

## OP7

### Time of healing foot ulcers among patients with type 1 and type 2 diabetes have decreased in the period 2002-2010

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**Background and aim:** Foot ulcers are a very costly complication among diabetes patients. If the time from diagnosis to healing of the ulcer can be reduced this will decrease the costs. To our knowledge there are no longitudinal studies of change in healing time of foot ulcers among diabetes patients. The aim of this study was to see the possible changes in healing of foot ulcers in two large cohort of type 1 diabetes patients (T1D) and type 2 diabetes patients (T2D) in the period 2002-2010. **Methods:** Our clinic is a specialized diabetes clinic. The clinic has a multidisciplinary foot care team and is an integrated part of the public health care system. In the clinic app 3500 patients with T1D and app 2000 patients with complicated T2D are followed. When a foot ulcer is observed the patient is seen immediately by the podiatrist and if necessary a specialist in orthopaedic surgery within a maximum of 1 week. Standard treatment consist of therapeutic footwear with individual off-loading, antibiotics if infection, surgical drainage when required, referral to corrective surgery or vascular surgery if indicated, and education. Patients are seen with 1-6 weeks interval until healing of the ulcer. All information in relation to the patients, including date of diagnosis as well as date of complete healing of ulcers is housed in an electronic patient record system. We studied the healing time of foot ulcers, the number of visits until healing, the number of days without ulcer before a new ulcer occurred, and the development over at nine years period. **Results:** In the 2002-04 a total of 548 ulcers (60% toe ulcers) were diagnosed, in 2005-07 a total of 627 ulcers (55% toe ulcers) were diagnosed, and in the period 2008-10 a total of 654 (57% toe ulcers) were diagnosed. 62% of the ulcers were diagnosed among T2D patients and 38% among T1D patients. For all foot ulcers healing time decreased from 104 days in 2002-04 to 83 days in 2008-10. For T1D patients healing time decreased from 111 to 84 days in the period. For T2D patients healing time decreased from 99 to 82 days. Change in treatment time is in relation to toe ulcers. In 2002-04 patient were seen 5 times (median) in the foot clinic before healing of the ulcer, in 2008-10 this was reduced to 3 times (median). Among patients where ulcers healed in 2002 45% were free of any new diabetic ulcer in the subsequent 3 years, among patients where ulcers healed in 2008 55% were free of any ulcers in the subsequent 3 years. **Conclusion:** The present study shows that healing time of ulcers treated in a specialized diabetes clinic have decreased substantially in both patients with T1D and T2D, however most pronounced among patients with T1D.