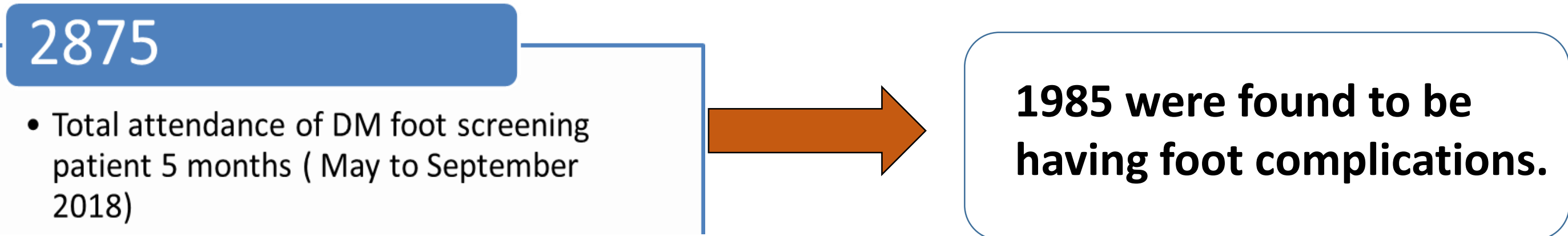


# Protect your feet:

# Know the early warning signs.

## Introduction

At Singhealth Polyclinics, Diabetes Foot Screening (DFS) is performed annually for new and follow-up patients with diabetes. All nurses was trained and competent to provide Foot Screening and detect diabetic foot related complications.

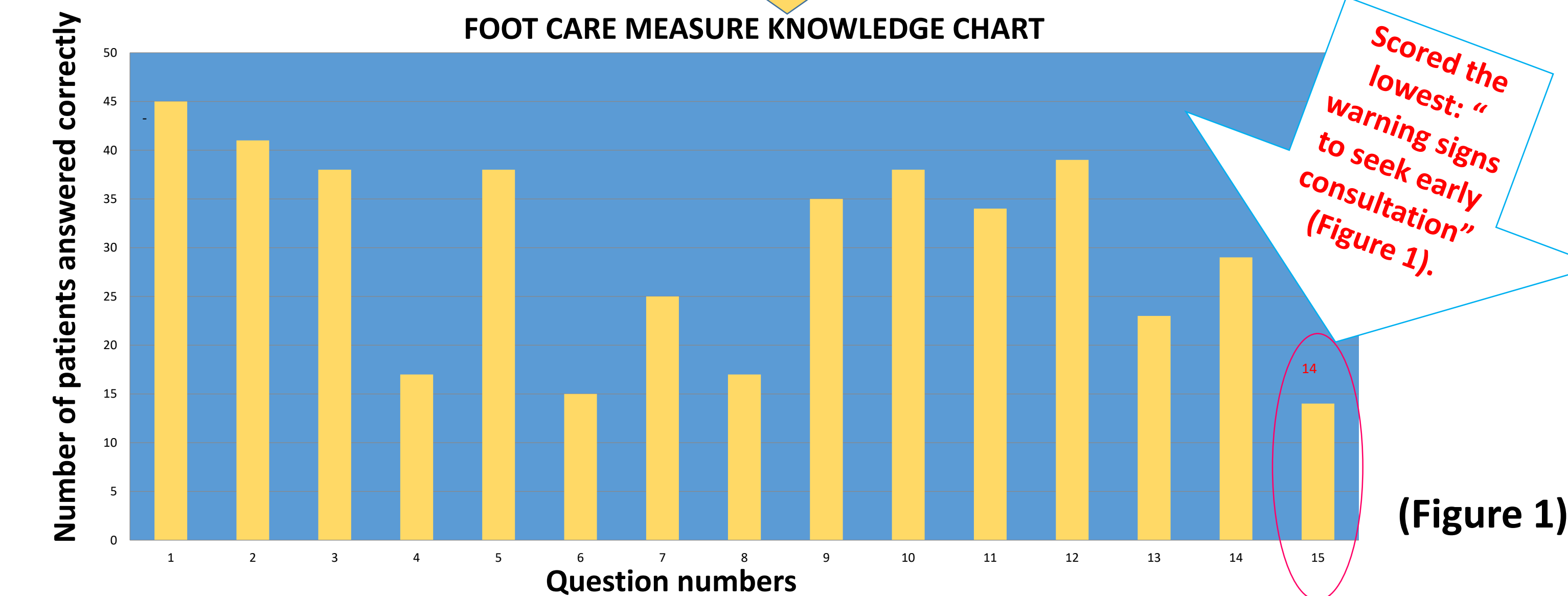


## Problem

The team observed that some diabetic patients are not fully aware of the warning signs on foot complications and late presentation which increased risk to limb amputation.

A face to face interview - 50 patients diabetes mellitus (DM) at Bukit Merah Polyclinic.

Utilized validated questions to assess patients’ knowledge on foot care. (Figure 1).

