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Neuropathic diabetic foot: an easy-to-make offloading cast.

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Introduction: Effective reduction of pressure (offloading) at the ulcer site, while keeping the patient ambulatory, plays a central role in the treatment of neuropathic diabetic foot wounds. Offloading is especially complicated in patients with a severe deformity of the foot, such as those with Charcot's neuroarthropathy. **Objective:** To build up a customized cast using an offloading insole covered with a fibre glass band and adhesive felts. This cast is intended for patients with both active and non-active plantar ulcers, and bearing a deformity of the middle or forefoot. **Material and methods:** The study was carried out on 21 diabetic patients with ages between 47 and 69 years (15 males, 6 females), with diabetes duration ranging from 7 to 23 years. 4 patients (19%) had Charcot foot with an ulcer on the middle foot, and 17 (81%) had neuropathic or neuroischaemic ulcers located primarily on the forefoot. After proper wound debridement and care, the offloading device was fitted and the patients were followed on a weekly or biweekly basis till wound healing. **Results:** All ulcers healed, and the healing time ranged from 1.5 to 7 months. Offloading cast effectiveness in this group of patients with ulcers of the mid-foot or forefoot was 100%. **Conclusion:** This type of cast is very effective for both short and middle term offloading of complex ulcers due to foot deformity, particularly in patients with Charcot foot. Moreover, the cast is removable, easy to make and inexpensive.