

Prevention of Diabetic Foot Ulcer

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INTRODUCTION

Diabetic foot ulcers (DFUs) are a significant complication of diabetes mellitus, leading to substantial morbidity, disability, and even amputations if not managed properly. The financial and economic burden of preventing diabetic foot disease is underscored by the fact that diabetic patients with foot complications (32.3%) spend four times more than patients without complications (9.3%) of their total income.¹ The prevention of DFUs is crucial in reducing this burden and improving the quality of life for diabetic patients. This chapter provides a comprehensive overview of the strategies for preventing diabetic foot ulcers, with a focus on risk factor management, screening, foot care, patient education, and emerging preventive approaches.

PREVENTION OF FOOT ULCER

Screening and Risk Assessment to Prevent Foot Ulcer

Regular screening is essential for the early identification of high-risk individuals. The following methods are commonly used:

Neuropathy assessment: Monofilament testing, vibration perception, and pinprick testing to evaluate sensory loss.

Vascular assessment: Ankle-brachial index (ABI) and Doppler ultrasound to assess blood flow.

Dermatological and musculoskeletal examination: Identifying calluses, ulcers, deformities, and infections.

A person with diabetes is at risk of ulceration if they have LOPS or PAD and additional screening is necessary.