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Diabetes mellitus, when and how to evaluate the foot

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Background and Aim: Diabetic foot is one of the most frequent complications of Diabetes Mellitus. There has been, in recent years, an increased number of hospital admissions, also the total number of lower limb amputations with this complication. Thus, it's important for adequate prevention and systematic treatment performed by multi-disciplinary teams.

Objectives: To alert the various health professionals involved in providing care to the diabetic, to the importance of a correct evaluation of the diabetic foot.

Methods: Research articles published in medical databases Medline / Pubmed and clinical guidelines.

Results: Examination of the foot should be made five years after the diagnosis of individuals with type 1 diabetes and at diagnosis in individuals with type 2 diabetes and subsequently should be done annually or more frequently if they are present various factors risk. The examination involves the evaluation of the type of footwear used that is a major trauma factors, foot inspection, palpation of the dorsalis pedis and posterior tibial pulses. Pressure sensitivity should also be evaluated (monofilament 10g) and at least one sensitivity and vibratory sense (pitch 128 Hz), tactile (cotton), allergic or thermal also the research of osteotendinous reflection and evaluation Ankle Brachial Index. No less important is the education of the patient and family and good glycemic control.

Conclusions: A correct assessment of the diabetic foot, such as the control of risk factors, possible to prevent one of the most feared and severe complications of diabetes.