

เป้าหมายของการดูแลรักษา foot care

- Reduction of amputations
- Prevention of ulceration.

StrategicStrategic

1. Foot assessment & screening for Identification risk
2. Wound care /Rapid treatment for all foot problems
-Cleansing & Off-loading Techniques
3. Protective Footwear
4. Foot education Program/Foot care

Foot assessment & screening for Identification risk

- **Foot assessment**

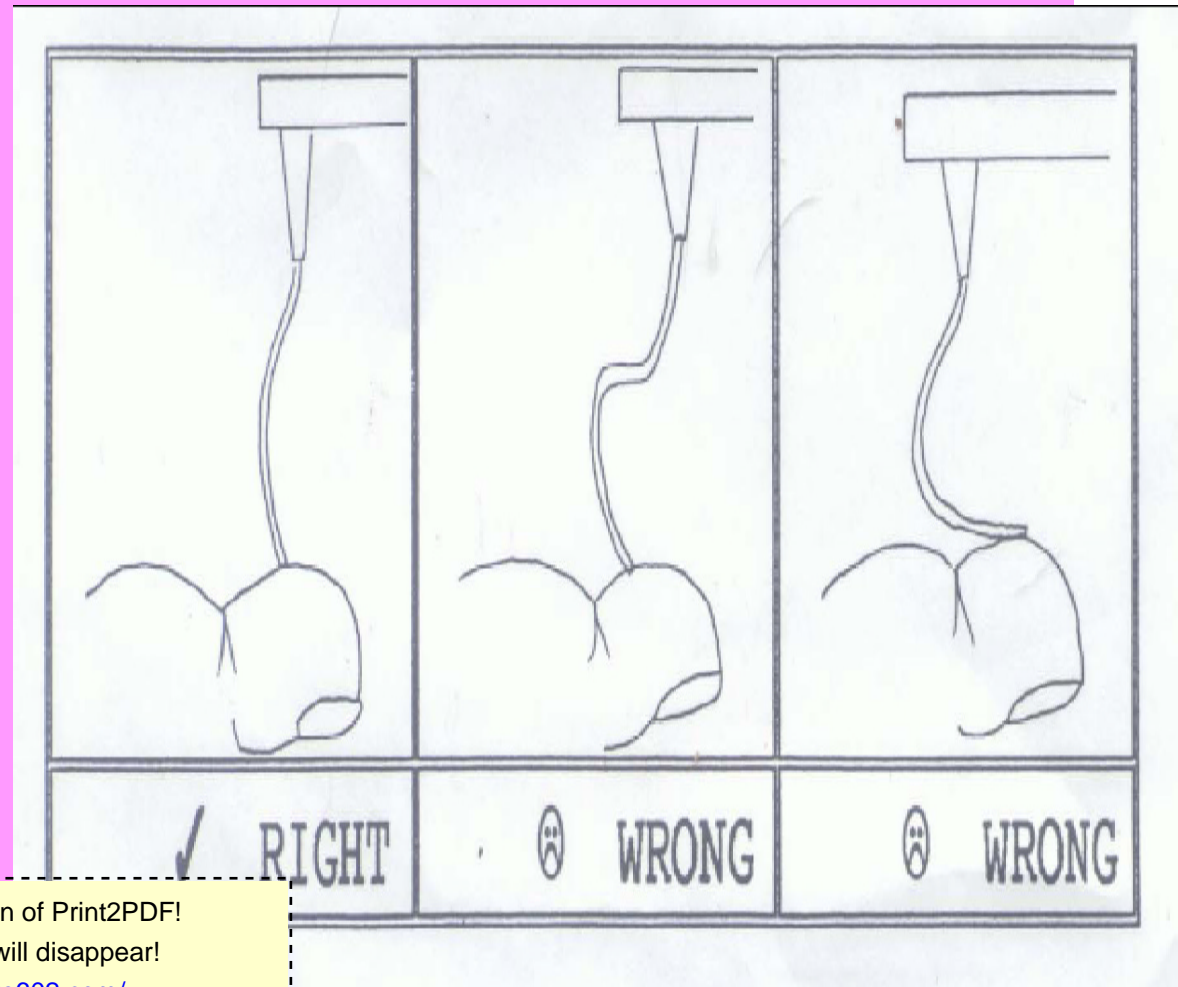
1. Neurological investigation by monofilament.
2. Peripheral vasculature -DP, PT pulse-ABI
3. Skin, Nail & Callus: Today callus tomorrow ulcer.
4. Foot deformity “Hammer toes, Charcot joint, Claw toes, Bunion, Pronated/Supinated foot etc.”
5. Ulcer classification (Texas U., Wagner)

