

Diabetic Foot Ulcer Treatment Algorithm

Complete Holistic Assessment

- Medical/Surgical History & Co-morbidity Management
- Physical Examination
- Lower Leg (LLA) including monofilament test
- Perform Arterial Brachial Pressure Index (ABPI) and Toe Brachial Pressure Index (TBPI)
- Diabetic Management (Glycemic and Lipid Control & Nutrition)



Determine the Cause – Risk Factors

Physiological

<p>Diabetes</p> <ul style="list-style-type: none"> • Diabetes and sub-optimal glycemic control • Neuropathic changes with lack of protective sensation 	<p>Vascular Flow</p> <ul style="list-style-type: none"> • Hypertension • Heart disease • Hyperlipidemia • History of deep vein thrombosis • Peripheral artery disease • Venous Insufficiency 	<p>Autoimmune Disorders</p> <ul style="list-style-type: none"> • Collagen vascular diseases • Immunosuppressant medications • Gout • Vasculitis 	<p>Wound History</p> <ul style="list-style-type: none"> • History of foot infections or osteomyelitis • Presence of toe infections (fungal or bacterial), callous and/or corns • Previous ulceration
<p>Physical Limitations</p> <ul style="list-style-type: none"> • Obesity • Foot deformity • Decreased level of activity • Visual disturbances • Amputation • Trauma 		<p>Socioeconomic/Self-Management</p> <ul style="list-style-type: none"> • Lack of awareness for self-care • Inadequate hygiene • Unsafe home environment • Alcohol/drug abuse • Decreased Cognitive Ability • Depression • Financial insecurity • Decreased level of activity 	



Confirm Wound Etiology and Pathway

- Results of LLA, Monofilament Testing and ABPI/ TBPI
- Results of wound assessment
- Diagnostic (Vascular Segmental Studies) & Laboratory results



Treat the Cause

Vascular Flow (Venous and/Arterial insufficiency)
 Wound Infection/ Osteomyelitis
 Pressure Distribution & Awareness of Neuropathic Changes
 Diet, Glycemic and Lipid Control

Optimize Medical Therapy with Patient

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| <ul style="list-style-type: none"> • Smoking and nicotine cessation • Offloading (Total Contact Cast or Prefabricated Removable Walking Casts rendered irremovable are Gold Standard) • Regular, professional foot care by qualified foot care practitioner when indicated • Regular professional debridement of callous/corns | <ul style="list-style-type: none"> • Medication administration for control of hyperlipidemia, hypertension, blood sugar, systemic antibiotic for infection and pain management • Avoid extremes (hot/cold, tight/loose) • Exercise 30 minutes/3 times per week • Address adequate diabetic diet/supplementation and hydration • Wound care as per best practice |
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Perfusion Strategies for Impaired Circulation

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| <ul style="list-style-type: none"> • Endovascular Perfusion • Angioplasty • Catheter-directed thrombolytic therapy | <ul style="list-style-type: none"> • Surgical Perfusion • Endarterectomy • Arterial Bypass |
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