

“West Foot Forward” – Outcomes of a High Risk Diabetes Foot Service

Julia Firth¹, Michaela Barron²,

1 Diabetes Foot Service, Western Health, Gordon St, Footscray, Victoria, 3011 julia.firth@wh.org.au

2 Diabetes Foot Service, Western Health, Gordon St, Footscray, Victoria, 3011 michaela.barron@wh.org.au

Background

Diabetes in the Western Metropolitan Region has become a significant health issue. The most common complication of diabetes is serious foot disease leading to amputation. Literature supports the need for dedicated diabetes foot teams and that a multidisciplinary approach for patients with diabetic foot ulcers is effective in reducing the number of amputations. In 2010, senior medical and allied health clinicians proactively sought funding to address the gap in services available to meet the health care needs of patients with diabetes related foot complications. Model of care development, objectives and functioning of this multi-disciplinary service will be presented.

Methods

Review of demographics and patient outcomes relating to service objectives were analysed from the period February 2011(inception) until May 2014.

Results

Objective 1: To provide timely, accessible and evidence based expert multi-disciplinary high risk foot care across the continuum of care

- Total of 497 admissions to the service with 72 current active patients
- Mean length of stay in the service=128 days (range 1-743); Mean patient age=65yrs; 67% of patients male

Objective 2: To reduce the length of stay of inpatients

- Pre-service the average LOS was 15 days with a reduction to 9 days at the end of 2014. This decreasing trend to still occurring even with increasing number of admissions to service each year.
- Presentation will focus on factors affecting this change.

Objective 3: To improve clinical outcomes

- Major amputations have reduced by 44% and toe amputations have reduced by 56%.

Objective 4: To achieve successful treatment outcomes for patients with high risk foot complications

- 54% of patients completed treatment successfully

Discussion

The Diabetes Foot Service is providing a gold standard of care with an emphasis on excellence, patient focused outcomes, multidisciplinary service provision as well as contributing to the body of research in combating diabetes related foot disease.

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