

ABBOTT NORTHWESTERN HOSPITAL







ABBOTT NORTHWESTERN WOUND CLINIC

Diabetic Foot Ulcer

Disclaimer







- This is general information regarding wound care and does not replace the need for professional wound care management. For customized wound care please see a wound care professional for further recommendations and instruction.
- If you have any questions regarding content presented please discuss with your nurse and/or provider



Wound Healing is a Journey









 $\label{lem:http://beradiantsquared.com/wp-content/uploads/sites/20/2013/05/Journey-Destination.jpg$

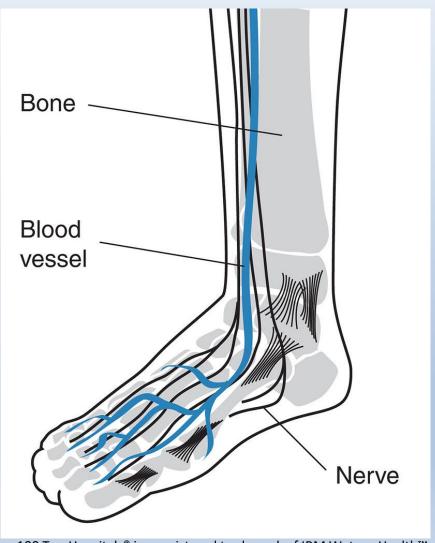
- At the Abbott Northwestern wound clinic, we are here to support you during your journey to wound healing
 - Assessment of blood flow
 - Debridement
 - The appropriate dressing
 - Offloading/Pressure Reduction
 - Good nutrition/protein intake
 - Control infection

Assessment of Blood Flow to Foot









 Peripheral vascular disease (poor blood flow) in diabetic patients is characterized by plaques located in the small and medium sized arteries that block blood flow to the tissues in the foot.

(Baranoski & Ayello)

- Blood flow is necessary for wound healing to occur.
- At the Abbott Northwestern wound clinic your blood flow will be assessed by one of the following assessment tools:
 - Palpating a pulse
 - Doppler examination
 - Arterial ultrasound
 - Ankle brachial index
 - TcPo2

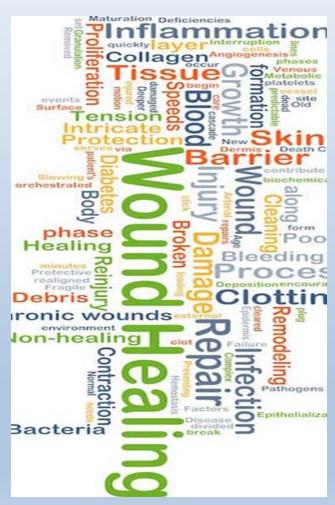
Baranoski & Ayello, 2003, p. 315

Debridement









https://woundcareadvisor.com/wp-content/uploads/2017/08/wound-healing.jpg

- How it Helps
 - Removes dead and unhealthy tissue from your wound (Bryant & Nix)
 - Removes bacteria that will slow the healing process (Bryant & Nix)
 - Prevents infection
 - Encourages new healing and tissue growth
- What to expect in wound clinic (Allina Health)
 - If needed, liquid lidocaine or cream will be placed on top of your wound. This will decrease pain and numb wound for about 15 minutes
 - A certified provider will remove unhealthy tissue once numbing has started
 - Tools used gentle pad, scalpel, or curette

(Allina Health, 2017), (Bryant & Nix, 2016), (Kelechi & Johnson, 2011, p.15).

The Appropriate Dressing









- The staff at Abbott Northwestern wound clinic will determine the appropriate dressing for your wound
- The goal of dressings is to create an environment for moist wound healing
 - "Not too dry/Not too wet"
- Keeping wounds covered is important to prevent infection and promote wound healing
 - Leaving open to air is <u>not</u> the most efficient way to promote healing

(Kelechi & Johnson, 2011, p.15)

Offloading & Pressure Reduction







PATIENT EDUCATION

Allina Health %

Foot Gear to Take Pressure off Your Foot/Feet



□ Rooke

This sheepskin boot will keep your leg warm and reduce

Wear it when you are not walking.

