

John Miller - Podiatrist

HOW TO SPOT AT RISK FEET

Podiatrist – John Miller

BHSc(Podiatry)

Studied in Wellington

Started practicing in Tauranga in 1997



HOW TO SPOT AT RISK FEET

A registered profession since 1969

Health Practitioners Competence Assurance Act 2003

The assessment, diagnosis and treatment of foot and lower limb problems.

Leonardo da Vinci stated the foot was ...*“a masterpiece of engineering and a work of art”*

Greek Philosopher Socrates once said *“when our feet hurt, we hurt all over”* He was right !

HOW TO SPOT AT RISK FEET

Overview of Session

What is an “at risk foot”?

Why are at risk feet important?

How do I spot an at risk feet?

What can be done for an at risk foot?

HOW TO SPOT AT RISK FEET

What is an “at risk” foot?

- at risk of **developing** a foot **complication** due to a **chronic condition**
- **Complication**
 - **Ulcer / amputation / infection**
- **Chronic condition**
 - **CVD, Type 2 diabetes**

HOW TO SPOT AT RISK FEET

Why are at risk feet important?

- Foot complications are expensive and
- Have large social impacts and
- ARE USUALLY PREVENTABLE!

HOW TO SPOT AT RISK FEET

Why are at risk feet important?

- Post amputation 15% mortality in 3 months
- Post amputation 80% chance of loss of remaining limb within 3 years
- Post amputation 50% mortality within 3 years.

Programs, which include education with podiatry, show a positive effect on minor foot problems after a relatively short follow-up.

- 85% of amputation begin with a foot ulcer

The Diabetic foot is expensive and yet these costs are largely **avoidable**



Ministry of Health 2000-2001
NZ Guidelines Dec 2003, Evidence Based
Guidelines for Type II Diabetes
NZ Medical Journal 12.5.93

HOW TO SPOT AT RISK FEET

How do I spot at risk feet?

- Peripheral vascular disease
- Peripheral neuropathy
- Previous amputation
- Previous ulcer
- Presence of callus
- Joint deformity
- Visual/mobility problems

NZGG 2011

How do I spot at risk feet?

- Peripheral vascular disease
 - Previous leg vascular surgery
 - Smoking, hypertension, hypercholesterolemia
 - Claudicating, ulceration, rest pain, gangrene
- Absent pedal pulses



HOW TO SPOT AT RISK FEET

How do I spot at risk feet?

- Peripheral neuropathy

Effects motor, sensory and autonomic nervous systems;

Motor → changes in foot function and shape resulting in pressure, and deformity

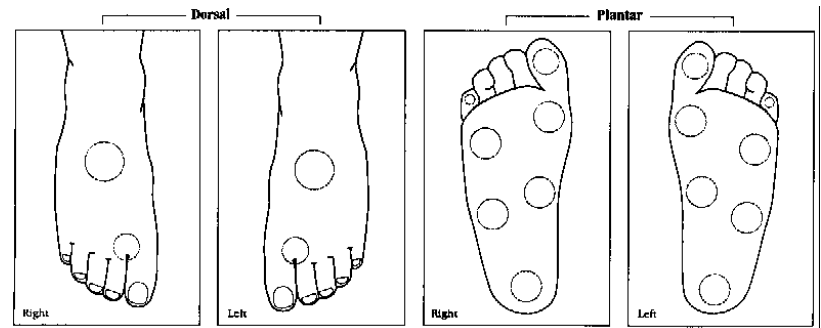
Sensory → unable to feel injury to the foot

Autonomic → control of skin hydration lost so skin dry and more susceptible to splits and breaks.

HOW TO SPOT AT RISK FEET

How do I spot at risk feet?

- Peripheral neuropathy – 10 gram monofilament
 - Test for loss of protective sensation
 - The 10 gram monofilament is applied to the sites indicated.



HOW TO SPOT AT RISK FEET

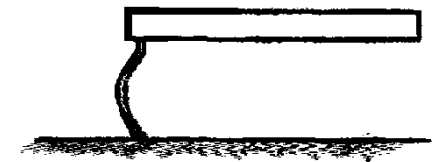
How do I spot at risk feet?

- Peripheral neuropathy – 10 gram monofilament

1. Test first at a site with normal sensation - away from feet (eg. hands)
2. Apply the monofilament perpendicular to the skin's surface (diagram A)
3. The approach, skin contact and departure of the monofilament should be approximately 1 ½ seconds duration
4. Apply sufficient force to cause the monofilament to bend (diagram B)
5. Do not allow the monofilament to slide across the skin or make repetitive contact at the test site



(A)



(B)

How do I spot at risk feet?

