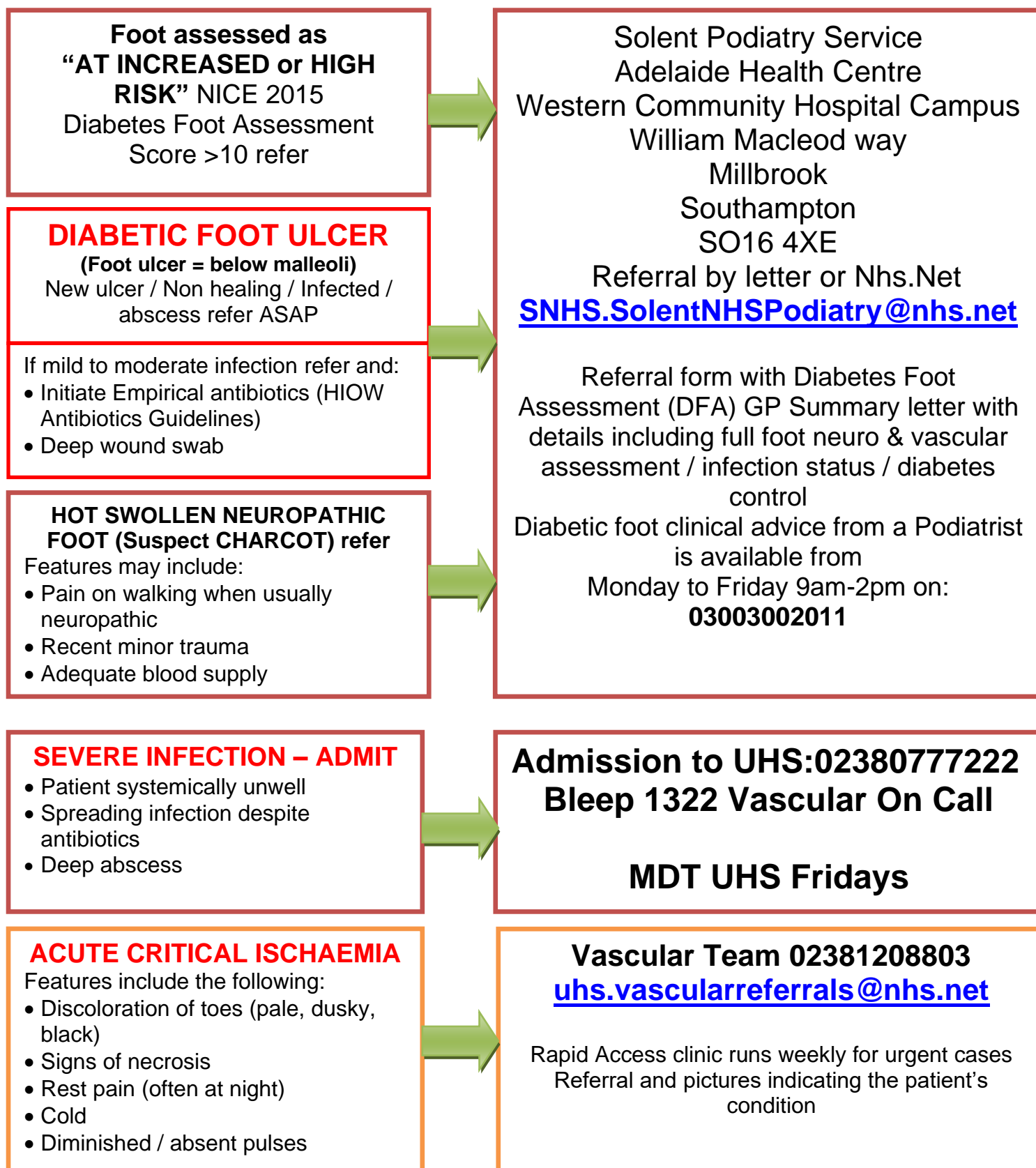


# DIABETES FOOT REFERRAL PATHWAY

## SCCG and WHCCG: 2021 - 2022



**Why is it important to refer promptly?**

- The risk of a lower extremity amputation in a person with diabetes is more than 20 x that of a person without diabetes and 95% of all non-traumatic amputations start with a foot ulcer
- Good diabetes control will improve healing and outcomes
- Ensure patient has appropriate footwear, doesn't smoke and understands the implications of diabetes

## Charcot Alert

### Hot, swollen, neuropathic, diabetic foot?

Think Charcot until proven otherwise. Advise to non-weight bear and refer urgently following the pathway.

Commonly mistaken for: cellulitis, acute gout, sprain/strain, DVT

An example of early Charcot:



## Diabetic Foot Infection Management

**Mild Infection:** Presence of 2 or more clinical signs of inflammation but cellulitis/erythema extends no more than 2cm from the ulcer and infection is limited to superficial tissues

**Prescribe Empirical Oral Antibiotics for 7-14 days:**

First line: **Flucloxacillin** 1gram QDS and **Metronidazole** 400mg TDS

If **penicillin allergic** or if **known to be colonised with MRSA** **Doxycycline 100mg** BD and **Metronidazole** 400mg TDS

*Review response. Modify regime if indicated by cultures and arrange onward referral*

**Moderate Infection:** As above in a patient who is systemically well and metabolically stable but also has 1 or more of: cellulitis extending more than 2cm, lymphatic streaking, spread beneath the superficial fascia, deep tissue abscess, gangrene and involvement of muscle, tendon, joint or bone.

**Co-amoxiclav 625mg TDS** or If **penicillin allergic** **Clindamycin 300mg QDS**

**Requires referral for MDT assessment and consider IV antibiotics**

**Severe Infection:** As above but patient is systemically unwell – admit to hospital for medical management

*For advice on antibiotic therapy or culture results contact Microbiology at UHS*

**Advise patient to keep well hydrated and report any diarrhoeal symptoms**