1. Neurological investigation

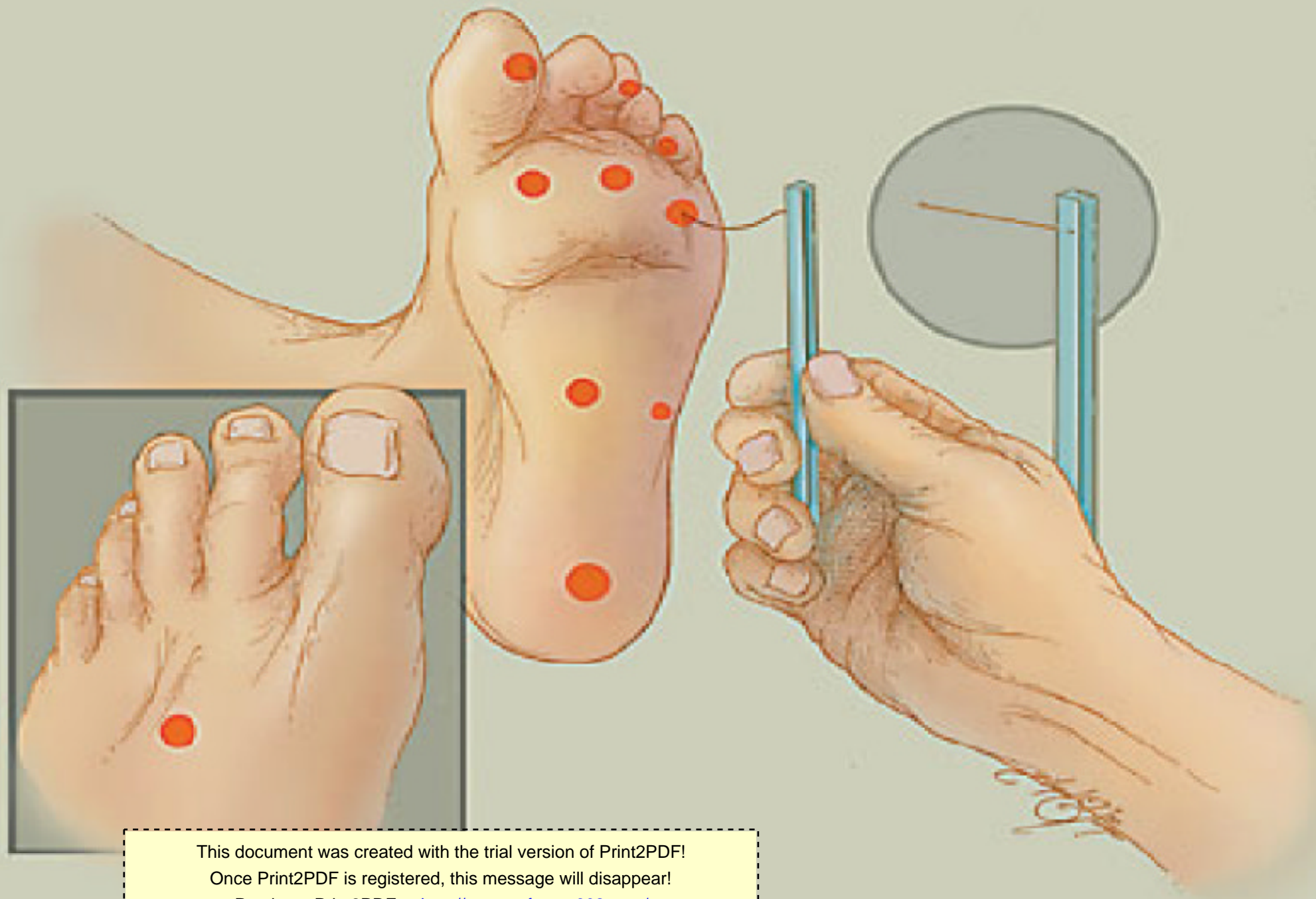
- *Semmes-Weinstein monofilament 10 g.

