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### **PREVENTION OF FOOT ULCERS – DO WE KNOW WHAT WE ARE DOING? FICTION OR FACTS?**

Jan Apelqvist

*Diabetic Foot Center, Dept. of Endocrinology, University Hospital of Malmö and Division for Clinical Sciences University of Lund, Malmö, Sweden*

85% of diabetes-related amputations are preceded by a foot ulcer and four out of five ulcers are preceded by an external trauma. The most important factors related to development of foot ulcers are peripheral neuropathy, minor foot trauma, foot deformity, and decreased tissue perfusion.

Many foot ulcers in individuals with diabetes can potentially be prevented by regular foot inspections, access to foot care for non ulcer pathology and use of adequate foot wear according to the international consensus document on the Diabetic Foot (2007). In most guidelines with regard to the diabetic foot, a preventive strategy including – screening – education of patients and staff preventive foot care by podiatrist and access to adequate foot wear, are described as cornerstones to prevent foot ulcers in diabetic individuals.

The aim of the presentation is to present an evidence based analyse with regard to prevention of ulcers illustrated by the diabetic foot. To describe what we know and what we do not know.

The analyse includes interventions with regard to education, podiatric care and footwear based on a systematic research based on Medline – Cochrane – Embase and individual search from 1969 until 2009. The presentation is only based systematic reviews, RCT:s and comparative cohort studies.

Based on the findings from these studies the present recommendations with regard to a strategy to prevent foot ulcers is discussed.