Clinic Orthotics



□ CAM

This boot works like a cast to keep your foot or ankle from twisting or moving.

Wear it whenever you are awake.

Used with permission, Hanger



□ PRAFO

This boot takes the pressure off your heel and prevents your leg from rotating while you are in bed.

Wear it when you are



O Allina Health System

Wear it whenever you are awake.

removable pegs to

a wound on the bottom of your foot.



☐ Darco post-op shoe

This shoe takes the pressure off your toe and protects your foot. It is temporary until your foot heals

@ Allina Health System

Wear it whenever you are awake.



☐ Prevalon boot

This boot takes the pressure off your

Wear it when you are not walking.

☐ Cage

This custom boot takes the pressure off the bottom of your

Wear it whenever you are awake.



Used with permission, Hanger Clinic Orthotics Wear them whenever you are awake.

Used with permission, Hanger

□ CROW

This custom boot protects your Charcot foot. The boot has a rigid front shell.

Wear it whenever vou are awake.



☐ Heel wedge shoe

These shoes are extra

deep with no linings.

There is room for orthotics (inserts).

This shoe takes the ressure off your

@ Allina Health System

Wear it whenever you are awake.



□ Custom insert

This insert spreads the pressure across different parts of your foot.

Clinic Orthotics Wear them whenever you are awake.



☐ Ortho wedge shoe

This shoe takes the pressure off your forefoot.

Allina Health System

Wear it whenever vou are awake.

Offloading/Pressure Reduction









https://www.google.com/search?q=Total+contact+cas

- A Total Contact Cast™ may be recommended to offload the pressure to your wound
- This is applied in our wound clinic.
- The first Total Contact Cast™ change occurs 2 days after it is applied. The it is changed weekly in the wound clinic.
- The black boot must be worn whenever you step down on the cast to prevent cracking
- The Total Contact Cast™ needs to be kept dry at all times

Good Nutrition/Protein Intake







 Good nutrition and increased protein is an important aspect of wound healing.



- Hard Boiled Eggs
- Yogurt
- Cottage Cheese
- Milk
- String cheese
- Cheese and Crackers
- Peanut Butter & nuts
- Boost , Ensure, Carnation
- Black Beans
- Milk Shakes
- Meat, Poultry, Fish

(Allina Health, 2019), (Allina Health, 2017 Ways to Add Protein to Your Meals and Snacks)

When To Be Concerned About Infection









- There is bacteria in every wound. They do not always cause problems, but sometimes the bacteria count gets high and need to be treated with medicine.
- Call the wound clinic at <u>612-863-3110</u> if you have signs of infection

Signs and symptoms of infection include:

Redness/warmth surrounding wound site
☐ Increased swelling around wound site
☐Increased yellow, green pus from wound
□Odorous drainage from wound that does not go awa
after cleansing

☐ Increased pain from wound

(Byrant & Nix, 2016, p. 286).

☐ Fever or chills

Useful Contacts







- Abbott Northwestern Wound Clinic 612-863-3110
- Byram Healthcare 1-877-742-1972
 - Wound care supplies
- Hanger Orthotic 1-877-442-6437
 - Help with custom orthotics/shoes
- Handi Medical Supply 651-644-9770
 - Wound care supplies
- Allina Home Care 651-635-9173
- Winkley Orthotic 612-863-8963

REFERENCES







- Baranoski, S., & Ayello, E. (2003). Wound Care Essentials Practice Principles. p. 315
- Allina Health. (2017). Sharp Wound Debridement.
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- Allina Health. (2017). Ways to Add Protein to Your Meals and Snacks. Retrieved from: http://akn.allinahealth.org/PatientEdCatalog/Nutrition%20Documents/12918.pdf#search=Ways%20to%2 0add%20protein%20in