

This clinic runs on the first Thursday of the month. Services involved are Diabetology, Vascular Services, Orthotics, and Podiatry. Telephone referrals are accepted and should be followed up by communication e.g. letter, SCI-DC letter/comments section completed.

OPTIMAL WOUND CARE INVOLVES	REFERRAL CRITERIA
<ul style="list-style-type: none">• Wound management• Pressure relief*• Infection control• Footwear*• Education	<ul style="list-style-type: none">• Non healing diabetes foot ulcer ($\geq 4/52$)• Presenting ulcer with previous history of ulceration• Presenting ulcer with previous vascular intervention• Presenting ulcer with previous amputation
<i>This should be practiced at all times</i>	

***IF THERE IS ANY DOUBT CONCERNING FOOTWEAR OR PRESSURE RELIEF REFER IMMEDIATELY TO COMMUNITY PODIATRY OR ORTHOTICS DEPARTMENT IF AN EXISTING ORTHOTICS PATIENT**

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ASSESSMENT
<ul style="list-style-type: none">• Palpation of pulsesτ• Doppler ultrasound where available$\tau\tau$• Presence of infection – swab results• Presence of neuropathy

τ In diabetes the presence of large vessel pulses may not exclude large vessel disease due to the high prevalence of vascular calcification nor does it exclude small vessel disease

$\tau\tau$ A monophasic pulse would be indicative of vascular disease.

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REVIEW LIFESTYLE FACTORS
<ul style="list-style-type: none">• Smoking• Glycaemic control• Weight management• Social circumstances• Rest includes appropriate offloading techniques over 24hrs



APPOINTMENTS VIA
<ul style="list-style-type: none">• Catherine MacLennan, Diabetes Centre, Raigmore Hospital Tel. No. 01463 255930 <p>Any concerns about diabetes foot ulceration pre or post clinic day should be fielded through the CHP Specialist Podiatrists.</p> <ul style="list-style-type: none">• Sandra Jones, Podiatry Diabetes Co-ordinator, Medical Centre, Martha Tce., Wick, Tel. No.01955 604758• Fiona Main, Diabetes Specialist Podiatrist, Diabetes Centre, Raigmore Hospital, Inverness Tel. No.01463 255937• Pam Secret, Diabetes Specialist Podiatrist – MHCHP Tel. No.07786190839