



SYDNEY ENDOCRINOLOGY
DIABETES | METABOLISM

AT RISK FEET IN PRIMARY CARE

Presented by Jessica Kronenberg
Senior Podiatrist
April 2022

INTRODUCTION

Qualified Senior Podiatrist

Senior Podiatrist at Sydney Endocrinology in North Sydney

Senior Podiatrist at St George Hospital (SGH) High Risk Foot Service (HRFS)

Special Interest in the management of lower limb complications associated with Diabetes and high risk foot conditions





LEARNING POINTS

Identifying different foot pathology that requires immediate referral to a specialist podiatrist

Annual foot screening and identifying patients at high risk

BACKGROUND

Diabetes Feet Australia (DFA) statistics:

- Diabetes Foot Disease (DFD) affects 50,000 people per year in Australia with a further 300,000 at risk of DFD
- DFD is a leading cause of hospitalization and disability
- On any given day in Australia 12 people will have a diabetes-related lower limb amputation
- 80% of diabetes related amputations are preventable with best practice treatment and specialised on-going management



FOOT PATHOLOGY TO BE CONCERNED ABOUT

Pre-ulcerative skin lesions
(hyperkeratosis, corns
etc.)

Active foot ulceration

Slow to heal foot wounds

Acute foot infection

Unilateral red, hot,
swollen foot unresponsive
to Antibiotic therapy in
patients with known
peripheral neuropathy
and Diabetes

Infected ingrown toenails
unresponsive to Antibiotic
therapy

FOOT PATHOLOGY TO BE CONCERNED ABOUT



Hyperkeratosis (callus) and hemorrhagic callus (blood in callus)

Ulceration

Ingrown toenails & secondary infection



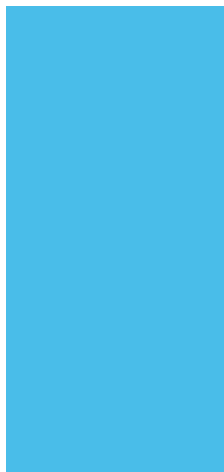
UNILATERAL RED, HOT, SWOLLEN FOOT

Is your patient presenting with a unilateral red, hot, swollen foot:

- Do they have a known history of neuropathy?
- Do they have Diabetes?
- Has your patient had no improvement with antibiotic therapy?
- Is your patient's foot shape changing?
- Have they had a recent neurovascular foot assessment performed by a Podiatrist?

Have you considered Charcot Neuroarthropathy?

Immediate referral to a High Risk Foot Service required (HRFS). Please note that an appropriately skilled Private Podiatrist can begin the process whilst the patient awaits HRFS care.



INABILITY TO SELF CARE AND NEGLECT

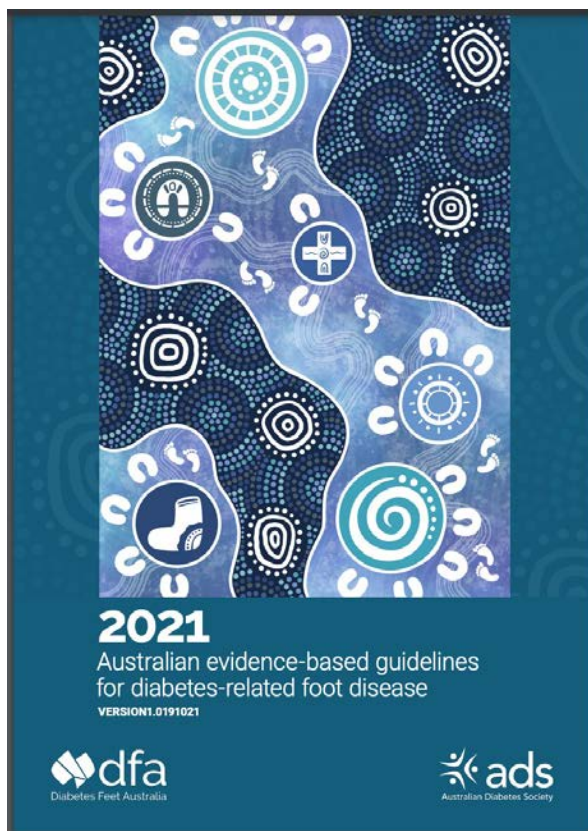
Inability to self care should prompt immediate referral

It is a sign of poor coping and in some cases neglect

If an individual is unable to maintain their own footcare there will likely be other activities of daily living they are unable to perform



IMPORTANCE OF DIABETIC FOOT SCREENING



Images retrieved from: <https://www.diabetesfeetaustralia.org/wp-content/uploads/2021/12/2021-Australian-guidelines-for-diabetes-related-foot-disease-V1.0191021.pdf>



