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Evidence based Guidelines: Diabetes Foot Education

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Introduction: Foot education is an important part in diabetes education. During foot education the patient is getting information about arising and/or existing problems on his feet. It is our duty to offer the patient the best available evidence. **Methods:** To develop the guideline, we used the general policy of German Manual of Clinical Practice Guidelines. We searched for literature in Cochrane, CINHAL and PubMed. After this we did a systematic review of the medical literature and undertook a critical appraisal of the studies. To put the results from the critical appraisal into recommendations, we used the evidence classification of the National Institute for Clinical Excellence. Normally the evidence classification (1-4) determines the evidence recommendation (A,B,C and Good Practice Point [GPP]).

Results: Foot education should include

- Nail and Skin care [A]
- Identification and avoidance of risk situations in high risk patients [B]
- Awareness of personal risk factors [B]
- Foot hygiene [B]
- Proper foot wear [B]
- General information in development of foot complications [GPP]
- Behaviour in injuries [GPP]
- Routine surveillance of the foot [GPP]
- Daily self inspection of feet [GPP]

Conclusion: Aim of this guideline is to define the contents of foot education in an evidence based manner. Little research has been conducted on the content of patient education. Because most of the education programmes are reviewed for metabolic control but very few of them are evaluated for the reasonable topics.