

## SFHDiabDF02

### Implement specialist foot treatment for an individual with diabetes



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#### Overview

This standard covers providing advanced foot care treatment for an individual with diabetes. The activities described in this standard will follow an advanced assessment of an individual's feet. The individual may be accompanied by a carer who should be included in the discussions if the individual chooses to involve them.

Users of this standard will need to ensure that practice reflects up to date information and policies.

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#### Performance criteria

*You must be able to:*

- P1 communicate with individuals and carers in a manner which encourages an open exchange of views and information
- P2 confirm that the individual understands the results of the examination of their feet, the danger of uncontrolled sepsis, and the purpose and nature of the treatment or referral proposed and gives their consent
- P3 arrange for the individual to be admitted where you judge the risk of amputation is high and or the wound cannot be managed on an out-patient basis
- P4 arrange for the prescription of anti-hypertensives, statins and aspirin where poor circulation is evident or other risk factors are identified
- P5 establish the ankle-brachial pressure index and toe pressure where vascular insufficiency is suspected
- P6 make a referral, or arrange for this to be done, for a vascular surgical assessment where there is clinical suspicion of limb threatening ischaemia or where it is judged that a chronic wound could be improved by vascular intervention
- P7 where indicated by ulceration, osteomyelitis or cellulitis, prescribe a course of systemic antibiotics under protocol or supplementary prescribing regulations, or refer to a medical practitioner for an appropriate prescription
- P8 remove dead tissue by sharp debridement and dress the wound with an application appropriate to the type of wound and its site
- P9 arrange for the dressing to be changed at regular intervals according to your assessment of need, making a referral to community nurses or other healthcare professionals as necessary
- P10 immobilise or arrange for the immobilisation of an osteoarthropathic joint using a cast appropriate for the deformity and agree long term management of offloading
- P11 with the individual's consent, make a referral
  - P11.1 for orthopaedic/podiatric surgical assessment where indicated
  - P11.2 to an orthotist or podiatric technician for insole fitting or specialist footwear (such as an air-cast boot) where this is indicated
- P12 ensure that the individual and carer are able to recognise signs of infection or deterioration in the condition of their feet, and that they know how to access help and emergency help, if they need it
- P13 assess through discussion the individual's understanding of the risks to their feet and reinforce the benefits of good glycaemic control, self care and monitoring to prevent complications
- P14 offer written information on foot care in a suitable form for the individual and carer to reinforce their understanding, including graphic visualisations of the sequelae of disease where appropriate
- P15 agree when the individual will next come for treatment or re-examination,

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- leaving an interval appropriate to the risks you have identified and treatment you have initiated
- P16 make a record of the treatment and or referral(s) which can be followed by other members of the care team, the individual and carer and communicate the outcome to the person's general practitioner and any other referral source

#### Knowledge and understanding

*You need to know and understand:*

- K1 national guidelines on prevention and management of foot problems for people with diabetes, on wound care, and on diabetes monitoring, management and education
- K2 theories of the causes of diabetes
- K3 signs and symptoms of diabetes, including WHO criteria for diagnosis
- K4 normal and abnormal blood glucose and HbA1c values
- K5 how to monitor glucose levels, HbA1c, blood pressure
- K6 the importance and effects of patient education and self management
- K7 the psychological impact of diabetes, at diagnosis and in the long term
- K8 how to gather information from patients – adults, children and young people -about their health
- K9 the psychology of teaching and learning and of behavioural change
- K10 how to work in partnership with patients – adults, children and young people – and carers
- K11 the social, cultural and economic background of the patient/carer group and how these impact on self-care and self-management
- K12 the impact of nutrition and physical activity on diabetes
- K13 the effects of smoking, alcohol and illicit drugs
- K14 how to manage hypoglycaemia
- K15 the medications used to manage diabetes
- K16 foot patho mechanics and diabetic foot pathophysiology, its manifestations and outcomes
- K17 how to examine feet and assess risk status
- K18 the wound healing process and evidence based wound care
- K19 the long term complications of diabetes and when they are likely to occur
- K20 how to monitor cardiovascular risk
- K21 how to monitor for renal disease
- K22 how to monitor for diabetic retinopathy
- K23 relevant professional guidelines, standards and codes of professional conduct
- K24 the law and good practice guidelines on consent
- K25 your role in the healthcare team and the role of others
- K26 local guidelines and protocols on diabetes healthcare
- K27 local child protection procedures
- K28 local referral pathways, the way in which referrals are made and the referral rights of each type of healthcare practitioner
- K29 local systems for recording patient information
- K30 audit and quality assurance systems
- K31 the legal aspects of patient group directions and supplementary prescribing where these have been adopted locally
- K32 sources of practitioner and patient information on diabetes
- K33 sources of practitioner information about podiatry and wound care to

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- keep up-to-date with new dressings, equipment and guidelines
- K34 contact details of local and national support groups
- K35 how individuals can access facilities for exercise and physical activity, education and community activities

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#### Additional Information

##### External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB7 Interventions and treatments

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