

ABSTRACT

Over the past twenty years it has been recognised that multidisciplinary clinics have the potential to improve patient outcomes for those with diabetic foot complications. Clinics are established in many countries worldwide, although the literature for clinics in Australia is sparse.

This study describes the clinical activity of a 'Diabetic Foot Clinic' in a regional Australian city over a two-year period. A retrospective medical history audit was undertaken to examine various demographic and clinical entities that were seen from 1 April, 2003 to 31 March, 2005.

One hundred and eighty-one medical histories were examined. The mean age of those examined was 64.2 years and the mean duration of diabetes was 12 years. Fifty-nine patients were treated for a total 123 wounds, of which 86 healed. The mean healing rate for the wounds that healed was 110.2 days. The proportion of wounds healed in twelve and twenty weeks was 48% and 72% respectively. Sixteen Charcot feet were managed, of which six were deemed in the acute phase. Thirteen amputations were recorded and nine deaths.

The Diabetic Foot Clinic is a multidisciplinary outpatient clinic that is managing a variety of patients with active diabetic foot problems. Outcome measures such as healing rates of ulcers compare favourably with other clinics worldwide. However, the study was confined to outpatient care.

Keywords: outpatient clinics, diabetic foot, diabetes complications, retrospective studies

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