



Diabetes Spotlight

DIABETIC FOOT EXAM



Diabetic Foot Exam: Goals

- To identify Diabetic patients who are at risk for or who have developed Diabetic Peripheral Neuropathy (DPN), Ulcers, or Peripheral Arterial Disease (PAD)
- To meet Meaningful Use Requirements with proper documentation of the performed exam



Diabetic Foot Exam: Requirements

- Annual Exam
- Must document in chart properly: Use “Diabetic Foot Care” template in physical exam
- QM tab does not update automatically from the template. You need to check the box and enter the date of the exam.
- Exam Requirements
 - Skin inspection
 - Vascular Exam
 - Neuro Exam



Diabetic Foot Exam: Skin Inspection & Vascular Exam

Skin Inspection

- ▶ Inspect for ulcerations or signs of infections
- ▶ Inspect for skin discoloration that can be a sign of PAD

Vascular Exam

- ▶ Dorsalis Pedis Pulse
- ▶ Posterior Tibialis Pulse

Diabetic Foot Exam: Neuro

- Must include monofilament PLUS (vibration OR pinprick OR ankle reflex OR vibration perception threshold)
 - Vibration
 - 128Hz tuning fork at interphalangeal joint of the hallux
 - If not felt, try at next most distal joint
 - Patient's eye closed or diverted
 - Pinprick
 - Similar locations to monofilament testing with eyes closed or diverted
 - Ankle reflexes – Achilles
 - Vibration perception threshold – requires specialized equipment that we do not have in primary care
- Decreased sensitivity if performing over a callus – recommend debridement/filing of callus

Diabetic Foot Exam: Monofilament

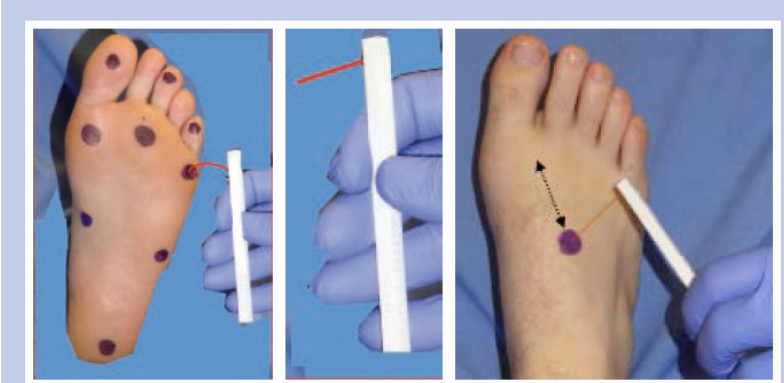


Figure 3. Sensation testing sites for Semmes-Weinstein monofilament (SWM) protocol using the 5.07 gauge, 10 g monofilament filament. Typical SWM testing sites are illustrated above. Sites typically vary from one examiner to another. Interpretations tend to be clouded by calluses, deformities, scars, cicatrix, soft tissue atrophy, and patient's anticipatory reaction. This necessitates testing each site more than once and, hence, can make the SWM testing time consuming as well as imprecise. The first webspace is a more usual site for SWM testing on the dorsum of the foot, although this figure depicts an additional mark more proximal and lateral to this. Note the bent monofilament in the left-hand figure, indicating loss of protective sensation. Unfortunately interpretation may be clouded by callus in this area.

- ▶ Patient's eyes closed or diverted

Diabetic Foot Exam: Summary

Summary

- ▶ Must have annual exam
- ▶ Use “Diabetic Foot Care” template in physical exam
- ▶ Documentation must be complete or can affect future reimbursement
- ▶ QM tab has to be manually updated with the date of the exam

Exam Components

- ▶ Skin inspection
- ▶ Pulses
- ▶ Sensory – monofilament PLUS one of (pinprick OR vibration OR reflexes OR vibration perception threshold)