CHAMPLAIN DIABETES CHIROPODY PROGRAM

CHIROPODY PROGRAM REFERRALS

Some Common Questions:

1. Who can access the services?

- People with diabetes living in the Champlain region (See reverse for service locations.)

2. What are the criteria for referral?

- At high risk for ulcers, amputations (See reverse for an explanation of risk.)
- Typically, patient has no 3rd party insurance
- Urgent referrals will be prioritized
- Patients are seen until stabilized

3. Are there any limitations on referral?

- Patients are encouraged to attend a diabetes education program or to have received education in the last three years. The Chiropodists will reinforce the impact of good diabetes management on foot health.

4. What constitutes an urgent referral?

- Client/patient has an open sore or infected ingrown toenails (should also be referred to a physician for antibiotic therapy if needed).

5. How can I make referrals?

- Diabetes educators in Champlain LHIN may book client appointments directly into the Champlain Diabetes Chiropody Program
- Other health care services may refer to chiropody by fax at 613-233-6713, using our referral form at www.champlaindrcc.ca.

6. Can clients/patients at lower risk be referred for education about foot care?

- Yes, the chiropodists offer regular group teaching on footcare and footwear.

The Community Diabetes Education Program of Ottawa. Sponsored by Centretown Community Health Centre on behalf of The Coalition of Community Health and Resource Centres of Ottawa. Funded by The Ontario Ministry of Health and Long-term Care.Programme communautaire d'éducation sur le diabète d'Ottawa. Parrainé par le Centre de santé communautaire du Centre-ville au nom de la Coalition des centres de santé et de ressources communautaires d'Ottawa. Financé par le Ministère de la santé et des soins de longue durée d'Ontario.

RISK FACTORS for Foot Ulceration in People with Diabetes

1. Foot ulcer or a wound that took > 2 weeks to heal now or in the past.
2. Loss of sensation at any one site (determined after testing the 4 sites: great toe, first, third and fifth metatarsal heads using the 10 gram/5.07 monofilament).
3. Callus present on soles of feet or toes or abnormal foot shape (e.g. claw or hammer toes, bunion, obvious bony prominence, Charcot foot or joint).
4. Pedal pulses (dorsalis and posterior tibial) absent and history of lower limb pain on exertion that is relieved with rest (intermittent claudication).

RISK STATUS

- Lower risk - if NO to all items 1 – 4 Higher risk - if YES to any.

Refer to the Champlain Chiropody Program as follows.

Option 1: **Assessment by Chiropodist /Group Health Education**

Please refer any clients who have one or more of the following:

- Loss of sensation at any one site
- Callus or corns present or abnormal foot shape (e.g. claw or hammer toes, bunion, obvious bony prominence, Charcot foot)
- Past history of Foot ulcer
- Absent pedal pulse and intermittent claudication
- Client requires education on proper diabetic foot care and has none of the conditions above

Option 2: **Urgent** Appointment

Please refer only clients who have:

- An open wound/foot ulcer or Infection

LOCATIONS

- East Ottawa (Vanier Parkway & Donald)
- Downtown Ottawa (Somerset & Bank)
- Nepean
- Western Ottawa (Carling & Richmond)
- Rockland
- Carleton Place
- Hawkesbury
- Carp
- Embrun
- Cornwall
- Beachburg
- Pembroke
- Lanark
- Kemptville
- Renfrew
- Arnprior