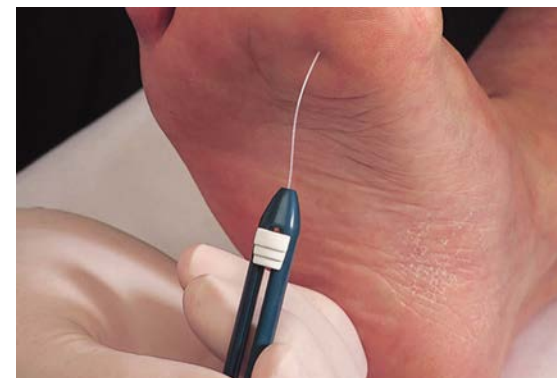
PREVENTION AUSTRALIAN RECOMMENDATIONS LIST

1

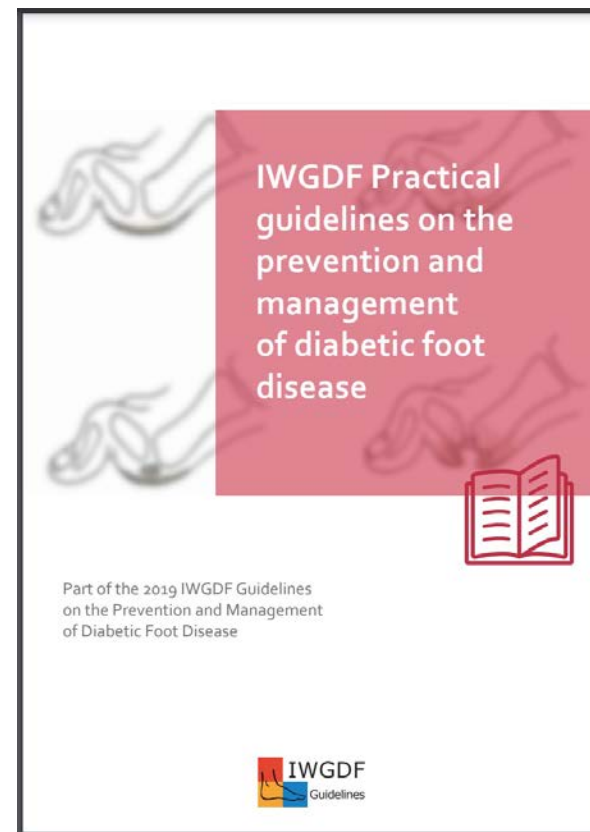
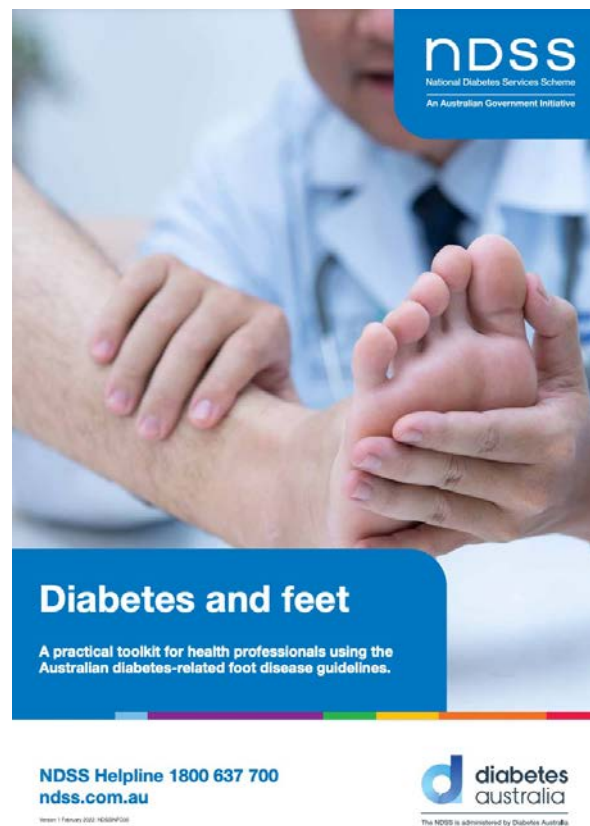
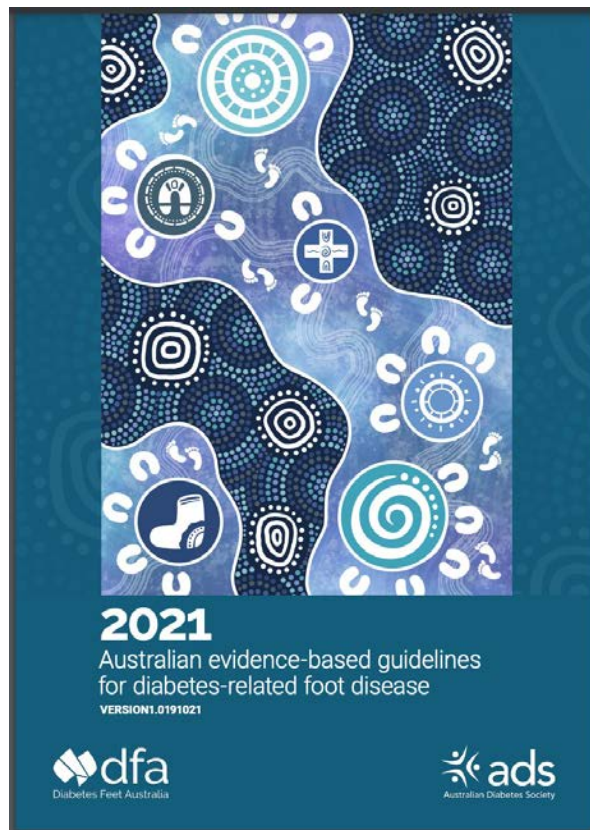
Examine a person with diabetes at very low risk of foot ulceration (IWGDF risk 0) annually for signs or symptoms of loss of protective sensation and peripheral artery disease, to determine if they are at increased risk for foot ulceration. (GRADE strength of recommendation: Strong; Quality of evidence: Low)