ข้อดีของ monofilament

1. Repeatable
2. Accurate
3. Reliable



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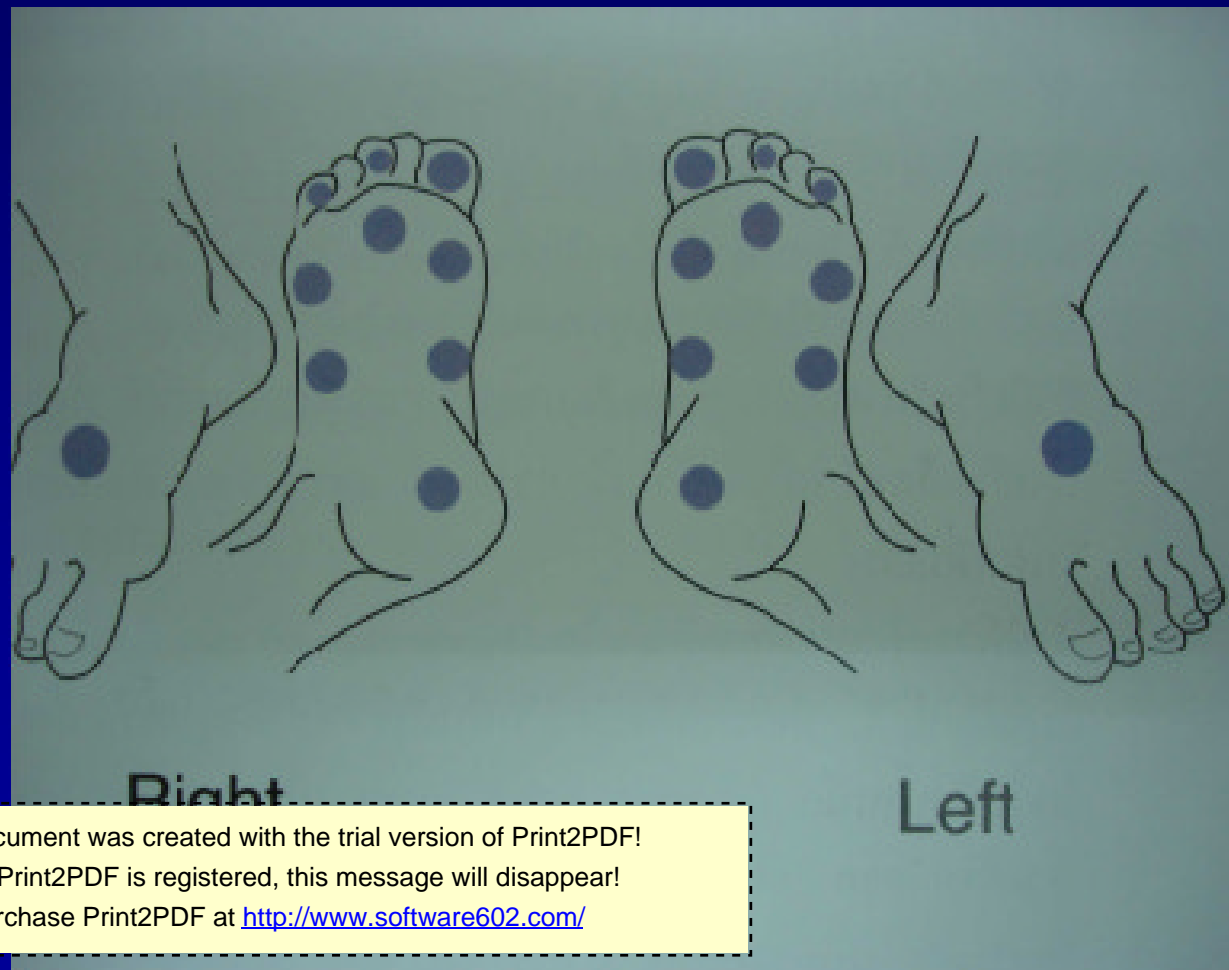
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Use of Monofilament (10-g)



