

## OP4

### A Diabetic Foot Ulcer Is Preventable; Does the Cost Justify the Means?

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This cross-sectional study was designed to estimate the cost of preventing diabetic foot ulcers in a high-risk group. An Orthotic led clinic was developed to maintain healed foot ulceration alongside very high-risk feet, screened and identified as requiring protective footwear. A cohort of 103 patients were followed for a minimum of 2 years from within a total clinic group of 1620. 47 post-healed ulcers and 56 non-ulcerated, high-risk feet entered the prevention programme. 90 had neuropathy with significant deformity, 28 also had PVD and 13 were purely ischaemic. Costs were calculated using the Orthotic patient administration system, which records total Orthotic expenditure. Estate costs were added.

### Results

#### Annual Cost

Orthotic Service	£9243
Orthosis/adapts/repairs	£26418
Total	£35661
Estate/Admin 35%	£12481
Total	£48142
Cost per/pt	£467

Of 103 pts followed for 2 years, 12 feet ulcerated, 8 in previously ulcerated feet and 4 in high-risk (8/47, 4/56)

Comparing published annual re-ulceration rates of 20-35 % with this cohort of 12 %, 8- 23 excess ulcers were prevented.

Ulcer healing cost (IDF 2005) = \$10 000 (£5 000 / ulcer).

Total Ulcer prevention cost = Prevention Cost £48142 - Cost of ulcer healing (£40 - £120,000) At best preventing one foot ulcer will save £3003 or at worst cost £ 991.

In simple terms the prevention of diabetic foot ulcers is economically viable and the quality of life clearly enhanced.