

## **DIABETES MELLITUS-FOOT EXAMINATION FOOT EXAMINATION - CHECKING THE RISK OF DEVELOPING A DIABETIC FOOT ULCER**

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### **ABSTRACT**

If a person already has a diabetic foot ulcer, the danger is clearly there (although sometimes both the patient and the doctor can be fooled because there is no pain). The need for treatment of the ulcer by a multi-disciplinary approach involving doctors, podiatrists and nurses is also well established. It is a different type of challenge to identify the patients before they have actually developed an ulcer so that they can receive appropriate footcare education.

In a sense every person with diabetes has increased risk of developing foot ulceration and needs to take precautions to prevent it from occurring. However, some people have very low risk and some people have very high risk. Grading the risk helps the individuals and the health professionals to take appropriate measures without being too relaxed or too strict. This is not only good for the individuals, it also helps to direct valuable health care resources to people who need it. Patients at low risk only need general advice. Patients at high risk need detailed, specific and practical footcare instruction.

**KEYWORDS:** Diabetes Mellitus-Foot Examination Foot Examination - Checking