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In each issue of *Diabetes Resources* we have provided specific information about management for diabetes, including important tests and resources to help reduce complications associated with the disease. Information is included about the ABCs of diabetes: **A1C testing 2-4 times per year, Blood pressure screening at every visit, and annual Cholesterol testing. Additional clinical information is also provided. A dilated eye exam, sensory foot exam and screening for kidney disease are each recommended annually. Attention to these risk factors reduces the chance for cardiac, renal, eye and vascular disease secondary to diabetes.**

In support of the *New Mexico Adult Diabetes Practice Guideline 2010*, please see the reverse side of *Diabetes Resources* for recommendations for care including resources and tools that can help in your efforts to provide education and support among your patients with diabetes.

Check www.nmtod.org for organizations that have graciously provided funding for *Diabetes Resources*.

New Mexico Health Care Takes On Diabetes, a New Mexico non-profit corporation, is a broad coalition of New Mexico's diabetes care professionals, New Mexico Health Plans, the New Mexico Department of Health, and the New Mexico Medical Review Association, with technical and administrative support from the American Diabetes Association.

Diabetes Resources

Practical Information for New Mexico Health Care Professionals



A quarterly publication for clinicians caring for people with diabetes - Vol. 13 No. 8, 2010

Foot Care Basics

The Issue:

- ❖ Diabetes is the leading cause of lower extremity amputations and their precursors, lower extremity ulcers. It is estimated that each year, several hundred New Mexicans will lose one or both legs due to diabetic neuropathy. Having diabetes increases one's risk of amputation 15-40 fold.
- ❖ Amputations are not the full story. Patients with diabetes who have a reduction in the ability to detect light touch and vibration are at high risk of developing ulcers unless there is attention to an ulcer-prevention regimen of self-care, appropriate footwear, and physician/professional monitoring.
- ❖ While **treating** established foot ulcers is clinically complex and costly, **preventing** foot ulcers can be done cost-effectively.
- ❖ All patients with diabetes should have routine foot screening. Most medical practices can institute a simple screening protocol, administered by a nurse or medical assistant, that will allow the detection of patients at higher risk for developing lower extremity ulcers.

Did you know?

For patients with type 2 diabetes, when a patient's A1C improves one percent (e.g., dropping from 9% to 8%), his or her risk of microvascular complications decreases by 35%.

The Current Clinical Recommendation:

The *New Mexico Health Care Takes On Diabetes Adult Practice Guideline 2010* recommends that all people receive a foot examination and risk assessment—check pulse and conduct monofilament examination at every visit.

New Mexico's Numbers:

Lower Extremity Amputations (LEA) Among Persons with Diabetes in New Mexico

	2003	2004	2005	2006	2007	2003-07	Percent
DM-Related LEAs	344	392	402	392	365	1,895	--
By Age Group:							
18 - 44	28	42	44	37	35	186	9.8
45 - 64	150	176	178	199	188	891	47.0
65 - 74	93	100	100	81	76	450	23.7
75 +	73	74	80	75	66	368	19.4
By Sex:							
Female	128	129	150	134	87	628	33.1
Male	216	263	252	258	278	1,267	66.9

In NM in 2007, an estimated 111,300 adults over 18 reported a diagnosis of diabetes.

Sources:

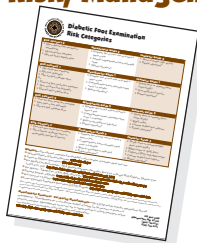
C. Halasan, New Mexico Department of Health, Diabetes Control and Prevention Program, 2009. Diabetes estimates from New Mexico Behavioral Risk Factor Survey. LEA data from New Mexico Health Policy Commission.

Resources for Clinicians

The following resources are FREE and can be downloaded from the New Mexico Health Care Takes On Diabetes website at www.nmtod.org. For further information contact Charm Lindblad, Executive Director, at 505.796.9121 or toll-free 1.866.796.9121.

Diabetes Foot Examination Form: A Practitioner Tool—Searching for a comprehensive diabetes foot examination form? Well, look no further! This form can be used to document completed diabetes foot exams each time the diabetic patient comes in for a visit. This form includes key questions a health professional can answer after examining the patient's feet. There is a space to document vascular findings, the level of sensation, and skin conditions on a foot diagram. Health care professionals who provide foot exams for diabetic patients will find this form very comprehensive and easy to use. This form can be found on the New Mexico Health Care Takes On Diabetes website.

Risk, Management and Footwear Categories: A Practitioner Tool—A tool has been developed to help identify risk categories for a patient without current ulcerations on their feet. This tool helps identify potential complications in the diabetic population with recommendations for management and patient education. Factors such as patient's self reporting, evaluation self-practices, provider visits on a regular basis, protective footwear and patient education have been found to be significant protectors of feet. This form can be found on the New Mexico Health Care Takes On Diabetes website.



Monofilament Resources: Purchasing Monofilaments—Monofilaments are a cost effective method of testing for the presence or absence of protective sensation. They are an easy way to engage patients to actively participate in their care and decrease the incidence of foot ulcerations and amputations. The LEAP website includes organizations that sell monofilaments. <http://bphc.hrsa.gov/LEAP>

Diabetes Foot Screen: A Patient Self-Exam Handout—Screening for loss of protective sensation (LOPS) is a key step to minimizing or eliminating the devastating effects of peripheral neuropathy. Careful monitoring of the feet with a foot screen form can help identify patients at high risk for plantar ulceration. This simple form with step-by-step instructions will help the patient examine his or her own feet and encourage the patient to share the exam results with the PCP's office in an effort to maintain comprehensive medical records and provide the appropriate referral to a foot care specialist when needed. This form can be found on the New Mexico Health Care Takes On Diabetes website.

Working Together to Manage Diabetes: A Guide for Pharmacy, Podiatry, Optometry, and Dental Professionals—The Department of Health and Human Services, in conjunction with the National Diabetes Education Program, has created a resource that could be used by healthcare providers for their own learning on the specifics of diabetes and encourages a team approach to the treatment of diabetes. This resource reviews the roles of multi-health care disciplines as they participate in the diabetes care team and promotes a collaborative effort in the treatment of a person with diabetes. This resource is available at ndep.nih.gov/diabetes/pubs/PPODprimer_color.pdf.

Websites—The editorial committee has identified a select number of websites about foot care:

- ❖ New Mexico Podiatric Medical Association: www.nmpma.com
- ❖ Knock Your Socks Off - Diabetes & Your Feet American Podiatric Medical Association: www.apma.org
- ❖ Feet Can Last a Lifetime: www.niddk.nih.gov/health/diabetes/feet/feet.htm
- ❖ Lower Extremity Amputation Prevention (LEAP) Program: www.hrsa.gov/leap/default.htm
- ❖ For Health Care Professionals: ADA Position Statement: Preventive Foot Care in People With Diabetes; Diabetes Care 26:S78-S79, 2003; care.diabetesjournals.org/cgi/content/full/26/suppl_1/s78
- ❖ For Patients: Taking Care of Your Body: Foot Care www.diabetes.org
- ❖ National Diabetes Education Program: www.ndep.nih.gov
- ❖ American Diabetes Association: www.diabetes.org
- ❖ National Institutes of Health: www.niddk.nih.gov/health/diabetes/diabetes.htm

These websites may be accessed directly or through the New Mexico Health Care Takes On Diabetes website.*

*Please note that these websites do not necessarily represent the views of New Mexico Health Care Takes On Diabetes. They are listed for your reference and convenience. NMHTOD does not evaluate websites for content accuracy or application to any clinical situation.

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