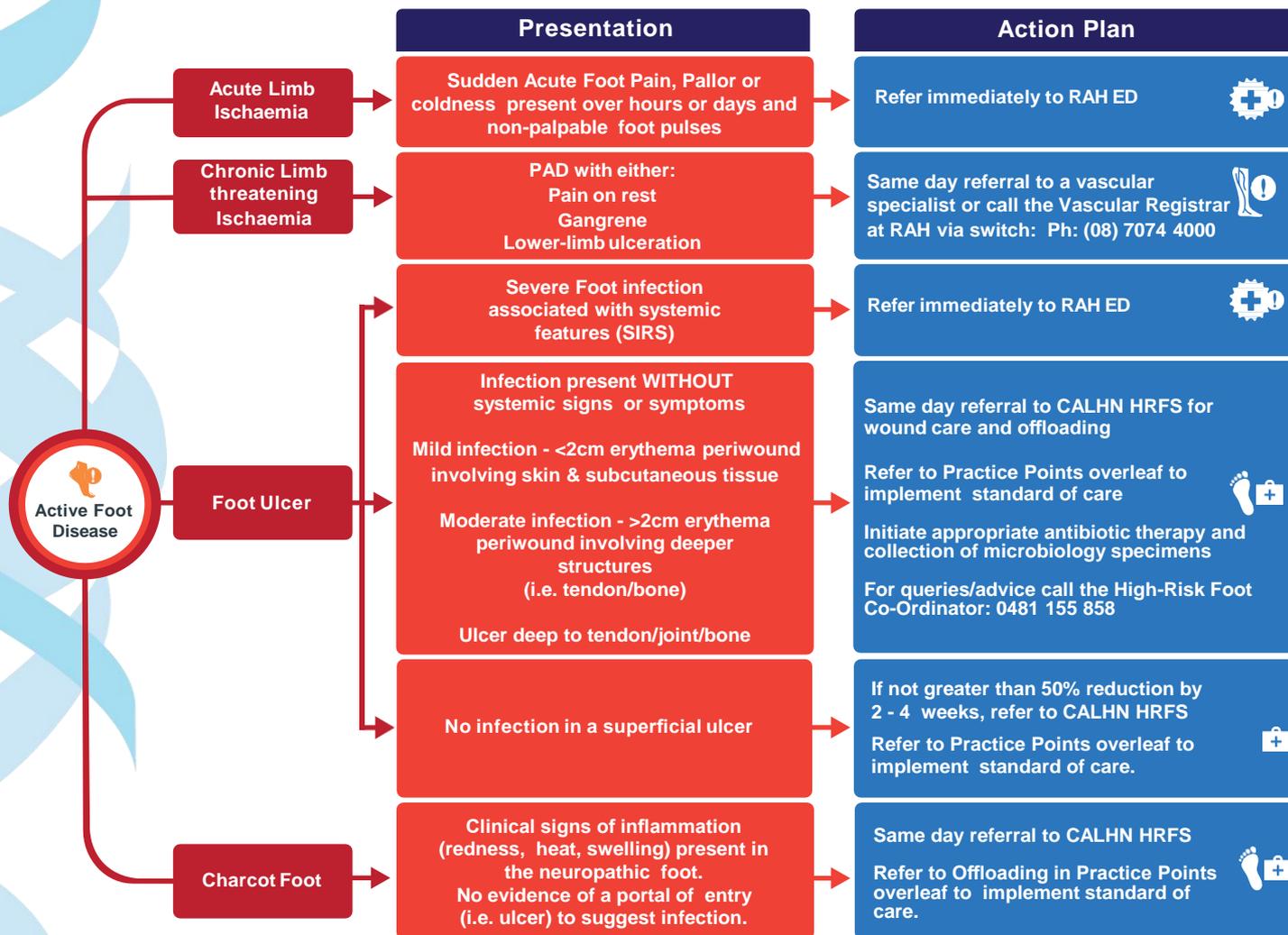


Central Adelaide Local Health Network (CALHN) Diabetes Foot Care Pathway



Aboriginal and Torres Strait Islander peoples are recognised as a high risk group for foot ulceration and amputation. Aboriginal Health Workers/Practitioners are part of our HRFS to provide holistic and culturally safe care.

Contact:

High Risk Foot Coordinator Ph: 0481 155 858 (Mon to Fri 0800 – 1600)

Allied Health admin (08) 7117 3010 (Mon to Fri 0900 – 1600)

Send all referrals to RAH Podiatry Department: Email: HealthCALHNPodiatry@sa.gov.au Fax: (08) 7074 6247

Central Adelaide Local Health Network (CALHN) Diabetes Foot Care Pathway

Practice Points



Address infection if present



Score ulcer using SINBAD to assess progress and facilitate faster triage



Local wound care:
sharp debridement (palpable pulses only) and ulcer dressing as appropriate



Optimise perfusion, diabetes holistic management and modifiable risk factors



Offloading:
Consider immobilising the affected leg with knee-high cast/boot as gold standard care
Discuss options with local Podiatry

Definitions

High Risk Foot Service: The CALHN High Risk Foot Service comprises of clinics at the Royal Adelaide and Queen Elizabeth Hospital sites which run weekly at both locations.

Clinics include:

- The interdisciplinary foot clinic – consists of Podiatry, Vascular Surgery, Endocrinology, Infectious Diseases, Diabetes Nurse Educator, Nursing, Orthotics and Prosthetics and Aboriginal Health.
- Podiatry Outpatient clinics

Co-morbidities: The presence of one or more additional conditions co-occurring with a primary disease. While many people with diabetes + foot infection may not require hospitalisation, their comorbidities, such as renal failure or an immunocompromised state, may mean they require an admission.

Abbreviations

ED: Emergency department
RAH: Royal Adelaide Hospital
QEH: Queen Elizabeth Hospital
HRFS: High Risk Foot Service
LOPS: Loss of Protective Sensation

SINBAD: Site (Ulcer), Ischaemia, Neuropathy (LOPS), Bacterial infection, Area, Depth
SIRS: Systemic Inflammatory Response Syndrome (refer to local guidelines)

References

- International Working Group Diabetic Foot Guidelines – 2019: <https://iwgdfguidelines.org/guidelines/guidelines/>
Identification and Management of Foot Complications in Diabetes (Part of the Guidelines on Management of Type 2 Diabetes) 2011. Melbourne Australia Diabetic foot problems: prevention and management NICE guideline (NG19): <https://www.nice.org.uk/guidance/NG19>
- D-Foot International fast track pathway: <https://d-foot.org/projects/fast-track-pathway-for-diabetic-foot-ulceration>
- NADC Collaborative Interdisciplinary Diabetes HRFS Standards 2018: <https://nadc.net.au/wp-content/uploads/2019/07/HRFS-Standards-FINAL-9.7.18.pdf>

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