



# Diabetic Foot Care in the Primary Care Setting

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## Introduction

- Population of diabetics estimated to double by 2050<sup>1</sup>
- 67% of diabetics in NE received their yearly foot exam by a health professional compared to the national average of 91%<sup>2</sup>
- \$174 billion spent on diabetes nationwide in 2007<sup>3</sup>

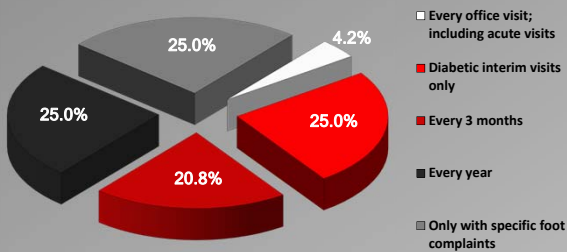
### Purpose

Identification of the knowledge, beliefs, barriers, and current practices of NNP members in regards to diabetic foot care and if ADA guidelines are being utilized.

### Sample

- Actively practicing NNP members
- 56% Non-urban (population <50,000)
- 63% Primary Care
- Years Experience
  - Mean=9.3 years; SD=7.15
  - Min=1 year; Max=32 years

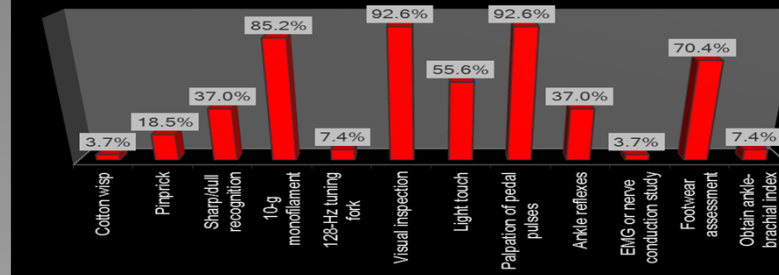
## Comprehensive Foot Exam Frequency



## Methods

- Non-experimental descriptive study
- Online survey emailed via Survey Monkey
- Available to all NNP members for a 2 week period of time
- Inclusion criteria
  - Actively practicing Nebraska NP's
  - Fully completed surveys

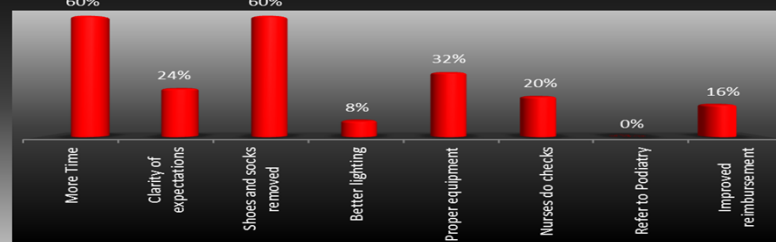
## Current Practice Assessments



## ADA Recommendations

- Screening initiated at diagnosis of DMT2 and 5 years after diagnosis of DMT1 and then annual<sup>4</sup>
- Annual comprehensive foot exam including:
  - Inspection
  - Palpation of pedal pulses
  - Testing with 10-g monofilament plus one of the following :128-Hz tuning fork, pinprick sensation, ankle reflexes , or vibration perception threshold
- Self-foot care education
- Referral to foot care specialists for those that smoke, have loss of protective sensation, structural abnormalities or prior history of complications
- Screening for peripheral arterial disease with history, pedal pulses, and possible ABI

## Identified Practice Improvement



## Results

- 59% report not using any specific guideline
- 74% would use an NNP supported guideline on diabetic foot care if available
- 85% of foot care is based off of routine habits
- 11% refer to medical or nursing journals for guidance
- 74.1% utilize a certified diabetic educator
- 70.4% of providers routinely inquire about patients' self-foot check practices

## Conclusion

- The majority of participants were unable to identify a specific guideline utilized to direct their comprehensive diabetic foot exams. Most NPs would however, utilize a guideline if NNP would support one.
- Top assessment practices currently being performed by Nebraska NPs consist of visual inspection, palpation of pedal pulses and testing for sensation by the use of monofilament; all of which are consistent with ADA recommendations.
- There are inconsistent frequencies of foot checks. According to ADA guidelines comprehensive foot exams are recommended yearly.
- Practice routines such as increased time allotment and having shoes and sock removed prior to exam were two identified factors that could collaboratively decrease barriers to performing comprehensive foot exams.

## Thank You

A special thank you to NNP for distributing surveys and to those that chose to participate in our study!