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In each issue of *Diabetes Resources* we provide information about management of diabetes for health care providers.

Our publications support the *New Mexico Diabetes Practice Guideline* by providing specific tools and resources for providers to help reduce the complications associated with diabetes. The **ABCs of diabetes** is a reminder to test patients **2 to 4 times per year for A1C, check Blood pressure at each visit and test Cholesterol levels annually.** The *Diabetes Resources* address other clinical recommendations. Dilated eye exam, foot exam and kidney disease screening as well as nutrition and physical activities are additional covered topics.

In support of the *New Mexico Diabetes Practice Guideline 2006*, please see the reverse side of *Diabetes Resources* for tools and resources that can help in your efforts to provide education and support to your patients with diabetes.

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

New Mexico Health Care Takes On Diabetes 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. 7 No. 10, 2006

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.

The Current Clinical Recommendation:

The *New Mexico Health Care Takes On Diabetes Practice Guideline 2006* 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 Amputation Episodes Among Persons with Diabetes in New Mexico, 2002

Basic Statistics	
Number of Persons with Amputations	372
Number of Amputation Episodes	340
Median Age at Amputation (years)	66

Who Is at Greatest Risk for Amputation?

- ❖ American Indians with diabetes are 3.5 times more likely to have an amputation than are non-Hispanic Whites with diabetes.
- ❖ Males are twice as likely to have an amputation as females.
- ❖ Risk of amputation increases with age; the greatest risk is among those age 65 years and older.

Note: An amputation episode describes the events leading to an amputation. For example, if one wound causes one amputation, this is considered one episode. If one wound causes two amputations, this is still considered one episode.

In New Mexico in 2004, an estimated 92,000 people over the age of 18 reported a diagnosis of diabetes.

Sources:

Krapfl, H., Gohdes, D., and Burrows, NR 2003. Lower Extremity Amputation episodes among persons with diabetes - New Mexico, 2000. *MMWR* January 31, 52(4): 66-68.

New Mexico Department of Health, Diabetes Prevention and Control Program, 2002.

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%.

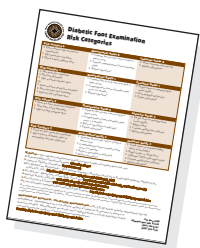
Resources for Clinicians

The following resources are FREE and can be downloaded from the New Mexico Health Care Takes On Diabetes website at www.nmtod.com. 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 more! 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.

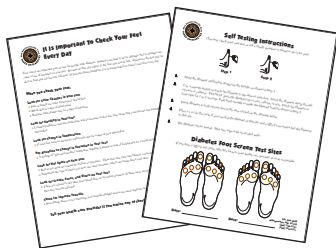


Risk, Management and Footwear Categories: A Practitioner Tool—A practitioner tool has been developed to help identify risk categories for a patient without current ulcerations on their feet. This tool helps identify potential complications in the diabetic population with recommendations for management 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.



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

- ❖ 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
- ❖ Feet Can Last a Lifetime: www.niddk.nih.gov/health/diabetes/feet/feet.htm
- ❖ Lower Extremity Amputation Prevention (LEAP) Program: bphc.hrsa.gov/LEAP
- ❖ 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

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. NMHCTOD does not evaluate websites for content accuracy or application to any clinical situation.

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