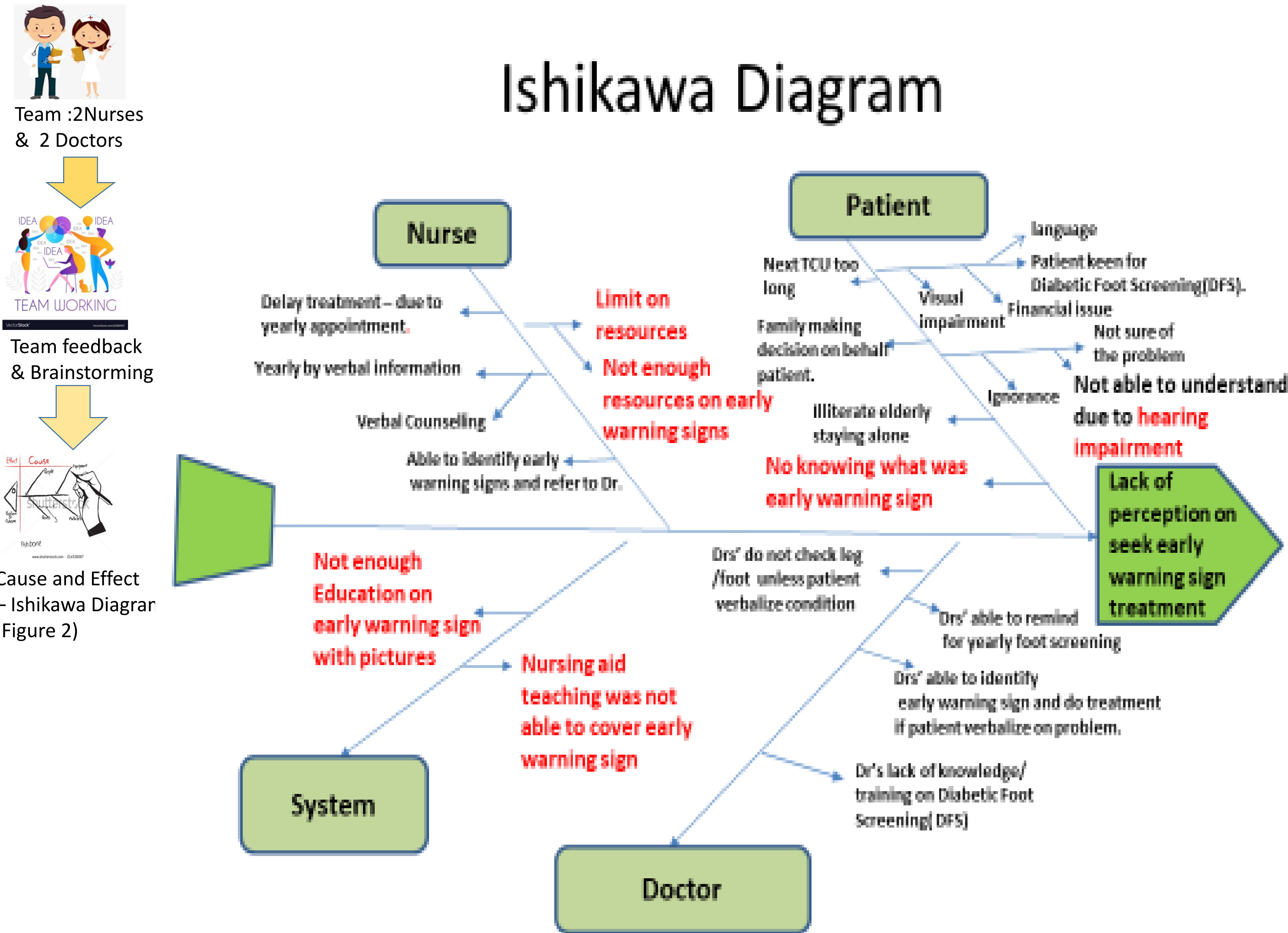


## Aim

To assess patient’s knowledge of early warning signs of diabetic foot complication

To generate awareness among diabetic patients on early warning signs of foot complications.

## Methodology



As shown in Figure 2: Three main key factors were identified during the feedback session.

- Why?

1. Insufficient pictorial teaching materials to educate the warning signs.
- Why is this HAPPENING?

2. Lack of knowledge about diabetic foot complications.
- Why?

3. Inadequate time for doctors to examine patients’ feet due to high volume of patient seen daily.

After brainstorming on the main factors identified, team members agreed to address factor number 1: **Insufficient pictorial teaching materials to educate the warning signs.**

## Intervention

### Educational Flip Chart

The effectiveness: tested on 50 other patients with Diabetes



## Result



- Before using the pictorial Flip Chart: 50 Diabetic patients’ have **no knowledge** on warning signs.

After teaching, a post questionnaire on 50 patients.



- All 50 patients gave feedback that they had **gained knowledge**.

Question 15	Pre Question	Post Question
Warning signs for which consultation is required.	0 Knowledge	50 patients Gained Knowledge

## Conclusion

Using the pictorial Flip Chart in diabetic foot education is effective in increasing patient’s knowledge and awareness of early warning signs of diabetic foot complications. With this, we hope to reduce the risk of late and severe diabetic foot complications and the risk of lower limb amputations.

## Future

Continuous teaching and monitoring on flip chart on early warning signs for diabetic patient in Diabetic Foot Screening Service Room – on going.

We would like to thank : Adviser Dr Hwang Siew Wai ( Director of Bukit Merah Polyclinic), AD Tan Ai Ming , NM Tan Joo See, NM Ng Lay Peng

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(Figure 2)