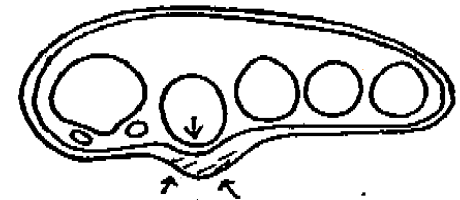
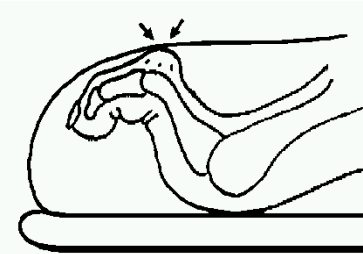
- Pervious amputation
- Pervious ulcer
- Presence of callus



HOW TO SPOT AT RISK FEET

How do I spot at risk feet?

- Joint deformity
 - Claw toes
 - Bunions



HOW TO SPOT AT RISK FEET

How do I spot at risk feet?

- Visual/mobility problems
 - see and reach feet
 - Unusual gait patterns ie limp

What can be done for at risk feet?

- Education
- Structured Foot Care
- Footwear
- Orthotics

HOW TO SPOT AT RISK FEET

What can be done for at risk feet?

- Patient Education

- how diabetes affects their feet
- why it is important to have foot screening and risk assessment
- how to care for their feet and when to seek help
- how to contact podiatry services within working hours
- what to do in an emergency out of hours

HOW TO SPOT AT RISK FEET

What can be done for at risk feet?

- Structured Foot Care
 - Regular risk assessment
 - Callus reduction (nail and skin)
 - Education on self-care (daily foot check)
 - Treatment of minor skin breaks

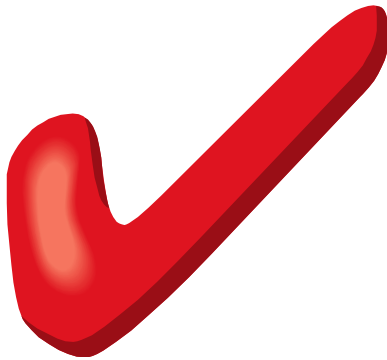
HOW TO SPOT AT RISK FEET

New Zealand – leading the way!

- Footwear is a therapeutic intervention for at risk feet
- 70% of patients footwear defined as “poor”

Footwear

Break Line



HOW TO SPOT AT RISK FEET

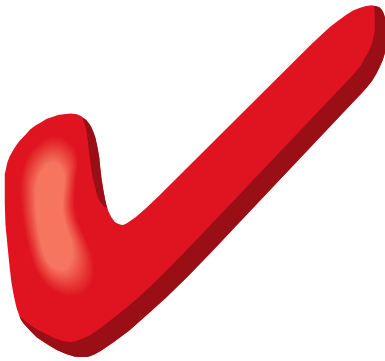
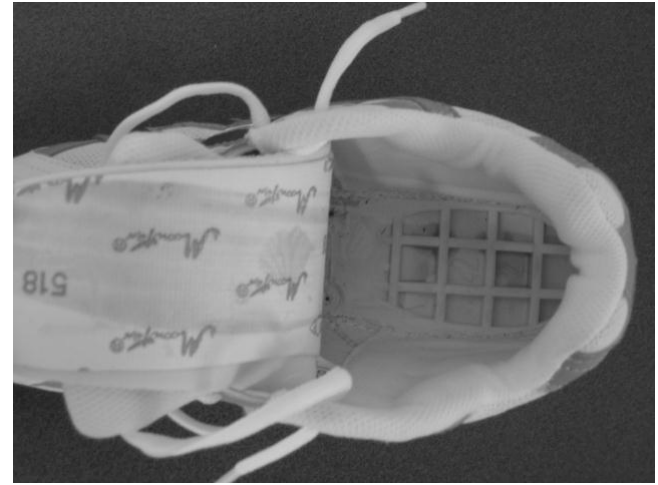
Heel Counter



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Footwear

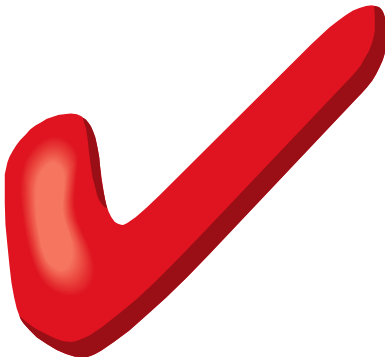
Midsole



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Footwear

Fit



HOW TO SPOT AT RISK FEET

Dr Comfort – 6000 prescription options



HOW TO SPOT AT RISK FEET

What can be done for at risk feet?