2

Screen a person with diabetes at risk of foot ulceration (IWGDF risk 1-3) for: a history of foot ulceration or lower-extremity amputation; diagnosis of end-stage renal disease; presence or progression of foot deformity; limited joint mobility; abundant callus; and any pre-ulcerative sign on the foot. Repeat this screening once every 6-12 months for those classified as IWGDF risk 1, once every 3-6 months for IWGDF risk 2, and once every 1-3 months for IWGDF risk 3. (Strong; Low)



USEFUL RESOURCES



HOW TO FIND A HIGH RISK FOOT SERVICE

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High risk foot service directory

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- Central Coast
- Illawarra Shoalhaven
- Nepean Blue Mountains
- Hunter New England
- Mid North Coast
- Northern NSW
- Western NSW
- Far West
- Southern NSW

Services

Bankstown Lidcombe Hospital Bankstown High Risk Foot Service ☎ 02 9722 8360 ✉ SWSLHD-Bankstown-HRFS@health.nsw.gov.au SWSLHD ♿ View details	Blacktown Hospital Blacktown HRFS ☎ 02 9881 8000 ✉ Clare.McGloin@health.nsw.gov.au WSLHD ♿ View details	Campbelltown Hospital Campbelltown HRFS ☎ 02 4634 3777 ✉ SWSLHD-MacarthurHighRiskFoot@health.nsw.gov.au SWSLHD ♿ View details
Coffs Harbour Base Hospital Coffs Harbour HRFS ☎ 02 6656 7820 MNCLHD ♿ View details	Concord Repatriation Hospital Concord HRFS ☎ 02 9767 7395 ✉ SLHD-Podiatry@health.nsw.gov.au SLHD ♿ View details	Dubbo Base Hospital Dubbo HRFS ☎ 02 6809 6016 ✉ Crystal.tang@health.nsw.gov.au WNSWLHD ♿ View details
Gosford Hospital Gosford Podiatry High Risk Foot Service ☎ (02) 4320 5411 ✉ CCLHD-Podiatry@health.nsw.gov.au CCLHD	Hornsby Ku-ring-gai Hospital Hornsby Ku-ring-gai HRFS ☎ 02 9485 6116 ✉ NSLHD-HKH-	John Hunter Hospital Greater Newcastle HRFS ☎ 02 4016 4687

HOW TO FIND A PRIVATE PODIATRIST

HealthShare.com.au

Sign up/Log in [Partner with us](#)

Search — e.g. "John Smith", "Hip Surgeon" or "Cardiologist Perth"

Find a Podiatrist (General)

Search our comprehensive database to find Podiatrists (General) in your area that meet your specific needs.

By Location

By Name

Enter suburb, hospital or post code *

North Sydney NSW 2060

Select health fund (optional) ⓘ

No health fund selected

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[Foot Conditions](#)

RELATED FACT SHEETS

[Prevention of Diabetic Foot Ulcers](#)

Jessica Kronenberg [Show profile](#) →

Podiatrist (General)

Special interests: Diabetic foot care, diabetic foot wounds, foot wound management, general foot care, chronic ingrown toenails and toenail surgery, foot pain,...

[\(02\) 9157...](#) [Show phone number](#)

[Suite 3, 319 Pacific Highway, North Sydney NSW 2060](#)

Telehealth



SUMMARY

- Early referral to a skilled Podiatrist is key
- Have a low threshold for referral if concerning foot pathology is present
- All Diabetic patients should have at least one Diabetic Foot Assessment every year
- If accessing your local High Risk Foot Service is tricky, consider referral to an appropriately skilled Private Podiatrist in the meantime



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THANK YOU



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