

DIABETIC FOOT PATHWAY FOR MANAGEMENT AND CARE

Every person with diabetes should have a detailed annual foot examination and know which of the following categories their feet belong to:

1. No Significant Problems
 - Review Foot Exam Findings and Foot Care Fundamentals
 - Work on Wellness
2. Signs and Symptoms of Peripheral Arterial Disease
 - Review Foot Exam Findings and Foot Care Fundamentals
 - Work on Wellness
 - Daily Prescribed Exercise Program
 - Prophylactic Foot Care Program (4 to 6 visits per year)
 - Evaluate and Modify Footwear
3. Signs and Symptoms of Peripheral Neuropathy
 - Review Foot Exam Findings and Foot Care Fundamentals
 - Work on Wellness
 - Daily Exercise Program
 - Prophylactic Foot Care Program (2 to 6 visits per year)
 - Protective Footwear Program
4. Structural Problems with the Feet
 - Review Foot Exam Findings and Foot Care Fundamentals
 - Work on Wellness
 - Consider Surgical Correction of Deformities (with good circulation)
5. Prior Amputation or History of Foot Ulcer
 - Review Foot Exam Findings and Foot Care Fundamentals
 - Work on Wellness
 - Daily Prescribed Exercise Program
 - Prophylactic Foot Care Program (6 to 12 visits per year)
 - Protective Footwear Program

The Wellness Program mentioned above includes the following:

- Blood Sugar Control (with a target HgA1c)
- Exercise
- Diet and Weight Management
- Quality Sleep
- Stress Management
- Smoking Cessation