- Orthotics
 - Maintain foot posture
 - Offload pressure areas

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Summary

We can reduce the incidence and impact of foot complications in people with chronic conditions by identifying “at risk feet” early;

HOW TO SPOT AT RISK FEET

Summary

1. We can identify at risk feet

- Peripheral vascular disease
- Peripheral neuropathy
- Previous amputation
- Previous ulcer
- Presence of callus
- Joint deformity
- Visual/mobility problems

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Examples



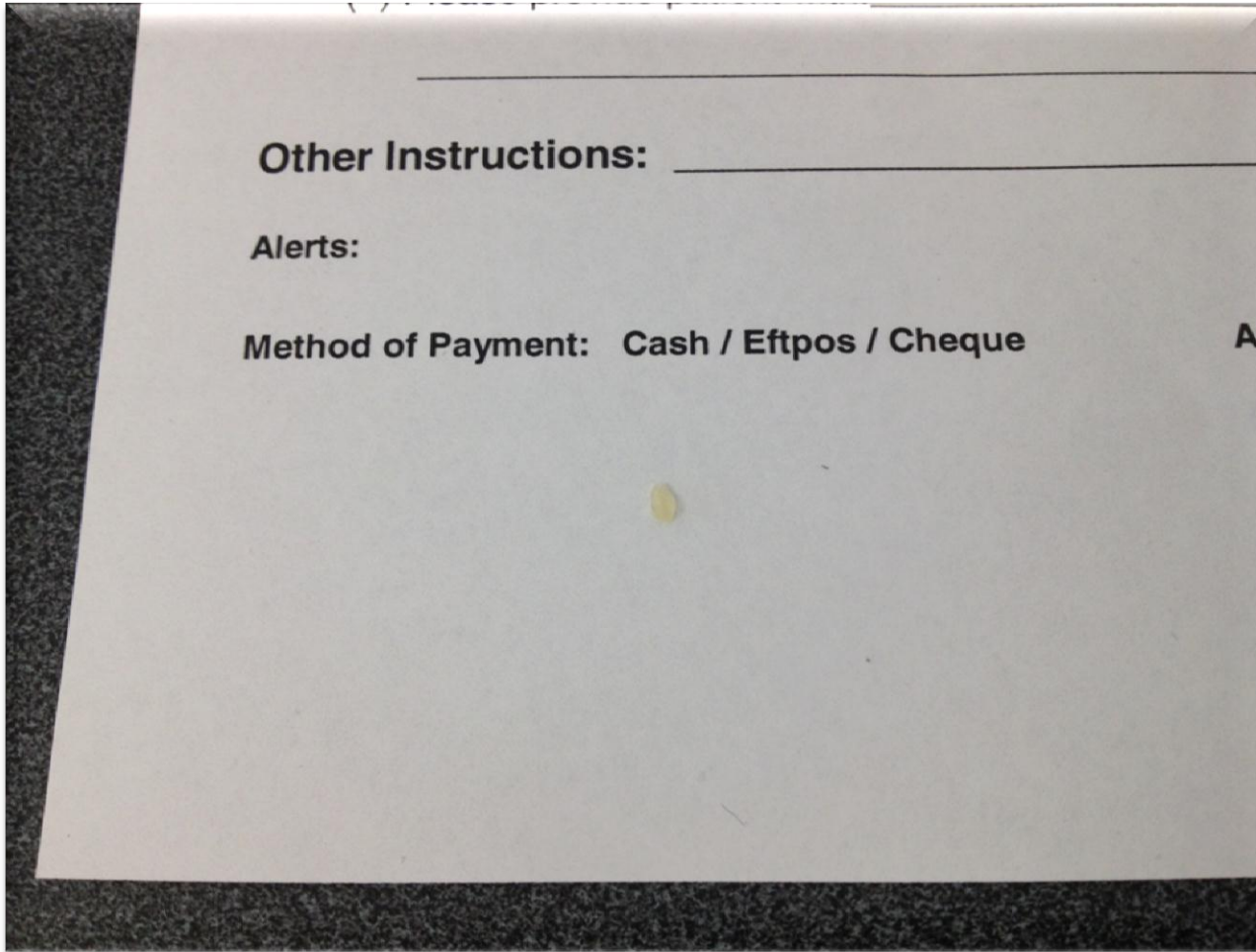
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Examples



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