

**Multidisciplinary foot clinic and improved outcomes in diabetic patients**

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The St Vincent Declaration was signed in 1989; one of the primary goals was to reduce the number of amputations by 50% within 5 years. Many centers have shown that this goal is not being met. In a retrospective study in our centre we reviewed amputations and mortality in diabetic and non diabetic patients over a four year period, before and after the initiation of a Multidisciplinary Diabetic Foot Clinic (MDFC). The MDFC was initiated in 2001 and is staffed by a diabetologist, podiatrist and specialist nurse with close collaboration with vascular surgeons. We see approx 250 new diabetic foot referrals per year from GP's, podiatrists, District Nurses and direct Patient referrals. All amputations within the hospital are recorded on a database and data obtained for this study was from the year 2000, with follow-up at 2002 and 2003. Mortality was also obtained from the same hospital database. The cost of an amputation is fixed at 6,000 per amputation (as at 2000) (increasing at 5% every year thereafter), excluding community healthcare costs. In the study period there were 51 diabetic and 84 non-diabetic amputations. In 2000, there were a total of 53 amputations of which 24 were in patients with diabetes (46%). In 2002 and 2003 the amputations in diabetic patients were 37% and 31% respectively, a reduction of 45% in 2003. The mean age of the diabetic and non-diabetic patients was  $68.7 \pm 13.7$  and  $67.8 \pm 15.9$  years, respectively. However the mean age of the diabetic patients over three year study period were 65.2, 69.8 and 74.3 years, respectively. Patients were followed up until death or December 2005. There were 25 deaths in the diabetic group (49%) and 26 (30%) in the non-diabetic group. The crude costs of the amputations were £144,000; £119,000; £90,000 for the years 2000, 2002 and 2003 respectively. Since the initiation of the MDFC we have seen a reduction in amputations in patients with diabetes and also an increasing age at first amputation. MDFC's can help to improve outcomes in diabetic patients, with enormous savings for the National Health Service.