Loss of protective sensation

- Impaired sensation $\geq 4/10$ points



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Foot assessment & screening for Identification risk

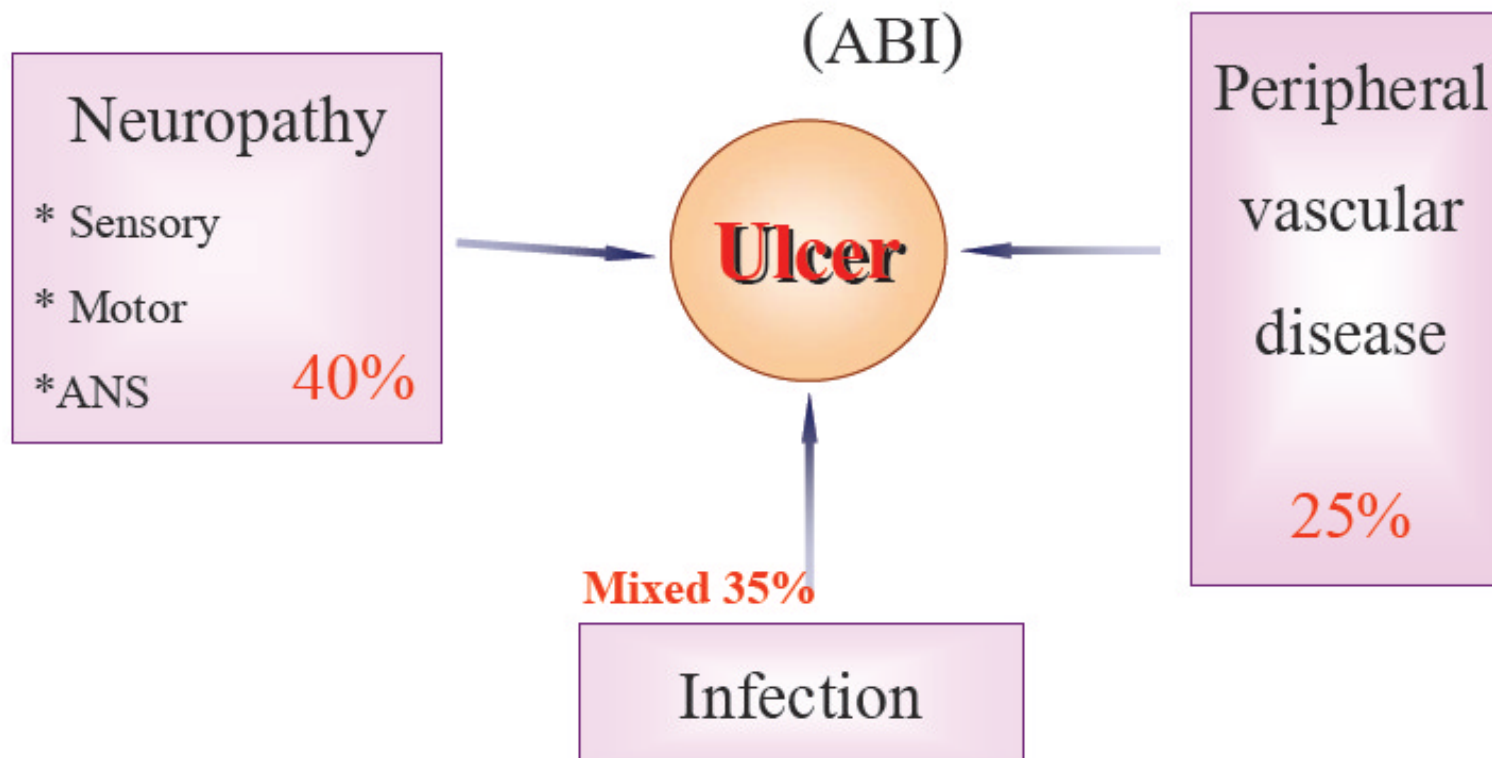
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2. Peripheral vasculature

