

Feet for Life
A Programme on Diabetic Foot
Screening

Introduction

- Almost 700 feet from diabetic patients are amputated yearly in Singapore.
- Clinical practice guidelines recommend annual foot examination for diabetic patients.
- The rate diabetic foot screening remained low as there were few podiatrists to service big number of patients

Objectives

- The NHG DFS programme aims
 - to improve the DFS service by training nurses and Podiatry Assistants (PA) to perform first-tier DFS and provide foot care education in hospitals
 - To increase the rate of foot screening in DM patients
 - To reduce DM foot complications and amputation

NHG Diabetes Foot Problems Workgroup - 2006

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DM Foot Screening Course

- NHG Diabetes Foot Screening and Care Programme - 2006
- 3rd NUH Diabetic Foot Screening Course - 2008



Results

- June 2006 to May 2007
 - DFS screened 2,579 patients
 - 50% “Low Risk” foot (Stage 1)
 - 40% “At Risk” (Stage 2)
 - 10% “High Risk” with ulcers, cellulitis or early necrosis (Stages 3 to 5) requiring referral to podiatrist, orthopaedic or vascular surgeon

Results

King's Risk Classification	AH (N = 986)		NUH (N = 726)		TTSH (N = 867)		TOTAL (N = 2579)	
	No.	%	No.	%	No.	%	No.	%
Stage 1 - "Low-Risk"	592	60	218	30	468	54	1278	50
Stage 2 - "At-Risk"	355	36	363	50	347	40	1065	41
Stages 3 to 5 - "High-Risk" Ulceration / Cellulitis / Necrosis	39	4	145	20	52	6	236	9

Amputation Rate