2. Peripheral vasculature → DP, PT pulse

→ Ankle-brachial pressure index



Vascular evaluation

- Hx: intermittent claudication->rest pain->gangrene
->ulcer

- PE:

- Ix

การตรวจยืนยัน

Palpation of peripheral pulse
Ankle brachial pressure index(ABPI)
Digital subtraction angiography*
Magnetic resonance angiography(MRA)
Computed tomography angiography(CTA)

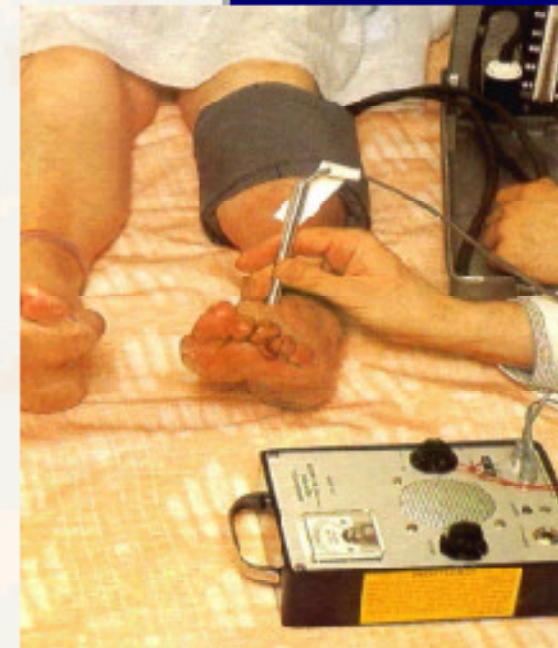
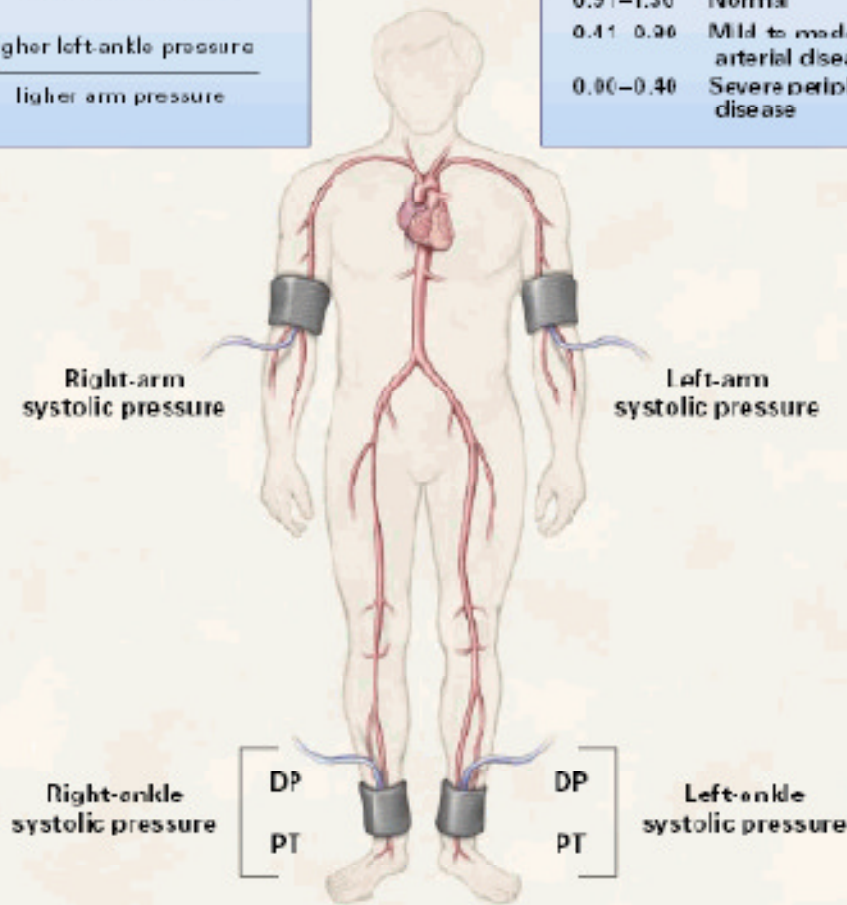
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Ankle brachial pressure index(ABPI)

Right ABI $\frac{\text{Higher right-ankle pressure}}{\text{Higher arm pressure}}$

Left ABI $\frac{\text{Higher left-ankle pressure}}{\text{Higher arm pressure}}$

Interpretation of ABI	
> 1.30	Noncompressible
0.91-1.30	Normal
0.41-0.90	Mild to moderate peripheral arterial disease
0.00-0.40	Severe peripheral arterial disease



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Palpation of peripheral pulse



Dorsalis pedis

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Posterior tibial artery

2. Examine vasculature

- Feel for pulse



Dorsalis pedis a.

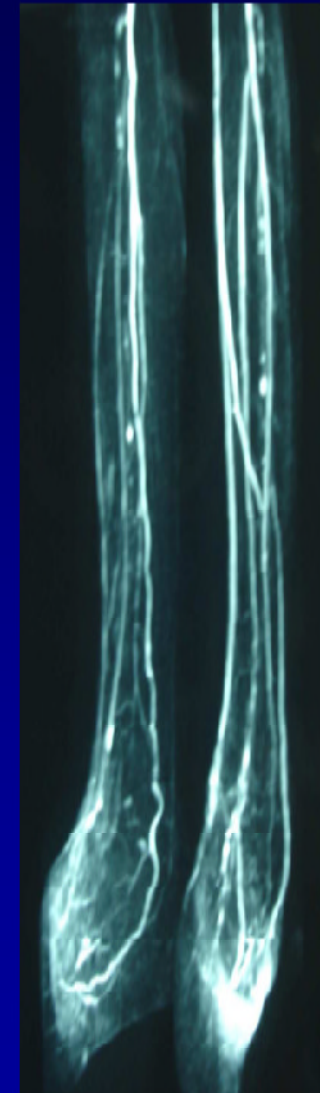
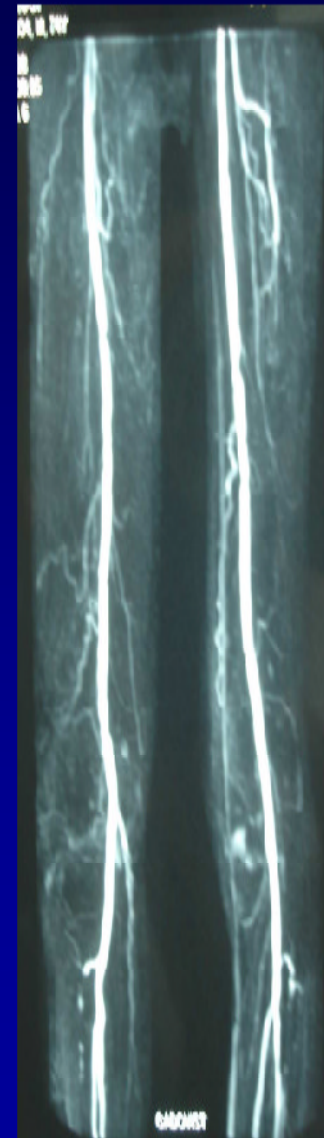


Post tibial a.

Digital subtraction angiography



MRA of both legs



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3. Skin, nail and callus

- Nail



อุบัติเหตุ



เชื้อรา



เล็บขบ

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Callus

“Today callus Tomorrow ulcer”



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